



White

SW Florida Edition

FREE

MAY/JUNE 2015

*Lotus*

magazine



*Truth*

*Peace*

*Growth*

*Nature*

INSPIRATIONS FOR CONSCIOUS LIVING

PHOTOGRAPHY BY



robert przybylski



*Don't let someone  
else's opinion of you  
become your REALITY.*

- LES BROWN

...Never make your  
most important  
decisions when you are  
in your worst moods.  
Wait. Be patient.  
The storm will pass.  
The spring will come.

- ROBERT H. SCHULLER

*Allow every thought, word and  
action to blossom from the heart and  
witness love creating a better world.*

*- OFFERINGS OF SPIRIT*



**WISDOM**

FOR THE MONTHS  
OF MAY & JUNE

*The  
Shaman's  
Whispers*

*"The Shaman's Whispers"*  
is a monthly column, offering  
bits of wisdom inspired by  
Native American teachings.

This month's insight is based on  
the wisdom of the Lumbee.

Offerings of the Shaman Lady.

*Seek wisdom,  
not knowledge.  
As knowledge is  
of the past,  
wisdom is  
of the future.*

*Photography by Michael Evanick*



All life is  
a manifestation  
of the **SPiRiT**, the  
manifestation  
of **LOVE**.

- MORIHEI UESHIBA, *The Art of Peace*

*You are a product of your environment. So choose the environment that will best develop you toward your objective. Analyze your life in terms of its environment. Are the things around you helping you toward success - or are they holding you back?*

- ROBERT H. SCHULLER



*Don't let someone else's opinion of you become your **REALITY**.*

LES BROWN

PHOTOGRAPHY BY MICHAEL EVANICK



*"We are spiritual beings having a human experience."*

- Pierre Teilhard de Chardin

The essence of White Lotus Magazine is to inspire positive thinking, natural health, and personal growth. Our intent is to gather information that can help our readers on their path to wellness, improving not only the physical, but also the emotional and spiritual aspects of their lives.

*We attempt to provide guidance for conscious living with useful tips and articles on alternative health modalities, metaphysical topics, nature, exercise, nutrition, green living, and spiritual awareness.*

*We aspire to assist our readers along their spiritual paths -wherever they might be on their journey-, proposing greater knowledge and understanding of our true nature as energetic beings. We aim to offer insight into the dynamics of personal development with practical applications to our everyday life.*

*We don't confine our message to specific religious beliefs, practices or traditions. We welcome and accept any ideas that promote a healthy, content, and enlightened lifestyle, regardless of gender, age, race, or religion.*

**WHITE LOTUS MAGAZINE**  
is a free monthly publication  
serving the SW Florida area.

Available at local health food stores, spiritual & healing centers, and other health-related businesses. (See list on our website) If you'd like copies at your location, please contact us. We welcome your comments and suggestions.

**[www.WhiteLotusMagazine.com](http://www.WhiteLotusMagazine.com)**

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## NOTE *from the Editor*

Even though it feels like this season went by extremely fast, these past few months have been quite exhausting – both physically and mentally. But with summer approaching, the rush of the season is quieting down and there is hope for us to catch a breath soon. In spite of the inevitable increase in the temperature, I'm very much looking forward to the slower, more relaxed, and quiet summer days. I'm hoping to be able to catch up on unfinished projects, maybe even do some yard work, gardening, organizing around the house, and to have some very much needed down time between two issues of White Lotus Magazine.

While summer might mean recreational time for many, for some, it brings a certain slowing down of business and consequently a decrease in the flow of income as well. Therefore, we are adjusting White Lotus Magazine to a 'summer schedule' to give our advertisers a little break by bundling two months into one issue. After the May/June issue, we'll print the July/August edition, and then we'll go back to our regular month-to-month publishing schedule. To further help out, in each issue we'll place several ads free of charge for local businesses that may not be able to afford advertising.

As you know, White Lotus Magazine is a free publication and the printing is entirely funded by our advertisement and subscription fees. That being the case, there may be fewer copies printed during the summer months. In order to keep the number of copies up, we ask for the support of our community. We encourage our readers to become part of White Lotus Magazine by joining our mission and helping us grow this publication in any way they are able to: we welcome content ideas, quotes, articles, subscriptions, advertisements, and monetary contributions.

*Anna Krecicki*

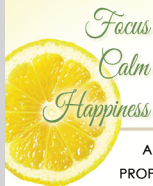


# MAY/JUNE



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## Essential Oil for May & June: LEMON (Citrus Limon)

by Bethanny Gonzalez, Certified Aromatherapist

Lemon essential oil is produced from the peel of the fruit by cold pressed extraction. It's a very popular oil with many health benefits, as well as culinary, skin care, and metaphysical uses. This oil is believed to be vitalizing and purifying to the body, mind, and soul.



Photos from Google Images

|                           |   |
|---------------------------|---|
| <b>AROMA:</b>             | Intensely fresh, rich sweet and sour                |
| <b>PROPERTIES:</b>        | Anti-bacterial, antiseptic, cooling, and refreshing |
| <b>ELEMENT:</b>           | Water   |
| <b>PLANET:</b>            | Earth and Moon                                      |
| <b>CHAKRA:</b>            | Solar Plexus  |
| <b>SPIRITUAL ASPECTS:</b> | Awareness, Clarity, Purification                    |

### BENEFITS for Massage & Skin Care

- Tightens skin and connective tissue
- Has a rejuvenating and cleansing effect on the skin
- Can reduce pain and inflammation
- Excellent insect repellent
- Beneficial for varicose veins when mixed in carrier oils during massage

**NOTE:** This oil is photosensitizing; do not use on skin before exposure to sun

### EMOTIONAL USES

- Refreshes and uplifts a tired mind
- Beneficial for focus and concentration
- Anti-depressant, especially helpful for apathy and anxiety

### HEALTH BENEFITS

- Helps detoxify the body
- Stimulates lymph drainage and the central nervous system
- Assists with digestive problems
- Helps reduce fever (use with cold compress)
- Known to have carminative and diuretic qualities
- Beneficial for colds and inflammation
- Works as antiseptic for external and internal wounds

### METAPHYSICAL USES

- For spiritual cleansing and purification
- Enables focus, center, and positivity
- Allows directness and brings mental clarity in meditation.

**DISCLAIMER:** ALL INFORMATION CONTAINED WITHIN THIS PAGE IS FOR REFERENCE PURPOSES ONLY AND IS NOT INTENDED TO SUBSTITUTE THE ADVICE GIVEN BY A PHARMACIST, PHYSICIAN, OR ANY OTHER LICENSED HEALTH-CARE PROFESSIONAL. GAIJA'S HEALING GIFTS PRODUCTS HAVE NOT BEEN EVALUATED BY THE FDA AND ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY HEALTH CONDITION OR DISEASE.

### RECIPE

#### for Insect Repellent

- 1 cup Coconut Oil
- 4 drops Lemongrass Oil
- 8 drops Lemon Oil
- 8 drops Eucalyptus Oil

**Use as needed.**

#### for Headache

- ½ cup Coconut Oil
- 4 drops Lemon Oil
- 4 drops Lavender Oil
- 4 drops Peppermint Oil

**Gently rub into the area.**

[www.gaiashealinggifts.com](http://www.gaiashealinggifts.com)

*With Love and Light,*

*Bethanny*

*Gaija's Healing Gifts*

### TIPS:

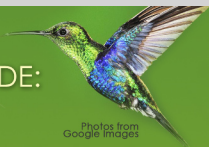
- Gargle with 2 drops in half cup water for sore throat and mouth infection.
- Mix 6-8 drops to 1 cup water and use this mixture to cleanse amulets, crystals, jewelry, stones, and any other objects you wish to cleanse of negative energies.
- Use in an oil burner to clean negativity from a room.



## ANIMAL SPIRIT GUIDE:

# Hummingbird

Photos from  
Google Images



### "ALL MY RELATIONS"

In North American Indian tradition, all beings in nature - animals, plants, and minerals - are viewed with respect as partners, protectors and helpers. Reconnecting us with Mother Earth and Father Sky, these relations from the natural world share their wisdom to help us to weave together the outer and inner worlds to find balance.

According to the Manataka American Indians, a spirit guide is a divine entity. It can be anything in Creation that speaks to a person through dreams, physical appearance, magnetic resonance (vibration), or by signs, symbols, words, or any other method or means of communication.

American Indians give special recognition to the power of the animal spirits. They call the process of connecting with animal guides and other parts of creation being 'One with Nature'. According to their teachings, you do not choose an animal spirit guide, the spirit guide chooses you. They decide to whom they will reveal themselves and make their friend.

Animal spirit guides are often referred to as animal totems, power animals, and spirit animals. These terms may be interchangeable and describe either a physical or spiritual entity that acts as a guide, messenger or protector.

Discovering your animal spirit guide is a process of paying attention to the spirits around you and following the signs. It is a practice of developing your inner knowledge and spiritual understanding.

The lessons an animal guide could offer are determined by the type of guide it may be. Learning to differentiate between the kinds of totems is important to knowing how to react and the actions you will take when an animal guide makes itself known to you. Based on the Manataka American Indian teachings, there are four basic types of animal guides:

- **A MESSENGER GUIDE** quickly comes into your life and then leaves once a message is understood.
- **A SHADOW ANIMAL GUIDE** is one that invades you with fear. Its purpose is to teach a lesson you have not learned from repeated mistakes because of anger, greed, insecurity, or other negative thoughts. A Shadow Guide will return again and again bearing strong feelings of fear until its message is acted upon or a change in lifestyle or actions are incorporated into your life.
- **A JOURNEY ANIMAL GUIDE** appears at the fork in the road of your life. When a decision is made to follow a certain path in life, the Journey Guide is there to serve as a guide along the way. It represents a path that may take months or years to complete.
- **A LIFE ANIMAL GUIDE** remains a part of you throughout life and reflects your inner spiritual self.

"All my relations" is a Native American saying that refers to their belief of the oneness and harmony of all nature.

The hummingbird is recognized by many cultures around the world as the symbol of agility, vitality, and lightness of being. This tiny creature has a strong spiritual significance, inspiring joy, happiness, and love. In Native American tradition, the hummingbird is a messenger of hope and jubilation, awakening us to the beauty of the present moment.

According to the Manataka Indian tradition, the hummingbird spirit animal teaches us simple courage and fierce independence. It reminds us to laugh, to enjoy every day, and to appreciate the magic of being alive. Constantly searching for the sweetest nectar, the hummingbird inspires us to always seek out the good in life and the beauty in each day.

### When Hummingbird flies into your life:

- You may be encouraged to develop adaptability and resilience while keeping a playful and optimistic outlook.
- You may need to learn to enjoy life's simple pleasures and take time to have fun.
- You may be reminded to open up your heart and expose yourself to more joy and love.
- You may be required to become more flexible on your path and adapt to a situation that is a bit more demanding than usual.

### If Hummingbirds is your Animal Guide:

- You may adapt quickly to any situation and are typically quick to respond to any demand.
- You may have heightened awareness and sensibility, and feel every bit of emotion.
- You probably notice every change in your environment.

### Ask for Hummingbirds's help when:

- You are facing challenges or are surrounded by negativity.
- You are feeling down and need to lighten up your mood.
- You seek a positive outlook on a situation and need help finding your way out with optimism.

### Did you know?

Hummingbirds got their name because of the humming sound created by their beating wings which flap at high frequencies audible to the human ear.

According to the Quechua people of Peru, the hummingbird symbolizes resurrection. This is because hummingbirds go into torpor, a state similar to hibernation on cold nights, appearing lifeless, but they 'come back to life' again when the sunrise brings warmth.

SOURCES:  
Animal Speak by Ted Andrews  
Animal Spirit Guides by Steven D. Farmer, Ph.D.  
[www.wikipedia.org/wiki/Hummingbird](http://www.wikipedia.org/wiki/Hummingbird)  
[www.manataka.org](http://www.manataka.org)





"How it is that animals understand things I do not know, but it is certain that they do understand..."



Photography by Anna Krecicki

Perhaps there is a language which is not made of words and everything in the world understands it. Perhaps there is a soul hidden in everything and it can always speak, without even making a sound, to another soul."

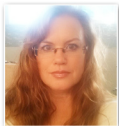
# Walking Your Path

by Beth Brown-Rihella

We have moments in our lives that galvanize the truth that lies in our hearts. It may happen when a death occurs, when you are in a car crash or when you watch a movie that moves you like nothing ever has. When those thoughts are stirred up, you may find an opening to your truth. A powerful surge of insights, a deep knowing that makes sense, opens you up and makes you feel energized and powerful. In this instant your soul has spoken and you have heard the whispers. These whispers may lead you to seek to release old wounds and emotional scars, or to embrace your creative side and see what comes out.

These are the moments to take stock and ask yourself if you are in alignment with these thoughts and ideas or if your life limits you. Are you working just to make money or does your job bring a deeper fulfillment that is more than just monetary? Do you live by standards set by society or do you walk in your own unique path? If you are opening to a new side of yourself that is expanding and you are seeking knowledge, then you are on your path. Remain open, be aware of your thoughts, pay attention to what attracts you, and follow your heart. But remember, this is a path where awareness and truth must be followed, for the ego will lead you down a different path. While the ego isn't necessarily categorized as bad -- it simply plays the flip side, the 'B side' of opportunity to growth, I encourage you to choose the path of the heart and you will grow!

There are many ways for you to support this truth-seeking, soul-expanding growth. The number ONE way to get into a healthy space for growth is meditation. You may choose to meditate by yourself or you could join a meditation group that is guided by a teacher. Books are another source: I find out so much about myself by reading! I have books that are my 'life textbooks', others that are daily reminders to be mindful and grateful, while others are uplifting and mind-blowing. Online sources could also provide insight. You may find a website devoted to your personal style of growth and learn from its teachings. YouTube has many dedicated channels for studying spirituality and growth. Type in a subject or a teacher's name and make your selection. There are many ways to enhance your learning. Find one, if you haven't already, and begin! Start walking your truth, your path.



*Beth is the owner of **Goddess I AM Healing & Art Center** in Naples, FL. (See ad on page 36) She is available for appointments by calling 239-228-6949. Long distance and in-person readings are available.*

## HEAL PRESENT LIFE ISSUES THROUGH PAST LIFE RECALL

Carolyn Beauchamp  
certified clinical hypnotherapist

**(239) 300-1633**

carolynbeauchamp@gmail.com

*Journey into  
your past to  
learn how to  
live a more  
empowered  
present.*

An Evening of  
**PAST LIFE REGRESSION**  
with Carolyn Beauchamp CChT.

**MAY 29, 2015**  
**6PM - 8PM**

at the WHITE LOTUS STUDIO  
5555 Taylor Rd. Unit C, Naples

*Limited space available, please RSVP at  
(239) 300-1633 or carolynbeauchamp@gmail.com*

*Call for date and time of June event!*

# 10 SIMPLE THINGS

*you can do to cut back on expenses this summer*

**EDITOR'S NOTE:** For many families summer brings long-awaited vacations, but for others, summer in Florida means the winding down of business and as a result, less income. Being mindful of the way you live - how you shop, how you eat, how you drive, and how much energy is used in your home - can help you save a significant amount of money during the summer months.

## 1. unplug

Household appliances and electronics consume power even when you are not using them. Unplugging unused items and disconnecting your gadgets before you go to bed can lower your electric bill. While you are at it, you could also replace your light bulbs to energy-efficient ones.

## 2. drive smart

Carpooling is an excellent way to save on gas during the summer. You can also cut back car expenses by watching the gas mileage. Research says that changing your air filter and maintaining air pressure in your tires can improve your mileage. Even better, give your car a break. Walking or riding a bike to nearby destinations instead of driving, will not only help you save on gas, but also provide a healthy exercise.

## 3. buy local

Exploring local resale shops can be a lot of fun and the treasures you may find at these shops will cost you a fraction of the prices at department stores. By shopping at your neighborhood farmers markets you'll not only save money, but you will also support your community.

## 4. turn down the air & hot water

Setting the thermostat just a few degrees lower can make a big difference on your electric bill. Turning down your hot water heater is another easy way to reduce your utility bills during the summer months (and most likely, you won't even notice the difference).

## 5. grow your own

Starting a vegetable garden at home is not as difficult as you may think, and in the long run, you can save a lot by growing your own produce (not to mention having fresh, healthy veggies and herbs at your fingertips any time you need them). If you don't have the room for creating a garden in the backyard, there are numerous indoor and outdoor alternatives, such as tower gardens, crate/box gardens, mini greenhouses, and flower pots.

## 6. make your own

There are many personal care items and cleaning products you can make yourself just by utilizing simple ingredients from your fridge and pantry. There are literally thousands of recipes online to choose from. Making your own face wash and moisturizer, for example, will not only help you cut back on your expenses, but it may also provide healthier and safer care for your skin.

## 7. shop smart

Many stores offer coupons, specials and discounts, especially during the summer. Planning your meals based on what's on sale at the grocery store can save you a lot. Just remember: don't go shopping when you are hungry! Have a snack before you head to the store and stick to the list.

## 8. cancel if you can

If you don't have time to utilize memberships and subscriptions as much as you'd like, they are just costing you money. You could save just by cancelling idle gym or club memberships and magazine subscriptions. There are plenty of other ways to exercise and entertain during the summer.

## 9. if you don't need it, don't buy it

There are certain luxuries that we all like to enjoy when we can -- things that make us feel good and special. But those things are called luxuries for a reason and should be purchased in moderation. You can reduce your expenses just by cutting back or holding off on those special treats for the summer.

## 10. home entertainment

Movie night doesn't have to take place at the movies! Stay at home and use Netflix, On Demand, Pay-Per-View or pick up a DVD from the library to enjoy from the comfort of your couch. Just one night at the cinema for two (gas, tickets, plus popcorn and drinks) will cost you more than the price of Netflix for the whole month. Making your own popcorn will cost you much less, too!

SOURCES OF INSPIRATION: <http://money.howstuffworks.com/personal-finance/budgeting/10-easy-ways-to-save-money>

Disciplining yourself to do what you know is *right* and important, although difficult, is the highroad to pride, self-esteem, and personal satisfaction.

- MARGARET THATCHER

PHOTOGRAPHY BY  
ROBERT PRZYBYLSKI



[www.robertvillageprzybylski.smugmug.com](http://www.robertvillageprzybylski.smugmug.com)

... See the *positive* possibilities.  
Redirect the substantial energy  
of your frustration and turn it  
into positive, effective,  
unstoppable determination.

- RALPH MARSTON

# Align, Attune, and Allow

by Katie Mulligan

Align yourself with your Higher Power, Source, Divine Energy – whatever concept works for you. Attune to this Higher Power, and then allow it to flow in and through you into the world, into your day, into the interactions with those around you.

There are a number of ways to align, attune, and allow. I'd like to share a version from my Esoteric Healing practice that you may use as a meditation. If you aren't exactly sure where things are located, just 'think it' and trust that the energy will follow - given that one of the basic principles of esoteric traditions is: energy follows thought.

## MEDITATION

Close your eyes and bring your awareness to your *heart center*, or Heart Chakra, located in the center of your chest. Breathe into this place of calm within. From your heart center imagine a line of energy leading up to your *soul-light*, also called Soul Star Chakra, located about eight inches above the crown of your head. Breathe into this spiritual focal point. Now bring your awareness to your *ajna center*, your Third Eye or Brow Chakra, located on your forehead between your eyebrows. Visualize/imagine the energy of your heart center and your soul-light blending together in this area between your brows. Breathe. You can stay here in meditation, keeping your awareness focused at your spiritual eye center.

As a daily practice this can be used to come into alignment and attune with the world around you. To further expand this meditation, start with the above alignment and attunement, and then bring your awareness to your soul-light. Now link your soul-light to the soul-light of another person, animal, place, group, or situation with which you will be interacting. Just think of the soul of whomever or whatever it is you want to connect with and remember that energy follows thought. Soul-light to soul-light. Now visualize a line of energy from your soul-light up to Source and ask that the highest good come forward for this person, group, place, animal, or situation. Then allow the Source energy to flow through you, through them, or through the situation. Ask for the highest good, then let go and allow the divine plan to unfold.

I use this technique before I teach my yoga classes at BKS Yoga Studio. I align and attune with the group, asking that the highest good come forward for our class. I use it as a prayer if I am concerned about someone or a situation. I do a general alignment and attunement as I start my day, connecting my soul to the soul of every being I will come in contact with that day, known or unknown, asking for the highest good to come forward. This process helps to infuse the day with a Higher Purpose, awareness, and a spiritual intention.

Katie Mulligan is a Certified Practitioner of Esoteric Healing and is currently in the Teacher Training Program. She is also a Certified Yoga Instructor and teaches classes at BKS Yoga Studio in Naples. For more information on Esoteric Healing or to book an appointment, please visit [www.fullnessofbeing.com](http://www.fullnessofbeing.com) or call Katie at (239) 777-2103.



Practice it and see if you feel a shift or notice a difference. Using this in your meditation time and in your day-to-day interactions you can bring more light into your own awareness and into the world around you. You may also use it to bring light and love to situations, people, and all beings on the planet.

As we align, attune, and allow, we help infuse ourselves and the Earth with spiritual light and love and are in service to the Higher Divine Plan unfolding around us. When we focus on the light and on the Great Reality within us, we raise our own vibration and intention and help it manifest on the Earth plane.

Photo from [www.edgoba.webs.com/energyfollowsthought](http://www.edgoba.webs.com/energyfollowsthought)



# Crystal Therapy: ROSE QUARTZ

Rose Quartz is a member of the Quartz family (Silicon Dioxide, the most common and widespread mineral in the earth's crust). Rose Quartz usually occurs in massive form, but sometimes it grows in clusters of small prismatic crystals. Its color ranges from pale pink to deep reddish pink. Its clarity can range from opaque to transparent.

|            |                                  |
|------------|----------------------------------|
| ATTRIBUTES | Unconditional Love               |
| ELEMENT    | Water                            |
| CHAKRA     | Heart                            |
| SIGN       | All                              |
| MINED      | South Africa, USA, Brazil, India |



Rose Quartz is often called the "Love Stone". It is a stone of unconditional love and infinite peace that opens the heart to all forms of love: self-love, family love, platonic love, romantic love, and love for the Earth, the Universe, and for the Divine.

## BENEFITS

- Brings forth love, gentleness, and emotional healing
- Clears emotional stress and resolves imbalances
- Releases negativity and clears blockages
- Restores trust and harmony in relationships
- Strengthens empathy and sensitivity
- Encourages forgiveness and acceptance
- Aids during times of crisis

## POSITION

Place Rose Quartz by your bed or in the *relationship corner* of your home (South West corner or far right corner from the entrance) for attracting love. Wear Rose Quartz over the heart as jewelry.

## GRID

Healing the heart: Place seven pieces of Rose Quartz around the upper torso (starting at the waist, then shoulders, ears, and one over the crown of the head). You can add four Amethyst points in between (facing outward), to draw off emotional blockages. Place Pink Tourmaline or Kunzite over the Heart Chakra. Lay in this grid for approx. 20 minutes.

## MEDITATION

Meditating with Rose Quartz can assist with the release of emotional patterns that hold you back, such as fear, worry, anxiety, anger, and past traumas. It can be also used in meditation for bringing forth compassion, love, and kindness.

## ELIXIR

Gem elixir can be made with Rose Quartz easily by placing it in water. As Rose Quartz has powerful vibrations, it's simple to transfer its properties into the water. Place a chunk of Rose Quartz in a glass bowl, fill it with purified water. Leave the bowl out in the sunlight for 2-4 hours. This remedy is believed to soothe burns and blisters.

**ROSE QUARTZ** is a soothing stone; it brings gentleness, forgiveness, compassion, kindness and tolerance into one's life. It raises self-esteem and sense of self-worth; it helps balance emotions, heal emotional wounds, traumas, and grief. It is also believed to remove fear, resentment, and anger. Rose Quartz opens and strengthens the Heart Chakra\* and clears the etheric body\*.

## CRYSTAL HEALING

Rose Quartz is considered a powerful healing crystal. It strengthens the heart – not only emotionally, but also physically. It's believed to alleviate vertigo and aid lung problems. It's said to be beneficial for the kidneys and adrenals, as well as the circulatory system. May help with senile dementia.

**NOTE:** Rose Quartz needs to be cleansed periodically, especially after energy work or contact with other people. This may be done by soaking it in saltwater solution over night, placing it in the sun, burying it in the ground or salt for a few days, holding it under running water, or smudging it with sage. In all cases, you may focus the intention for cleansing in the center of the crystal.

\***CHAKRAS** Energy centers of the body. The term comes from the Sanskrit word *chakram*, which means "wheel".

\***ETHERIC BODY** The first or lowest layer in the human energy field or aura. It is said to be in immediate contact with the physical body, to sustain it and connect it with the "higher" bodies.

**Disclaimer:** This article is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment. Views expressed here are suggestions only.

## SOURCE:

*Healing with Crystals and Chakra Energies* by Sue & Simon Lilly; *The Book of Stones* by Robert Simmons & Naisha Ahlsing; *The Crystal Bible* by Judy Hall





Pink is often associated with love, nurture, beauty, charm, politeness, sensitivity, tenderness, sweetness, femininity, Innocence, youthfulness, and romance.

# pink

unconditional love . beauty . softness



## COLOR THERAPY: PINK

### POSITIVE ASPECTS

Kindness, Softness, Caring, Nurturing, Unconditional Love, Emotional Healing, Intuitive Energy, Spiritual Awakening, Compassion, Innocence

### CHALLENGES

Expressing one's feminine side and the ability to receive love.

**CHAKRA:** Heart Chakra

### CRYSTALS:

Rose Quartz, Pink Tourmaline, Pink Topaz, Kunzite, Pink Calcite, Rhodonite, Rhodocrosite

## Did You Know?

In Buddhist tradition, the pink lotus flower is considered sacred and it represents the creation, enlightenment, and purity. It is associated with the highest realms of Buddhism and with the Buddha himself.

### WEARING PINK

Wear pink when you feel sad, angry, or depressed. Incorporate pink into your wardrobe when you need help to accept where you are on your path, or to clear emotional stress and apathy. Light/pale pink is a more calming and relaxing color, while the deeper shades are more stimulating and assertive, that inspire change in one's life.

### COLOR THERAPY

Pink is a combination of the color red and white. An array of hues that can range from soft pale pink to deep pink and from salmon pink to fuchsia. It takes its name from the flowers called *pinks*, members of the genus *Dianthus*.

The dynamic mix of red and white provides a valuable balance of male (red) and female (white) energies that can be utilized in Color Healing (also called Color Therapy or Chromotherapy) to create balance and restore health in certain areas of the physical body as well as in the mental, emotional and spiritual areas.

### ATTRIBUTES

In energy healing, the color pink is considered as red (life energy) with more light (consciousness) added. Pink is a soothing color on the physical, mental, and emotional levels. It is said to heal grief and sadness. Pink promotes relaxation and acceptance of one's life. It has been found beneficial for calming conditions of anger and feelings of neglect. Pink can be utilized to awaken compassion, love, and purity. It may also be used in meditation to discern greater truths and to bring you in contact with your inner child.

Pink has the ability to neutralize destructive thoughts and aggressive behavior. In a violent or threatening situation, visualizing pink around everyone involved can reduce tension and disorder.

### PINK IN THE HOME

Pink is the universal color of love, which makes it a perfect home décor tool to soothe the energy of any space and to create a loving environment. Its gentle vibrations have a calming effect on one's mood and behavior. There are many varieties of pink to choose from (pale pink being more soothing and hot pink carrying a fiery energy). You can incorporate the desired shade of pink with wall color, furniture, fresh flowers, or artwork. On a budget, you can bring the soothing energy of pink into your home with a few chunks of Rose Quartz.

**Disclaimer:** This page is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment. Views expressed here are suggestions only.

### SOURCES:

Healing with Crystals and Chakra Energies by Sue & Simon Lilly, [www.deeprancanow.com/colortherapy](http://www.deeprancanow.com/colortherapy), [www.fengshui.about.com](http://www.fengshui.about.com), [www.energyandvibration.com/colorpink](http://www.energyandvibration.com/colorpink), [www.wikipedia.org/wiki/Pink](http://www.wikipedia.org/wiki/Pink)



Photo: iStockphoto.com/Google Images

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# A Gourmet Diet Goes Purée - by Necessity

by Diane Wolff

Four years ago, my mom was diagnosed with dysphagia, also called swallowing difficulties. From the moment of her diagnosis, my mother had to eat puréed food or she'd risk getting life-threatening bacterial pneumonia.

This was an emergency situation. From that day forward, it was all purée. In my mother's case, it was purée of a nectar consistency to ease her swallowing difficulties and to make sure that she did not aspirate her food. That's what causes the bacterial pneumonia.

My mother was in her eighties. She had decided that she wanted to remain at home regardless of her condition. I agreed. Even though it had not originally been my task to care for my mother, as the eldest daughter and because of circumstances, it fell onto me. It was a good thing too. I had been a rebellious daughter and my mother had been a strong matriarch. We had had issues, as they say, but all of them got resolved in the process of my undertaking her care.

I am an author, a scholar who has written books on Chinese history and culture. I am also a devoted home cook from a family with a tradition of great cooking. Against the advice of many of my writer friends, I decided to devote myself to my mother's care and blend this quiet life with my writing life. After all, a scholar requires the quiet life and I was working on a book about why the Mongol khans destroyed the caliphate of Baghdad.

My mother liked eating well. When we were growing up, she was known as a great cook and she had taught me how to cook. I decided to adapt all the great dishes that were family recipes for purée. It was a challenge. My strategy was to make classic American comfort food, using great ingredients, healthy cooking techniques, and recognizable flavor profiles. I had one guideline and one guideline only: flavor, flavor, flavor.

One of the aides who worked for my mother told her that the patients in nursing homes lose interest in food because it had no flavor. I did not want my mom to lose the pleasure in great eating. Nor to lose weight from not eating. Nor to wind up needing a feeding tube.

I researched all the cookbooks that were available. Most were either too unaware of good nutrition or too exotic for a mainstream diet, more like takeout from your neighborhood ethnic restaurants. This would not do. I bought a wide sample of foods that was commercially available – I bought packaged entrees, breakfasts and dinners, foods both frozen and off the shelf by a major food company. There was very little commercially available and what was available was not very good. The choices were extremely limited. I soon discovered, as the speech pathologist David Fagen of Fawcett Memorial Hospital told me, that this was an overlooked area. As state senator Nancy Delert told me, elderly nutrition was an important issue and one that she and her colleagues in the legislature needed to pay more attention to.

I experimented and soon discovered the secret of imparting flavor to the puree. It is the secret revealed in my cookbook. The recipes include many of those that the mother taught the daughter and now the daughter prepares for her, a nice twist on the role reversal of old age, when the parent becomes the child and the child becomes the parent. The karmic debt is repaid.

It is a principle of Traditional Chinese Medicine that "food is medicine" and this certainly proved true. My mother loved the food and thrived on the diet. Her systems were all working beautifully.

I incorporated the principles of the California food revolution, that of: eating fresh when possible, eating locally, eating seasonally, and eating sustainably. I have traveled in Asia and studied the cuisines of China and Japan. I used the balancing system of Chinese cuisine and also the philosophy of focusing on the vegetables and using the proteins for flavor. I used flavor profiles of Mediterranean cuisines and Asian cuisines.

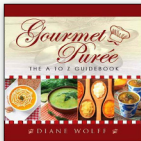
The focus was on phytochemicals, the elements contained in fruits and vegetables that make them superfoods and get absorbed into the system through the technique of purée. I used the nutritional guidelines of the American Heart Association diet: low fat, low salt, low sugar, lean protein, whole grains and lots of fresh fruit and vegetables, together with healthy oils. The idea was to cut out sugar, chemicals, and preservatives.

I was taking notes as I went along by trial and error. I had a well-equipped kitchen, but I soon discovered that some appliances were better than others, and some were labor-saving, and some were made for easy clean-up. I decided to create a practical guidebook with a strong how to component: how to set up a kitchen with the right equipment; how to set up a pantry with the right ingredients; how to use the refrigerator and the freezer on a schedule; and how to safely store and label food.

As the CDC says, a million people a year are diagnosed with swallowing difficulties. The institutional chef cooking for a geriatric population will soon discover that you cannot simply purée the food you serve to the population of a nursing home, an assisted living facility or a hospice.

Four years passed. My mother, in her time, passed away, but not before we had all the conversations we needed to have so that when she died, there was nothing I wish I had said. My mother often chastised me for pursuing the writer's life instead of giving her grandchildren, but in the end, she told me she had always been so proud of me. I treasure those words.

I wrote the book in her memory. I created it in the hope that the system that I developed for her might help others. This is my tribute to her memory. The late great Cathie G.



DIANE WOLFF



**Gourmet Purée: The A to Z Guidebook**

Diane Wolff is the author of *Tibet Unconquered: An Epic Struggle for Freedom* (Palgrave MacMillan, 2010) and two other books about Chinese culture. To order *Gourmet Purée: The A to Z Guidebook*, go to [www.gourmetpuree.com](http://www.gourmetpuree.com)

# Diane's Mushroom Lasagna

by Diane Wolff

*My eyes were opened to the variety of mushrooms available for cooking on my trip to Vietnam and Cambodia. In the Buddhist cuisine, mushrooms are traditionally used as a substitute for meat. These cuisines have developed over the course of a thousand years and the flavor profiles are subtle, but profound and delicious. Nothing assaults the senses. The palate is invited to find its way into the mysteries of balance: the ancient Chinese theories of yin and yang and the five elements.*

Prep Time: 30 minutes

Cook Time: 40 minutes

Level of Difficulty: Easy

Yield: Serves 6

Preheat oven to 350 degrees.



Puréeed Mushroom Lasagna

Dish and Photos  
by Diane Wolff



*This dish was inspired by a cooking lesson that I had with the top Buddhist vegetarian chef at the Le Tonkin Restaurant in downtown Hanoi, the capital of Vietnam. The trip was in mid-January and the temperature was in the 70s. This was during the dreaded winter of 2015 on the East Coast of the U. S.*

*The restaurant has a beautiful and elegant leafy garden and a wonderful ambience, that of the graceful lifestyle of Southeast Asia. Palm trees and banana trees provide shade for dining in the walled garden, while birds of paradise and elephant ear plants create a tropical atmosphere.*

*I was inspired to create some of the fabulous dishes taught to me by the chef, who will soon embark on a journey to become a Buddhist monk. Upon my return home, I found magnificent giant oyster mushrooms in the Farmer's Market in Punta Gorda where I shop. The vegetable purveyor is Chinese-American and he has the best vegetables in Southwest Florida. Those mushrooms became the key ingredient of my lasagna.*

## INGREDIENTS

- 1 package no-boil whole grain lasagna noodles
- 1 large jar store bought marinara sauce, or a quart of your own homemade sauce
- ½ cup fresh basil leaves (dried basil, use ½ t.)
- ¼ cup fresh parsley leaves (dried parsley, use ¼ t.)
- 2 teaspoons fresh thyme leaves (dried thyme, use 1/8 t.)
- 1 package Quorn frozen Grounds (mushroom version of ground beef without the beef)
- 2 cups fresh mushrooms, single mushroom or combination, trimmed of stems

## Filling:

- 8 oz. ricotta cheese, either whole milk or part skim
- 8 oz. fresh mozzarella cheese
- 7 oz. freshly grated parmesan cheese for filling and for sprinkling the top of the dish
- 1 extra large egg lightly beaten
- Salt and pepper to taste for filling

## NUTRITIONAL INFORMATION:

|                |        |
|----------------|--------|
| Calories:      | 484    |
| Fat:           | 14 g   |
| Saturated Fat: | 8 g    |
| Sodium:        | 329 mg |
| Sugar:         | 10 g   |
| Carbohydrate:  | 61 g   |
| Fiber:         | 4 g    |
| Protein:       | 27 g   |

## PREPARATION

The secret to this dish is to season the sautéed mushrooms very well so that they have depth of flavor. I used the stems of the oyster mushrooms, which have the body and texture of beef.

Heat several tablespoons of olive oil in a pan, add a large clove of thinly-sliced garlic, give the garlic a minute to become translucent, and then add the mushrooms. Stir fry them until they get some color, and then add the dried thyme. [Dried herbs impart flavor when a dish is to be cooked over time.] I then add a glug or a few tablespoons of dry white wine, the kind one drinks, but if one is averse to alcohol, then add a similar amount of vegetable stock. Mushrooms absorb a lot of liquid. I like to add a tiny bit of acid to my mushrooms, so I use a tablespoon of lemon juice and perhaps a tiny pinch of crushed red pepper flakes. The classic flavor profile defines the dish. At the very end, I add a teaspoon of lower sodium soy sauce or tamari. This is a natural pairing with mushrooms and adds a depth of flavor unattainable by mere salt alone, even specialty and gourmet salts. Watch until the mushrooms wilt, then remove the pan from the heat and allow the mushrooms to cool. They will become the topping of the lasagna.

### The filling is simple to make:

Take the 8 oz. container of ricotta cheese and work in the lightly-beaten extra large egg. Cube the mozzarella into half inch cubes and add to filling. I grate the parmesan in a small food processor until it is coarsely grated and then add the fresh parsley and basil and spin the cheese a couple of times until it is finely grated and the herbs are incorporated. Dried herbs are fine, but use a light hand. Add the parmesan to the filling and add salt and pepper to taste.

### Assembling the lasagna:

In the bottom of a 9x9 baking pan (I use stoneware, Le Creuset) pour ¼ cup marinara, arrabiata, or any other sauce you like. Or use your homemade sauce. Generously sprinkle the Qorn Grounds over the sauce. This will add to the body of the sauce. If you like, season with oregano, granulated garlic or sautéed garlic, then add sliced olives and capers, your choice of flavor, but there is no need to brown the Grounds in advance. They may be used in a frozen state. Add the bottom layer of lasagna noodles. I cut them to fit the rounded corners of the pan. I add another cup of sauce sprinkled with Qorn Grounds on top of the noodle layer to make sure the liquid cooks the noodle.

Add the filling in quarters, spreading over the bottom layer. Then add the top layer of noodles, another cup of sauce and the sautéed mushrooms. Grate a little fresh parmesan over the top to give a nutty flavor.

Bake uncovered at 350 degrees for forty minutes. Use a sheet pan underneath the baking dish in case the sauce bubbles over. Remove from oven and let stand before cutting. Allows the dish to solidify. Freezes beautifully in single portions. May require a little extra sauce to purée. NOTE: ricotta increases in volume when it is puréed, so the serving looks bigger in purée than it does in regular form. To maintain calorie level, please feed the whole serving.

*Bon appetit!*



## Crystal Therapy: CARNELIAN

|            |   |
|------------|---|
| ATTRIBUTES | Courage, Vitality, Confidence                     |
| ELEMENT    | Fire  |
| CHAKRA     | Base and Sacral                                   |
| MINED IN   | Britain, India, Peru, Slovakia, Iceland, Romania, |

Carnelian is full of life-force energy and vitality. It is a grounding, stabilizing, and protecting stone with very high vibration that can calm anger, expel fear, and banish negativity by replacing it with love. It is believed that Carnelian can improve analytic abilities, clarify perception, sharpen concentration, restore one's energy and motivation, and stimulate creativity. It's said to protect against envy, rage, and resentment. Carnelian has the ability to cleanse other stones.

### HEALING

In Crystal Healing, Carnelian can be used to cleanse and strengthen the physical body. It's said to stimulate the metabolism and increase fertility. Carnelian is also believed to be beneficial for rheumatism, lower back pain, arthritis, and depression.

### POSITION

Wear Carnelian as jewelry for protection or position as appropriate for healing. You can also place a piece of Carnelian near the front door for protection and inviting abundance into the home.

### MEDITATION

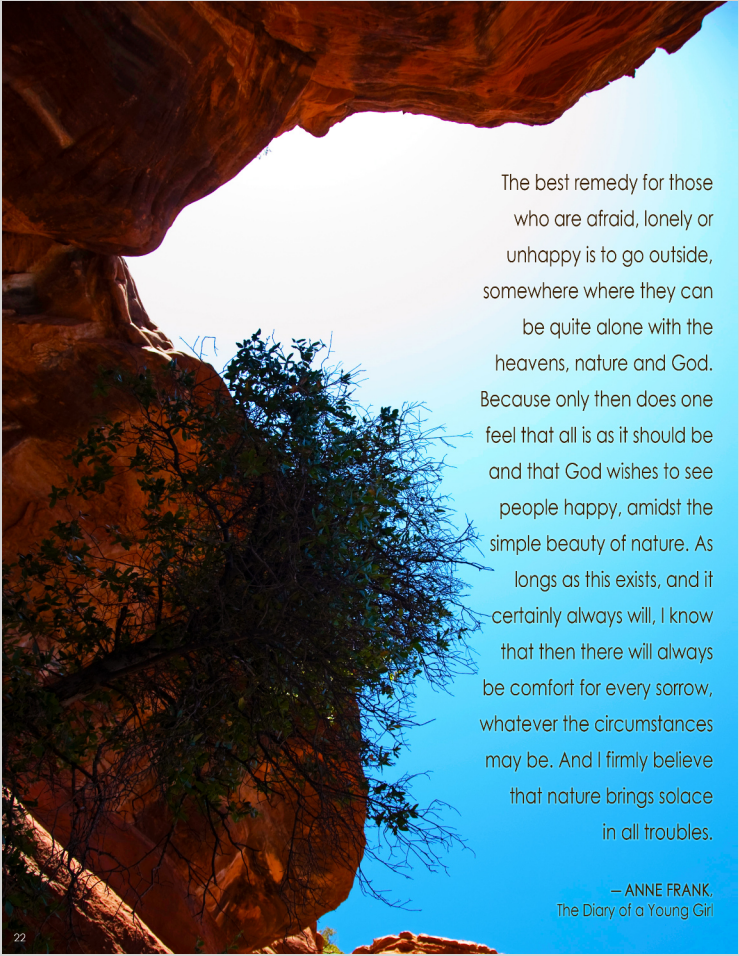
It can be used in meditation to assist with manifestation work and decision-making because of its ability to give confidence and stimulate one to take action. Meditate with Carnelian when you need help with bringing a concept into being or when you need courage to 'take the leap'.

### DISCLAIMER:

The content above is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment. Views expressed here are suggestions only.

### SOURCE:

*The Book of Stones* by Robert Simmons & Naisha Ahlsri:  
*The Crystal Bible* by Judy Hall



The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles.

— ANNE FRANK,  
The Diary of a Young Girl

# AMAZING PLACES

*Near & Far*

**SEDONA** is a small town in Arizona, blessed with an abundance of scenic beauty: an incredible oasis nestled amongst the phenomenal creations of nature. It sits at the intersection of soul-nourishing wilderness and pampered luxury—where soaring red rock monoliths cradle an array of resorts, spas, art galleries and boutique wineries. Surrounded by 1.8 million acres of national forest land, visitors have instant access to recreational activities. Trails for hiking and biking, along with bouncy jeep tracks, weave among the bristling forest of pinnacles, spires, buttes and domes. Yet, you're never far from the indulgences of town.

Sedona was named after Sedona Arabella Miller Schnebly (1877–1950), the wife of Theodore Cariton Schnebly, the city's first postmaster, who was celebrated for her hospitality and industriousness.

SOURCE: [www.visitsedona.com](http://www.visitsedona.com)



Photography by Anna Krecicki

#### EDITOR'S NOTE:

A few years ago I had the opportunity to visit Sedona and experience its stunning beauty and incredible energy. Every day for about a week, my brother and I went hiking on breathtaking nature trails and climbed magnificent red rocks until exhaustion. After a long and hard climb, sitting on top of a giant rock at about 7000 feet was impactful indeed: the feeling of being one with nature brought on a humble respect and the joy of being alive. Visiting and meditating at some of the vortex sites were truly insightful spiritual experiences. Besides the quiet beauty of the surrounding landscape, Sedona has a lot of ways to charm: including spas, metaphysical shops, spiritual & healing centers, great restaurants, art galleries, wineries, farmers markets, and unique little boutiques. Sedona is our pick for this issue's *Amazing Places - near and far*.



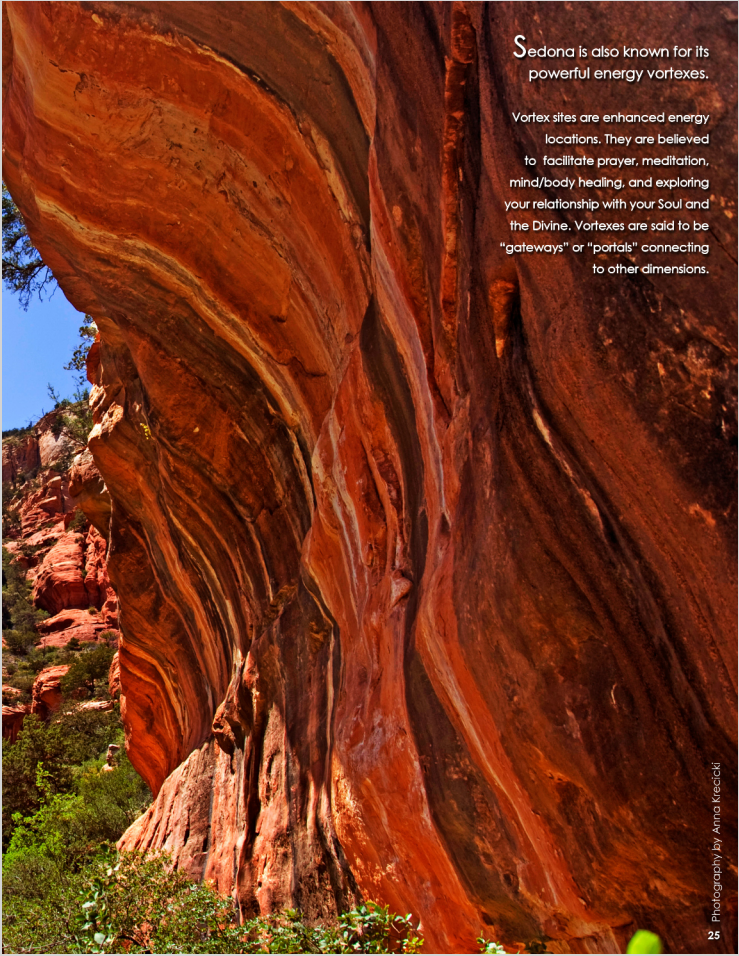
# RED ROCKS OF SEDONA

The majestic red rock scenery and evergreen vegetation are just some of the reasons for the unique energy of Sedona and its tangible regenerative and inspirational effects. The red-orange color of the rocks is one of the most neuro-stimulating of colors.

It enhances creative thinking and problem solving. Because Sedona is framed year round by green, visitors are also bathed in a sense of hope and renewal, regardless of the season. The spectacular trails and views provide numerous opportunities for prayer, meditation, and contemplation.

SOURCE:  
[www.visitsedona.com](http://www.visitsedona.com)





Sedona is also known for its powerful energy vortices.

Vortex sites are enhanced energy locations. They are believed to facilitate prayer, meditation, mind/body healing, and exploring your relationship with your Soul and the Divine. Vortexes are said to be "gateways" or "portals" connecting to other dimensions.



**Upflow Vortexes** (masculine sites), have energy flows that help you soar to higher spiritual perspectives. They enhance prayers or meditations for connecting with the Universe, feeling one with the Divine, or facing problems at a Soul level.

**Inflow Vortexes** (feminine), have energy flows that help you go inward. These sites boost meditations or prayers about your life purposes and may provide insights on how to heal past hurts.

There are **Combination Vortexes** that have aspects of both energies. These allow the seeker to experience more advanced or in-depth spiritual skills.

Read more at: [www.visitsedona.com/what-to-do/spiritual-personal-enrichment/spiritual-side-sedona/](http://www.visitsedona.com/what-to-do/spiritual-personal-enrichment/spiritual-side-sedona/)

Photography by Anna Kreckel
















Photography by Anna Krecicki



exceptional. spiritual. magical...

Sedona is a place well worth visiting.



| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|--|--|--|--|--|
|  |  |  |  |  | 1<br>MAY DAY   | 2  |
| 3  | 4<br><br>FULL MOON              | 5<br>CINCO DE MAYO<br><br>Eta Aquarids Meteor Shower   | 6<br><br>Eta Aquarids Meteor Shower  | 7  | 8  | 9  |
| 10<br>MOTHER'S DAY   | 11   | 12   | 13   | 14   | 15   | 16<br>ARMED FORCES DAY   |
| 17   | 18<br><br>NEW MOON              | 19<br><br>Mercury in Retrograde                 | 20<br><br>Mercury in Retrograde | 21<br><br>Mercury in Retrograde | 22<br><br>Mercury in Retrograde | 23<br><br>Mercury in Retrograde |
| 24<br><br>Mercury in Retrograde | 25<br><br>Mercury in Retrograde | 26<br>MEMORIAL DAY<br><br>Mercury in Retrograde | 27<br><br>Mercury in Retrograde | 28<br><br>Mercury in Retrograde | 29<br><br>Mercury in Retrograde | 30<br><br>Mercury in Retrograde |
| 31<br><br>Mercury in Retrograde |  May 4<br>FULL MOON             |  |  |  |  May 18<br>NEW MOON             |  |

May 10  
MOTHER'S DAY



SOURCE:  
[www.seasky.org](http://www.seasky.org)  
[www.cafeastrology.com](http://www.cafeastrology.com)  
[www.mindbodygreen.com](http://www.mindbodygreen.com)  
[www.manspurpose.com](http://www.manspurpose.com)  
[www.wincalendar.com](http://www.wincalendar.com)

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 03:42 UTC. This full moon was known by early Native American tribes as the Full Flower Moon because this was the time of year when spring flowers appeared in abundance. This moon has also been known as the Full Corn Planting Moon and the Milk Moon.

#### METAPHYSICAL ASPECTS

Since the full moon pours down a tremendous amount of energy, you must be in a calm state of mind to receive a positive effect. Remember that whatever is going on in your body, mind and spirit will be amplified. Refrain from arguing and getting angry. Think positive thoughts. Envision your dreams manifesting. Meditate. Send blessings to people in need. The full moon is the time to stay calm, let things go, breathe deeply through difficult moments and forgive others for their mistakes.

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 04:13 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

#### METAPHYSICAL ASPECTS

The new moon is the symbol of new beginnings. This is a good time to contemplate upon your true motive. Now you can tune into your Soul or Higher Self. Stay calm, and let your Higher Self give you a vision of your true purpose. This is a time to breathe in deeply and move into a calm state of mind. In this state, you can watch your emotions come and go and not be affected by them. In this calmness, you begin to see your life more clearly; you begin to see what is possible.

| Sunday                                    | Monday                           | Tuesday  | Wednesday                         | Thursday                          | Friday                           | Saturday                         |
|---|----------------------------------|--|-----------------------------------|-----------------------------------|----------------------------------|----------------------------------|
|   | 1<br>♃♂<br>Mercury in Retrograde | 2<br>☉<br>FULL MOON<br>♃♂<br>Mercury in Retrograde | 3<br>♃♂<br>Mercury in Retrograde  | 4<br>♃♂<br>Mercury in Retrograde  | 5<br>♃♂<br>Mercury in Retrograde | 6<br>♃♂<br>Mercury in Retrograde |
| 7<br>♃♂<br>Mercury in Retrograde          | 8<br>♃♂<br>Mercury in Retrograde | 9<br>♃♂<br>Mercury in Retrograde                   | 10<br>♃♂<br>Mercury in Retrograde | 11<br>♃♂<br>Mercury in Retrograde | 12                               | 13                               |
| 14<br>FLAG DAY                            | 15                               | 16<br>☾<br>NEW MOON                                | 17                                | 18<br>RAMADAN (start)             | 19                               | 20                               |
| 21<br>FATHER'S DAY<br><br>SUMMER SOLSTICE | 22                               | 23   | 24                                | 25                                | 26                               | 27                               |
| 28  | 29                               | 30   |                                   |                                   |                                  |                                  |



June 2  
FULL MOON

The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This phase occurs at 16:19 UTC. This full moon was known by early Native American tribes as the Full Strawberry Moon because it signaled the time of year to gather ripening fruit. This moon has also been known as the Full Rose Moon and the Full Honey Moon.



June 16  
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 04:13 UTC.



June 21  
SUMMER SOLSTICE

The June solstice (or summer solstice) occurs at 16:38 UTC. The North Pole of the earth will be tilted toward the Sun, which will have reached its northernmost position in the sky and will be directly over the Tropic of Cancer at 23.44 degrees north latitude. This is the first day of summer in the Northern Hemisphere and the first day of winter (winter solstice) in the Southern Hemisphere.

## ♃♂ MAY 19 - JUNE 11 MERCURY IN RETROGRADE

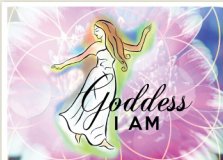
Three, and sometimes four times a year, the planet Mercury appears to be moving backwards in the sky for a period of approximately 3 weeks. Retrograde cycles are essentially illusions that result from our point of view from Earth. Simply because the Earth is also orbiting the Sun at a different speed than the other planets.

### METAPHYSICAL ASPECTS

Although it may only be an illusion in the skies, many of us insist that Mercury in retrograde influences our everyday life tremendously. In Astrology, the planet Mercury has rulership over such things as communication, negotiating, buying and selling, information, formal contracts, documents, travel, transportation, and so forth. All of these areas of life can be affected when Mercury is in retrograde.

Mercury's retrograde period can cause our plans to go awry. During this time, remain flexible and allow time for extra travel. Decision-making is challenged during Mercury in retrograde. It is not advised to sign contracts, engage in important decision-making, or launch a new business. Delays and challenges are more probable with Mercury in retrograde. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions. It's a time when being careless with money, our personal information, or paperwork can be costly.

However, this is an excellent time for organizing and to reflect on the past. We look at the world a little differently and can come up with some very important inner revelations, although, it may be difficult to communicate them under this influence. Mercury in retrograde periods can be times of heightened inner awareness, when meditation, reworking old plans, and reviewing past work are favored. Intuition is high during these periods, and coincidences can be extraordinary. Not everyone feels the effects of Mercury retrograde. Those born with Mercury retrograde in their natal chart, may not notice the effects above.



WEDNESDAY, MAY 13  
7PM

**MANIFESTATION & HEALING EVENING**  
-at Goddess I AM Healing & Art Center

We just experienced a whole host of powerful events astrologically. As the planets, moon, sun, stars, and calendars line up for this amazing energy show, we have the opportunity to grab this energy and put it to work for us! Don't ignore the powerful energy available in this Year of Manifestation by playing it safe or playing small. Be bold, and dream BIG! The equinox of March 20th, was where Earth, moon and sun lined up. Then two weeks later there was a super moon and a total lunar eclipse falling on Passover and Easter Saturday. We are in a magical window of opportunity until the June solstice. Now is the time to commit and connect with your Soul desires. Get clear and get focused on what you wish to bring forth in this amazing time!!

For this reason, we will be offering an evening of Manifestation and Healing. Beth will lead a guided meditation, talk with question and answers, and finish with Soul Healing for everyone. You will be guided to seek your heart's desire and write it down to keep working on it... Bring a notebook and pen.

Join us for this powerful event and see how you can create a clearer, more empowered life for yourself! **\$20** 600 Goodlette Rd. N. Naples. 239-228-6949.

**PINE RIDGE ROAD FARMERS MARKET**

3370 Pine Ridge Rd., Naples

**Season ends on May 10th!**



Join us for a wide variety of fresh, locally grown fruits and vegetables, organic produce, fresh-cut flowers, orchids, plants, seafood, dips, salsa, pickles, breads, jams, bagels, kettle corn, books, soaps, candles, clothes, jewelry, pottery, and many more locally made and fair-trade products. Pets are welcome! Join us on Sundays from 9AM to 2PM. 239-200-4401.

## Local News & Events

**MAY 1  
RAY SETTLE DAY** - at Goddess I AM Healing & Art Center, Psychic Medium and Astrologer, Ray will be offering readings. Call for more info about Ray and his amazing readings. 600 Goodlette Rd. N. Naples. 239-228-6949.

**MAY 1  
CHANNELING w/Candyyce** - at Goddess I AM Healing & Art Center, as she channels the Emissaries of Love & Light & Archangel Michael. Join us for an evening of messages and healing from the Beings of Light with Candyyce Stratford. 600 Goodlette Rd. N. Naples. 239-228-6949.

**MAY 6  
6PM-9PM  
ALCHYMIE AT SHANGRI-LA. Celebration of Art & Nature, with special guest Hung Ly.** Alchymie pianist Jennifer Theuer Ruzicka and flute player Hung Ly will perform ambient piano and Native American flute music showcasing single, double, & triple flutes at the stunning and historic Shangri-La of Bonita Springs. This will also mark the opening of the newest gallery exhibition at Shangri-La, "Flowers & Trees". 27750 Old U.S. 41 Road, Bonita Springs. 239-949-0749

**MAY 8  
5AM - 8PM  
EVENING PSYCHIC FAIRE** - at Goddess I AM Healing & Art Center. Come for Mini-Readings with our experienced readers. We offer Angelic, Tarot, Psychic, Past Life, & Animal/Pet readings plus meet your Angels, meet your Animal Spirit Guide. **\$20** Appointments welcome. 600 Goodlette Rd. N., Naples. 239-228-6949

**MAY 16  
11AM - 4PM  
PSYCHIC FAIRE** - at Goddess I AM Healing & Art Center. Come for mini-readings with some of Naples' most experienced readers! Shop in Naples' largest metaphysical store. Cash for services. Appointments welcome. **\$20** 600 Goodlette Rd. N., Naples. 239-228-6949

**MAY 23  
BOOK SIGNING** at Goddess I AM Healing & Art Center. Jodi Lynn Lamure will be here signing her book, "Embracing The Spark, A Simple Guide to Live Brilliantly". She is a local artist and intuitive who speaks of finding that creative spark. 600 Goodlette Rd. N., Naples. 239-228-6949

**MAY 29  
6PM - 8PM  
AN EVENING OF PAST LIFE REGRESSION** w/Carolyn Beauchamp CCHT. - at the White Lotus Studio. Heal Present Life Issues Through Past Life Recall. Journey into your past to learn how to live a more empowered present. **\$15** Limited space available, please RSVP at (239) 300-1633 or at carolynbeauchamp@gmail.com 5555 Taylor Rd. Unit C, Naples. 239-228-6949

**EVERY WEDNESDAY  
6PM  
MEDITATION** - at Goddess I AM Healing & Art Center. Join Bethanny Gonzalez for a healing heart meditation. **\$5** 600 Goodlette Rd. N. Naples. 239-228-6949.

**EVERY FRIDAY  
10AM  
MEDITATION** - at Goddess I AM Healing & Art Center. Join Beth Brown-Rinella for a soothing, magical, guided meditation. **\$5** 600 Goodlette Rd. N. Naples. 239-228-6949.

### Love Amplified: Embrace the Fire Within

An Event with John Stuart

**JUNE 6, 2PM - 6PM**

What lights you up? What are you ready to light a fire to in your life? What are you ready to purify and transmute so that you may experience a love so deep that it liberates your soul and aligns with your loving YES? Tune into your heart's desire. Feel it. Embody it. The time is now... BE it. Live it. Love it! Get ready to experience and amplify it!

Please bring for your personal comfort: yoga mat, a pillow for head and knees, a blanket, something to cover your eyes and any other items for your comfort in laying on the floor.

**Early Bird Special:** Register by May 12th - \$40 single ticket or \$60 for 2! After May 12th - \$50 for a single ticket and save by bringing a partner - \$80 for 2!

**Location: Anahata Yoga & Event Center**  
(239) 262-0811  
1065 5th Ave. N., Naples  
[www.anahatanaples.com](http://www.anahatanaples.com)



This is a free Business Directory. If you'd like to list your business here, or if you are already listed, but need to change your information, call 239-687-0667 or email us at [WhiteLotusMagazine@gmail.com](mailto:WhiteLotusMagazine@gmail.com). For more advertising options, go to [www.WhiteLotusMagazine.com](http://www.WhiteLotusMagazine.com).

# Local Business Directory

## ACUPRESSURE

ALTERNATIVE MEDICINE CONT.

**HOLISTIC HEALING ARTS**  
Alvina Guatrano, LMT  
(732) 266-5276  
3323 Olympic Dr., #722 Naples  
[www.HolisticHealingArts.info](http://www.HolisticHealingArts.info)

**SUSAN WINTERS, MMQ (China)**  
Shamanic Healer  
Specializing in the healing arts of Qigong  
(239)340-1036  
[panguswf@gmail.com](mailto:panguswf@gmail.com)

## ACUPUNCTURE

## ANIMAL HEALTH / PET CARE

**ACUPUNCTURE CARE OF NAPLES**  
(239) 877-2531  
501 Goodlette-Frank Rd, Naples  
[www.naplesacupuncture.net](http://www.naplesacupuncture.net)

**NAPLES DOG CENTER & SALON**  
(239) 530-3647  
630 Tamiami Trail N, Naples  
[www.naplesdogcenter.com](http://www.naplesdogcenter.com)

**ACUPUNCTURE CENTER OF NAPLES**  
Dr. Xiu Gong Cen, AP, M.D.  
(239) 513-9232  
5683 Kings Blvd., Naples

**MICHELLE'S PET SITTING**  
(347) 622-6157  
Naples - Bonita Springs  
[www.michellespetsitting.com](http://www.michellespetsitting.com)

**ACUPUNCTURE FACELIFT**  
(239) 430-6800  
3811 Airport Rd., Naples  
[www.DrTerriEvans.com](http://www.DrTerriEvans.com)

## AROMATHERAPY

**DR. HU PAN, A.P.**  
(239) 821-4482  
2670 Horseshoe Dr. N., #202, Naples

**GAIA'S HEALING GIFTS (See ad on p40)**  
Bethanny Gonzalez  
(239) 253-3303  
[www.gaiashealinggifts.com](http://www.gaiashealinggifts.com)

Dr. Karen Yale  
(239) 947-1177  
28315 S. Tamiami Tr. Suite 101, Bonita Sp.

## ART & JEWELRY

**GULF COAST ACUPUNCTURE**  
(239) 841-6611  
1250 Tamiami Tr. N., Naples  
[www.GulfCoastAcupuncture.com](http://www.GulfCoastAcupuncture.com)

**CHARMED KARMA**  
Handmade Jewelry  
(239) 244-6994  
[www.charmedkarma.org](http://www.charmedkarma.org)

**JOHN E. PATTON, A.P., M.A., LMHC**  
(239) 262-6828  
971 Michigan Ave., Naples  
[www.healingartscenteronline.com](http://www.healingartscenteronline.com)

**EARTH'S AURA**  
Sundays 9am to 2pm at the  
Pine Ridge Road Farmers Market  
[www.earthsa.com](http://www.earthsa.com)  
[www.artdougsmith.com](http://www.artdougsmith.com)

**PATRICIA ACERRA, Lac, Dipl Ac. CCHT**  
(239) 659-9100  
2335 Tamiami Tr. N., #303B, Naples  
[www.HealthAndBeautyClinic.net](http://www.HealthAndBeautyClinic.net)

**FOUR WINDS GALLERY**  
(239) 263-7555  
40 13th Ave. S., Naples  
[www.fourwindsnaples.com](http://www.fourwindsnaples.com)

## ALTERNATIVE MEDICINE

**ALTERNATIVE NATURAL HEALTHCARE**  
(239) 947-6234  
16517 Vanderbilt Dr., #3, Bonita Springs  
[www.alternativenaturalhealthcare.net](http://www.alternativenaturalhealthcare.net)

**GODDESS I AM (See ad on this page)**  
HEALING & ART CENTER  
(239) 228-6949  
600 Goodlette Rd. Naples

**DR. JOEL YING, MD**  
(239) 200-6793  
2335 Tamiami Tr. N., #206., Naples  
[www.JoyHealthWellness.com](http://www.JoyHealthWellness.com)

**MEMORIAL GLASS ART AND JEWELRY**  
BEVERLY'S TROPICAL GLASS DESIGN  
(239) 455-3778  
4711 Pine Ridge Rd. Naples  
(See ad to the right)

**JOHN E. PATTON, A.P., M.A., LMHC**  
(239) 262-6828  
971 Michigan Ave., Naples  
[www.healingartscenteronline.com](http://www.healingartscenteronline.com)

**ROSEN GALLERY & STUDIOS**  
(239) 821-1061  
North Line Plaza, 2172 J & C Blvd., Naples  
[www.facebook.com/richardrosenart](http://www.facebook.com/richardrosenart)

**INSIGHT TO HEALTH AND WELLNESS**  
Nancy J. Vance, MD, FAARFM  
(239)-261-0074  
1500 5th Ave. S., Suite A2-104, Naples  
[www.insight2HW.com](http://www.insight2HW.com)

**SILVER EAGLE GALLERY**  
(239) 403-3033  
850 5th Ave. S., Naples  
[www.silvereaglegallery.com](http://www.silvereaglegallery.com)



**Anahata**  
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1063 5th Ave N, Naples, FL  
A Yoga and event center where all paths meet. Offering classes and special events.  
[www.AnahataNaples.com](http://www.AnahataNaples.com)



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GODDESS ACADEMY  
PSYCHIC FAIRS

**Goddess I AM**

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600 Goodlette Rd. Naples  
[www.GoddessIam.com](http://www.GoddessIam.com)

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*An unconventional therapy for pain relief and overall well-being*

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Naples, FL 34103

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Therapeutic Massage and Bodywork No. (254013-08)

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(239) 877-4614 Elissa George/Consultant  
(239) 289-5561 Lennart Caspersen/Consultant

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## ART & JEWELRY CONT.

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(239) 431-8750  
2367 Vanderbilt Beach Rd., #805, Naples  
(239) 288-6953  
15250 S Tamiami Tr., Ft. Myers  
www.vinospicasso.com

## ASTROLOGY

**ANGELIÉA**  
(239) 289-8602  
www.angeliea.com

**BOB MULLIGAN**  
(239) 261-2840  
www.theastrologycompany.com

**CAROL BELLIS, CSC, CPLC**  
(508) 728-4680  
Bonita Springs  
www.CarolBellis.com

**PENELOPE SMITH**  
(239) 403-3061

## AYURVEDA

**AYURVEDA CLINIC**  
Christina Carlin  
(239) 450-6903  
501 Goodlette Rd. N., #A200, Naples

**KISHOR'S KITCHEN**  
Michael Zimbelman  
Ayurveda Lifestyle Consultant  
(239) 564-0892  
1042 Summerfield Dr., Naples  
kishorskitchen@aol.com

## B BIOFEEDBACK

**ENLIGHT**  
(239) 676-5009  
9122 Bonita Beach Rd., Bonita Springs  
www.enlightcenter.com

**KELLY BONE, CBS, LSHC**  
(239) 209-7786  
Ft. Myers - Bonita Springs - Naples  
www.indigoforwellness.com

**SALT CAVE** (See ad on page 18)  
(239) 403-9170  
4962 Tamiami Trail N., Naples  
www.saltcavenaples.com

## BODYWORK

**DR. STUART WRIGHT, ND**  
Certified Advanced Rolfer  
(239) 272-6443  
Naples - by appointment

## BODYWORK CONT.

**JENNIFER HUNLOCK (MA13379)**  
(239) 287-9113  
Naples/Bonita Springs by appointment

**HARMONIZING BODYWORK**  
Erik Nelson at the Salt Cave  
(239) 403-9170  
4962 Tamiami Trail N., Naples  
www.saltcavenaples.com

**LAURA BARNES**  
Certified Advanced Rolfer  
(239) 825-8555  
2335 Tamiami Tr. N., #206, Naples

**PAULA TERRY, LMT (MA35358)**  
(239) 821-3088  
www.doulalove.org  
(See ad on page 13)

## BODY ROLLING

**YAMUNA BODY ROLLING**  
Patti Reed, LMT CPT  
(239) 649-0814  
832 Anchor Rode Dr., Naples  
Prall4fitness@comcast.net  
PattiInFullivemovement.com

## BOOKS

**GODDESS I AM** (See ad on page 36)  
**HEALING & ART CENTER**  
(239) 228-6949  
600 Goodlette Rd. Naples

**UNITY OF NAPLES**  
(239) 775-3009  
2000 Unity Way, Naples  
www.naplesunity.org

**USED BOOKS**  
at the PINE RIDGE ROAD FARMERS  
MARKET  
Sundays, 9AM - 2PM

## C CHELATION

**CHELATION CENTER OF NAPLES**  
(239) 594-9355  
975 Imperial Golf Course Blvd., #107.,  
Naples

## CHINESE ENERGY MEDICINE

**SUSAN WINTERS, MMQ (China)**  
Shamanic Healer  
Specializing in the healing arts of Qigong  
(239) 340-1036  
pangusw1@gmail.com

## CHIROPRACTORS

**CHIRO CARE EXPRESS**  
(239) 330-3830  
15205 Collier Blvd., #105, Naples  
www.ChiroCareExpress.com

**CHIROPRACTIC PHYSICIANS**  
Dr. Karen Tale and Dr. Gary Gendron  
(239) 947-1177  
28315 S. Tamiami Tr., Suite 101., Bonita Sp.

**LIVING WELL CHIROPRACTIC**  
(239) 498-2225  
10020 Coconut Rd., #134, Bonita Springs  
www.livingwellfl.com

**NAPLES ABUNDANT HEALTH  
CHIROPRACTIC**  
(239) 287-7450  
2310 Immokalee Rd., Naples

**NETWORK CHIROPRACTOR**  
Dr. Michele Pelletiere  
(239) 949-1222  
9138 Bonita Beach Rd., Bonita Springs

**NORTH TRAIL CHIROPRACTIC CLINIC**  
(239) 261-5222  
4530 Tamiami Tr. N., Naples  
www.northtrailchiropractic.com

**RIEBESSELL CHIROPRACTIC CENTER**  
Dr. Robert Riebesell & Dr. Brad Fisher  
(239) 592-0304  
1001 Crosspointe Dr #1., Naples  
www.riebesellchiropractic.com

**TOTAL HEALTH OF NAPLES**  
(239) 260-1426  
13661 Airport Pulling Rd. N. #11, Naples  
www.totalhealthnaples.com

## COLON THERAPY

**CLEANSING SPRINGS, INC.**  
(239) 596-1110  
6714 Lone Oak Blvd, Naples  
www.Cleansingsprings.com

**RB INSTITUTE, INC.**  
(239) 939-4646  
13601 McGregor Blvd., Ft. Myers  
www.robbynberry.com

## CRANIOSACRAL THERAPY

**INNERCONNECTIONS**  
(239) 398-3154  
17595 Tamiami Tr. S., #112, Fort Myers  
www.innerconnectionspt.com

**JENNIFER HUNLOCK (MA#: 13379)**  
(239) 287-9113  
Naples/Bonita Springs by appointment

**PAULA TERRY, LMT (MA35358)**  
(239) 821-3088  
www.doulalove.org  
(See ad on page 13)



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## CRYSTALS & MINERALS

**ALTERED ELEMENTS**  
(239) 430-0654  
532 Park St. Naples

**EARTH'S AURA**  
Sundays 9am to 2pm at the  
Pine Ridge Road Farmers Market  
[Tiffany@EarthsAura.com](mailto:Tiffany@EarthsAura.com)  
[www.earthsaura.com](http://www.earthsaura.com)

**GODDESS I AM** (See ad on p36)  
**HEALING & ART CENTER**  
(239) 228-6949  
600 Goodlette Rd. Naples

**INFINITE STONES, LLC**  
(678) 717-8584  
12911 Metro Pkwy., Ft. Myers  
[www.infinitestonesllc.com](http://www.infinitestonesllc.com)

**INNER VISIONS TRADING CO.**  
(239) 216-7946  
[www.inspiredtradingcompany.com](http://www.inspiredtradingcompany.com)

**SALT CAVE** (See ad on page 18)  
(239) 403-9170  
4962 Tamiami Trail N., Naples  
[www.saltcavenaples.com](http://www.saltcavenaples.com)

**SILVER EAGLE GALLERY**  
(239) 403-3033  
850 5th Ave. S., Naples  
[www.silvereaglegallery.com](http://www.silvereaglegallery.com)

**SHANGRI-LA SPRINGS Gift Shop**  
(239) 949-0749  
27750 Old U.S. 41 Rd., Bonita Springs  
[www.shangrilasprings.com](http://www.shangrilasprings.com)

**WHITE LOTUS STUDIO** (See ad on p45)  
(239) 687-0667  
5555 Taylor Rd., Unit C, Naples

## D DENTIST

**BONITA DENTAL STUDIO**  
(239) 676-8730  
9200 Bonita Beach Rd SE #111, Bonita Springs  
[www.bonitadentalstudio.com](http://www.bonitadentalstudio.com)

**LASER DENTISTRY**  
(239) 936-5442  
1550 Matthew Dr. Fort Myers  
[www.fortmyerslaserdentist.com](http://www.fortmyerslaserdentist.com)

**WILLIAM E. LOVETT, D.D.S.**  
(239) 593-4911  
860 1111th Ave N, Naples  
[www.RestorativeDentist.com](http://www.RestorativeDentist.com)

## E EAR CANDLEING

**LISA PILSNER**  
(239) 298-1545  
By appointment at the White Lotus Studio  
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[OnTheGoFitness@gmail.com](mailto:OnTheGoFitness@gmail.com)

## EDUCATION

**EVERGLADES UNIVERSITY**  
Online Classes  
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[www.evergladesuniversity.edu](http://www.evergladesuniversity.edu)

**HOLISTIC HEALING ARTS**  
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3323 Olympic Dr., #722 Naples  
[www.HolisticHealingArts.info](http://www.HolisticHealingArts.info)

## ENERGY HEALING

**ANAHATA** (See ad on page 31)  
(239) 262-0811  
1065 5th Ave. N., Naples  
[www.anahatanaples.com](http://www.anahatanaples.com)

**BETH BROWN-RINELLA**  
(239) 228-6949  
**GODDESS I AM HEALING & ART CENTER**  
600 Goodlette Rd. Naples

**BETHANNY GONZALEZ** (See ad on p40)  
(239) 253-3303  
600 Goodlette Rd. Naples  
[www.gaiashealinggifts.com](http://www.gaiashealinggifts.com)

**CONCERNED HEALTH ALTERNATIVES**  
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(239) 494-1363  
Naples  
[www.HypnosisBasics.com](http://www.HypnosisBasics.com)

**CORE STAR**  
Jim Crabtree  
(239) 597-7372  
[www.CoreStarEnergyHealing.com](http://www.CoreStarEnergyHealing.com)

**CSONGOR DANIEL, B.S., L.M.T., C.P.T.**  
(941) 391-3527  
North Port  
[www.csongordaniel.com](http://www.csongordaniel.com)

**HARMONIZING AMBIENT ENERGY**  
(239) 910-6576  
4051 Gulf Shore Blvd. N., Naples

**KATHY HALL**  
Soul Awakening Energy Healing  
[www.HiddenWholeness.com](http://www.HiddenWholeness.com)

**KATIE MULLIGAN**  
Certified Practitioner of Esoteric Healing  
(239) 777-2103  
[www.FullnessOfBeing.com](http://www.FullnessOfBeing.com)

**MAUREEN SANDERS**  
THE HORSE SHAMAN  
(239) 253-9008  
[www.TheHorseShaman.com](http://www.TheHorseShaman.com)

**NANCY SANTANA**  
(239) 895-4476  
Lehigh Acres  
[www.nancysantana.com](http://www.nancysantana.com)

**SUKYO MAHIKARI**  
(239) 300-1633  
Naples  
[www.sukyomahikari.org](http://www.sukyomahikari.org)

## ENERGY HEALING CONT.

**UNIVERSAL ENERGY HEALING**  
JOSE HERNANDEZ at the Salt Cave  
(239) 465-5683  
4962 Tamiami Trail N., Naples  
[www.saltcavenaples.com](http://www.saltcavenaples.com)

## ESSENTIAL OILS

**CONNIE MYERS** (See ad on page 43)  
(239) 404-8892  
Naples area - by appointment

**GAIA'S HEALING GIFTS** (See ad on p40)  
Bethanny Gonzalez  
(239) 253-3303  
[www.gaiashealinggifts.com](http://www.gaiashealinggifts.com)

## F FARMERS MARKETS

**PINE RIDGE ROAD FARMERS MARKET**  
(239) 200-4401  
Sundays, 9AM - 2PM  
3370 Pine Ridge Rd., Naples  
[www.naplesmarketplace.net](http://www.naplesmarketplace.net)

**THIRD STREET SOUTH FARMERS MARKET**  
(239) 649-6707  
Saturdays, 7:30AM - 11:30PM  
245 13th Ave S, Naples  
[www.thirdstreetsouth.com/farmersmarket](http://www.thirdstreetsouth.com/farmersmarket)

**VANDERBILT FARMERS MARKET**  
(239) 273-2350  
Saturdays, 8AM - 1PM  
2355 Vanderbilt Beach Rd., Naples

## FITNESS

**EMILIE BROMLEY - A BOUTIQUE FITNESS STUDIO**  
(239) 404-8127  
[www.emiliebromley.com](http://www.emiliebromley.com)

**FERRARI FITNESS**  
(239) 300-0039  
431 Bayfront Pl, Naples

## GLUTEN FREE FOOD

**EPIPHANY**  
(239) 398-4428  
Saturdays at the Vanderbilt Farmers Market  
[www.epiphanyglutenfree.com](http://www.epiphanyglutenfree.com)

**FORGETABOUTIT BAKERY**  
Special orders are our specialty  
(239) 250-0842  
Sundays 9am to 2pm  
at the Pine Ridge Road Farmers Market  
[www.ForgetaboutitBakery.com](http://www.ForgetaboutitBakery.com)

**F****G**

## H HEALTH FOOD STORES

### FOOD & THOUGHT

(239) 213-2222  
2132 Tamiami Tr. N, Naples  
www.foodandthought.com

### FOR GOODNESS SAKE

(239) 353-7778  
7211 Radio Rd, Naples, FL 34104  
(239) 992-5838  
9118 Bonita Beach Rd, Bonita Springs  
www.forgoodnessake123.com

### NATURE'S GARDEN

(239) 643-4959  
2089 Tamiami Trail N, Naples

## HEALTHY DINING

### THE CIDER PRESS CAFÉ

(239) 631-2500  
1201 Piper Blvd #26, Naples  
www.ciderpresscafe.com

### FOOD & THOUGHT

(239) 213-2222  
2132 Tamiami Tr. N, Naples  
www.foodandthought.com

### HAPPINESS HEALTHY CAFÉ

(239) 362-2075  
3332 Cleveland Ave, Fort Myers  
www.happinesshealthycafe1.com

### JANE'S GARDEN CAFÉ

1209 3rd Street S, Naples, FL 34102  
239.261.2253  
JanesNaples.com

### KITCHEN 41

(239) 263-8009  
2500 Tamiami Tr. N., Naples  
www.kitchen41.com

### THE LOCAL

(239) 596-3276  
5323 Airport Pulling Rd N, Naples  
www.thelocalnaples.com

### LOVING HUT

(239) 254-9490  
975 Pine Ridge Rd., Naples  
www.lovinghut.us

### M WATERFRONT GRILLE

(239) 263-4421  
4300 Gulf Shore Blvd N, Naples  
www.mwaterfrontgrille.com

### PIZZA FUSION

(239) 262-8111  
2146 Tamiami Tr. N., Naples  
www.PizzaFusion.com/Naples  
(239) 337-7979  
12901 McGregor Blvd #5, Fort Myers  
www.PizzaFusion.com/FortMyers

### THAI BASIL

(239) 262-8777  
2616 Tamiami Trail N, Naples  
www.thaibasilnaples.com

## HERBS/ HERBAL MEDICINE

### CATHY'S HERBS AND BOTANICALS

(239) 595-0586  
281 9th St. S., Naples  
www.cathysherbsandbotanicals.com

### DR. MORSE, N.D., D.Sc., M.H.

(941) 255-1979  
Port Charlotte  
www.cirmosherherbalhealthclub.com

### GODDESS I AM (See ad on page 26)

HEALING & ART CENTER  
(239) 228-6949  
600 Goodlette Rd, Naples

### JAMES OCCHIOGROSSO, MH

(239) 652-0421  
Fort Myers  
www.HealthNaturallyToday.com

## HOLISTIC / NATURAL HEALING CENTERS

### A HOLISTIC APPROACH CENTER

(239) 243-8423  
11615 Chitwood Dr., #120, Fort Myers  
www.aholisticapproachcenter.com

### AXIS NATURAL MEDICINE

(239) 288-0900  
7680 Cambridge Manor Pl., Fort Myers  
www.acupunctureclinicfortmyers.com

### EYES WIDE OPEN CENTER

(239) 948-9444  
202 & 204, 9200 Bonita Beach Rd SE,  
Bonita Springs  
www.eyeswideopen.com

### INSIGHT TO HEALTH AND WELLNESS

Nancy J. Vance, MD, FAARFM  
(239) 261-0074  
1300 5th Ave. S., Suite A2-104, Naples  
www.insight2HW.com  
(See ad on page 39)

### INTEGRATIVE LIFE INSTITUTE

Grace Barr, BA, LMT (See ad on p.35)  
(239) 293-7711  
958 2nd Ave N, Naples  
www.integrativelifeinstitute.com

### INTEGRATIVE MINDFULNESS

(239) 590-9485  
3372 Woods Edge Cir. #102, Bonita  
Springs  
www.integrativemindfulness.net

### MONARCH THERAPY LLC

INTEGRATIVE HEALING CENTER  
(239) 325-9210  
4500 Executive Dr., #100, Naples  
www.MonarchTherapy.com

### OLD NAPLES CHIROPRACTIC HEALTH CENTER

(239) 262-0606  
689 Tamiami Tr. N., #D, Naples  
www.drdebs.com

## HOLISTIC/NAT. HEALING CENT. CONT.

### RB INSTITUTE, INC.

(239) 939-4646  
13601 McGregor Blvd., Ft. Myers  
www.robynberry.com

### SALT CAVE (See ad on page 18)

(239) 403-9170  
4962 Tamiami Trail N., Naples  
www.saltcavenaples.com

### SHANGRI-LA SPRINGS

(239) 949-0749  
27750 Old U.S. 41 Rd., Bonita Springs  
www.shangrilasprings.com

### WELLBRIDGES, INC

(239) 481-5600  
9200 Bonita Beach Rd., #113, Bonita Spr.  
www.DebPost.com

## HOLISTIC / NATURAL HEALTHCARE PRACTITIONER

### CAROL L. ROBERTS, M.D., ABIHM

(239) 649-7400  
800 Goodlette Rd. N., Naples  
www.PearlHealth.com

### CHRISTINA CARLIN

(239) 450-6903  
501 Goodlette Rd. N. #A200, Naples

### DEBORAH J. POST, MSN, ARNP

(239) 481-5600  
9200 Bonita Beach Rd., #113, Bonita  
www.debpost.com

### DR. STUART WRIGHT, ND

(239) 272-6443  
Naples - by appointment

### GRACE BARR, BA, LMT (See ad on p.35)

(239) 293-7711  
958 2nd Ave N, Naples  
www.integrativelifeinstitute.com

### JAMES OCCHIOGROSSO, MH

(239) 652-0421  
Fort Myers - by appointment  
www.HealthNaturallyToday.com

### NANCY SANTANA

(239) 895-4476  
Lehigh Acres  
www.nancysantana.com

## HOMEOPATHY

### DAVID A. DANCU, JD, ND

(239) 434-2497  
851 Fifth Ave. N., Suite 303., Naples  
DDancu@gmail.com

### NEW DAWN EASTERN MEDICINE

(239) 362-0668  
16317 Tamiami Trail S, Fort Myers  
www.fortmyersacupuncture.com

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# Local Business Directory

## HYPNOSIS / HYPNOTHERAPY

**CAROLYN BEAUCHAMP**  
Certified Clinical Hypnotherapist  
(239) 300-1633  
[carolynbeauchamp@gmail.com](mailto:carolynbeauchamp@gmail.com)

**ENLIGHT**  
(239) 676-5009  
9122 Bonita Beach Rd., Bonita Springs  
[www.enlightcenter.com](http://www.enlightcenter.com)

**GODDESS I AM** (See ad on page 26)  
HEALING & ART CENTER  
(239) 228-6949  
600 Goodlette Rd. Naples

**LYNN D. THOMAS, R.N., CHI.**  
(239) 494-1363  
[www.HypnosisBasics.com](http://www.HypnosisBasics.com)

## INTUITIVE

**ANNE DANCU**  
Intuitive Medium  
(239) 272-2583  
[HealingWordsCreativeSpirit@gmail.com](mailto:HealingWordsCreativeSpirit@gmail.com)  
[www.HealingWordsCreativeSpirit.com](http://www.HealingWordsCreativeSpirit.com)

**BETH BROWN-RINELLA**  
(239) 228-6949  
GODDESS I AM HEALING & ART CENTER  
600 Goodlette Rd. Naples

**BETHANNY GONZALEZ** (See ad on p40)  
(239) 253-3303  
600 Goodlette Rd. Naples  
[www.gaiashealinggifts.com](http://www.gaiashealinggifts.com)

**LIGHT OF THE BLUE STAR, INC**  
(239) 549-8724  
[www.LightoftheBlueStar.com](http://www.LightoftheBlueStar.com)

**SUSANNA TOCCO**  
Intuitive Readings  
(239) 262-0811  
[www.SusannaTocco.com](http://www.SusannaTocco.com)

## IRIDOLGY

**DR. MORSE, N.D., D.Sc., M.H.**  
(941) 255-1979  
Port Charlotte  
[www.dirmorsesherbalhealthclub.com](http://www.dirmorsesherbalhealthclub.com)

**EVERWELL**  
Cheyne Gouldein  
1-213-590-0694  
Naples - by appointment  
[www.facebook.com/everwellhealth](http://www.facebook.com/everwellhealth)

## KINESIOLOGY

**GOLDMAN CHIROPRACTIC**  
(239) 254-0003  
1001 Crosspointe Dr., Naples

**OLD NAPLES CHIROPRACTIC HEALTH CENTER**  
(239) 262-0606  
689 Tamiami Tr. N., #D, Naples  
[www.drdebs.com](http://www.drdebs.com)

## LIFE COACH / COUNSELING

**INNER PEACE RESOLUTIONS, LLC**  
(239) 537-8248  
2900 14TH ST. N., #2, Naples  
[www.innerpeaceresolution.com](http://www.innerpeaceresolution.com)

**KEN FRIED**  
(316) 633-1576  
Serving clients locally and globally  
[www.kenfried.me](http://www.kenfried.me)

## MEDITATION

**ANAHATA** (See ad on page 31)  
(239) 262-0811  
1065 5th Ave. N., Naples  
[www.anahatanaples.com](http://www.anahatanaples.com)

**GODDESS I AM** (See ad on page 36)  
HEALING & ART CENTER  
(239) 228-6949  
600 Goodlette Rd. Naples

**INNER PEACE RESOLUTIONS, LLC**  
(239) 537-8248  
2900 14TH ST. N., #2, Naples  
[www.innerpeaceresolution.com](http://www.innerpeaceresolution.com)

## METAPHYSICAL CENTERS

**ALTERED ELEMENTS**  
(239) 430-0654  
532 Park St. Naples

**GODDESS I AM** (See ad on page 36)  
HEALING & ART CENTER  
(239) 228-6949  
600 Goodlette Rd. Naples

**THE MYSTICAL MOON**  
(239) 939-3339  
8890 Salrose Lane, Unit 107, Fort Myers  
[www.TheMysticalMoon.com](http://www.TheMysticalMoon.com)

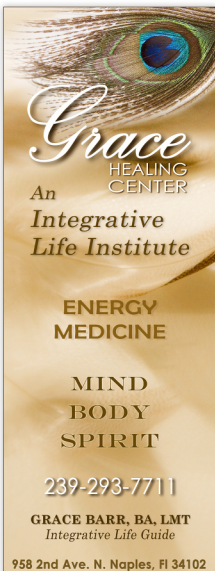
**WHITE LOTUS STUDIO** (See ad on p45)  
(239) 687-0667  
5555 Taylor Rd., Unit C, Naples

## NATURAL FOOD MARKETS

**ADA'S**  
(239) 939-9600  
7070 College Pkwy, Fort Myers  
[www.adasmarket.com](http://www.adasmarket.com)

**TRADER JOE'S**  
(239) 596-5631  
10600 Tamiami Trail N, Naples  
[www.traderjoes.com](http://www.traderjoes.com)

**WHOLE FOODS MARKET**  
(239) 552-5100  
9101 Strada Place, Naples  
[www.wholefoodsmarket.com/naples](http://www.wholefoodsmarket.com/naples)



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*Life Institute*

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**MIND  
BODY  
SPIRIT**

239-293-7711

**GRACE BARR, BA, LMT**  
Integrative Life Guide

958 2nd Ave. N. Naples, FL 34102

The aim of this directory is to provide a collection of local businesses and practitioners promoting a healthy lifestyle. If you offer services or products that support natural/holistic health, or if you practice spiritual and alternative modalities, and would like to be listed, please contact us at 239-687-0667 or email us at [WhiteLotusMagazine@gmail.com](mailto:WhiteLotusMagazine@gmail.com).

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600 Goodlette Rd. N  
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Naples, FL 34102

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[www.GoddessIam.com](http://www.GoddessIam.com)

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## NATURAL NAIL CARE

**LUXE NAIL LOUNGE**  
(239) 261-5893  
2120 Tamiami Tr. N., Naples  
[www.luxenailsfnaples.com](http://www.luxenailsfnaples.com)

**NATURAL NAIL CARE CLINIC**  
(239) 254-8788 OR (239) 254-8145  
877 91st Ave. N., Naples  
[www.naplesncc.com](http://www.naplesncc.com)

## NATURAL MANI/PADI

**SASHY HAIRDESIGN CLUB**  
(239) 331-4100  
4951 Tamiami Tr. N., Suite 108, Naples  
[www.sashyhairdesignclub.com](http://www.sashyhairdesignclub.com)

## NATUROPATHY

**DAVID A. DANCU, JD, ND**  
(239) 434-2497  
851 Fifth Ave. N., Suite 303., Naples  
[DDancu@gmail.com](mailto:DDancu@gmail.com)

**DR. MORSE, N.D., D.Sc., M.H.**  
(941) 255-1979  
Fort Charlotte  
[www.drmosherherbalhealthclub.com](http://www.drmosherherbalhealthclub.com)

**DR. STUART WRIGHT, ND**  
(239) 272-6443  
Naples - by appointment

## NOVELTY / UNIQUE GIFTS

**DEAR DIANA Novelty Cards**  
(239) 263-6682  
[www.DearDiana.com](http://www.DearDiana.com)

**GODDESS I AM (See ad on page 36)**  
**HEALING & ART CENTER**  
(239) 228-6949  
600 Goodlette Rd., Naples

**SHANGRI-LA SPRINGS**  
Gift Shop  
(239) 949-0749  
27750 Old U.S. 41 Rd., Bonita Springs  
[www.shangrilasprings.com](http://www.shangrilasprings.com)

## NUTRITION & HEALTH

**EVERWELL**  
Cheyenne Goulden  
1-213-590-0694  
[www.facebook.com/everwelhealth](http://www.facebook.com/everwelhealth)

**NUTRITION SPECIALISTS OF FLORIDA**  
Dr. Gary Gendron  
(239) 947-1177  
28315 S Tamiami Tr. #101, Bonita Springs  
[www.doctorgendron.com](http://www.doctorgendron.com)

## ORGANIC/GREEN CLEANING

**DIAMOND CLEANERS**  
100% Organic Garment Cleaner  
(239) 254-9914  
877 91st Ave. N., Naples  
[www.diamond-cleaners.com](http://www.diamond-cleaners.com)

**NORWEX**  
**Chemical free cleaning products**  
Tracy & David Floyd  
(239) 572-0583

## ORGANIC CLOTHING

**CASANOVA BOUTIQUE**  
(239) 450-6844  
4370 Gulf Shore Blvd. N., Suite 704  
[www.casanova-boutique.com](http://www.casanova-boutique.com)

**SASSIS ORGANIC CLOTHING**  
(239) 449-8417  
2068 J&C Blvd., Naples  
[www.sassiscollections.com](http://www.sassiscollections.com)

**THOUGHTFUL THREADS**  
(239) 434-0469  
2142 Tamiami Trail N., Naples  
[www.thoughtful-threads.com](http://www.thoughtful-threads.com)

## ORGANIC HAIR CARE

**ANDREA'S ORGANIC HAIR STUDIO**  
(239) 514-4707  
6714 Lone Oak Blvd., Naples

**IMAGE BY JOE (See ad on page 40)**  
(239) 682-4668  
13040 Livingston Rd., Suite 9, Naples  
[www.styleseat.com/imagebyjoe](http://www.styleseat.com/imagebyjoe)

## ORGANIC FARMS

**COLLIER FAMILY FARMS**  
(239) 207-5221  
5321 Ave Maria Blvd., Ave Maria  
[www.collierfamilyfarms.com](http://www.collierfamilyfarms.com)

**OAKES FARMS**  
(239) 732-0144  
2205 Davis Blvd., Naples  
[www.oakesfarms.com](http://www.oakesfarms.com)

## ORGANIC FOOD / OTHER

**FOOD & THOUGHT**  
(239) 213-2222  
2132 Tamiami Tr. N., Naples  
[www.foodandthought.com](http://www.foodandthought.com)

**InnerG HEALTH FUEL**  
Organic Cafe  
(239) 572-1979  
9331 N Tamiami Tr #12, Naples  
[www.innerGhealth.com](http://www.innerGhealth.com)

**JOYFUL JUICING**  
(239) 908-6879  
1035 Collier Center Way #10, Naples  
[joyfuljuicing.com](http://joyfuljuicing.com)

**JUICELATION (See ad on page 42)**  
239-398-0673  
[juicelation@gmail.com](mailto:juicelation@gmail.com)  
[www.juicelation.com](http://www.juicelation.com)

**ORGANICALLY TWISTED FOOD TRUCK**  
Sundays at the Pine Ridge Road  
Farmers Market - 9AM to 2PM  
[www.organicalllytwisted.com](http://www.organicalllytwisted.com)

**PIZZA FUSION**  
(239) 262-8111  
2146 Tamiami Tr. N., Naples  
(239) 337-7979  
12901 McGregor Blvd #5, Fort Myers  
[www.PizzaFusion.com](http://www.PizzaFusion.com)

**SHANGRI-LA SPRINGS**  
Organic Lunches  
MON - FRI 11:30am to 2:30pm  
(239) 949-0749  
27750 Old U.S. 41 Rd., Bonita Springs  
[www.shangrilasprings.com](http://www.shangrilasprings.com)

## PAIN MANAGEMENT

**MUSCLE ACTIVATION TECHNIQUES**  
(239) 940-2121  
1750 J&C Blvd., #10 Naples  
[www.NoFadsAllFitness.com](http://www.NoFadsAllFitness.com)

**PATTI REED, LMT, CPT**  
Yamuna Body Rolling  
(239) 649-0814  
832 Anchor Rode Dr., Naples  
[www.PattIntuitiveMovement.com](http://www.PattIntuitiveMovement.com)



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## PERSONAL TRAINER

**ERIC ECCLES**  
Holistic Fitness Trainer  
(239) 398-9123  
Naples, Bonita Springs, Estero, Ft. Myers

## PHYSICAL THERAPY

**INNERCONNECTIONS**  
(239) 398-3154  
17595 Tamiami Tr. S., #112, Fort Myers  
www.innerconnectionspt.com

## PILATES / GYROTONIC

**GYROTONIC OF NAPLES, LLC**  
(239) 290-7499  
3415 Radio Rd., #104, Naples  
www.gyrotonic.com

**PILATES ON THE MOVE**  
(239) 561-0295 OR (239) 910-0638  
13010 Metro Pkwy., Fort Myers

## PSYCHIC/MEDIUM

**CANDYCE STRAFFORD** (See ad on p40)  
(239) 949-3387  
www.OneWorldOneLight.org

**JAY HIGGINS** (See ad on p41)  
(941) 539-6288  
Cape Coral  
www.jayhiggins.net

**SUSANNA TOCCO**  
(239) 262-0811  
www.SusannaTocco.com

## PSYCHOTHERAPY

**CONSCIOUS CHOICES**  
Carol Cirabisi, MS, LMFT, PA  
(239) 434-5855  
501 Goodlette Rd N Ste C210, Naples  
www.consciouschoices.net

**JOHN E. PATTON, A.P., M.A., LMHC**  
(239) 262-6828  
971 Michigan Ave., Naples  
www.healingartscenteronline.com

**MARIE S. WRIGHT, MAPC, LMHC**  
(239) 529-7919  
501 Goodlette Rd. N., #D100, Naples

**JILL WHEELER, MA, LMHC, RYT**  
(239) 595-3199  
2335 Tamiami Tr. N., #206, Naples  
www.wellfilinstitute.com

## R REIKI

**MICHAEL ZIMBLEMAN**  
Kishor's Kitchen  
(239) 564-0892  
1042 Summerfield Dr., Naples  
kishorskitchen@aol.com

**SUSANNA TOCCO**  
(239) 262-0811  
www.SusannaTocco.com

## S SKIN CARE

**OLIVÉ SKIN CARE**  
Carolie Dukes  
(239) 404-1446  
www.oliveskincare.com

**ORGANIC SKINCARE & BODYWORX**  
(239) 514-4494  
13240 Tamiami Tr. N., #207, Naples

**SKIN...A WELLNESS RETREAT**  
(239) 250-5812  
806 Anchor Rode Dr., Naples  
www.TheBeautyOfBeingWell.com

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Naples

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**CLOUD9 FLOAT & SPA** (See ad on p41)  
(239) 529-3235  
1250 9th St. N., Tamiami Tr., Naples  
www.cloud9spa-naplesfl.com

**CONTOUR BODY WORKS**  
(239) 489-3063  
26381 Tamiami Tr., #36, Bonita Springs  
16120 San Carlos Blvd #5, Fort Myers  
www.contourbodyworks.com

**EXILIS TRIM AND TONE SPA**  
(139) 596-5522  
1201 Piper Blvd., #20, Naples  
www.trimandtonespas.com

**PURELY YOU SPA** (See ad on p37)  
Certified Organic Spa  
(239) 331-8266  
3066 Tamiami Trail N #302, Naples  
www.purelyyouspa.com

**SPA DE LARISSA**  
(239) 571-9900  
3811 Airport Rd. N., #201B, Naples  
www.FacialSpaDelarissa.com

**U-TOPIA SPA**  
(239) 263-3447  
4077 Tamiami Tr. N., Suite D103, Naples  
www.u-topiaspa.com

## SPA/DAY SPA CONT.

**THE WOODHOUSE DAY SPA**  
(239) 403-7727  
2059 9th St. N., Naples  
naples.woodhousespas.com

## SPIRITUAL CENTERS

**ANAHATA** (See ad on page 31)  
(239) 262-0811  
1065 5th Ave. N., Naples  
www.anahatanaples.com

**CENTER FOR SPIRITUAL LIVING**  
(239) 574-6463  
406 SE 24th Ave., Cape Coral  
www.cslcapecoral.com

**GODDESS I AM HEALING & ART CENTER**  
(239) 228-6949  
600 Goodlette Rd., Naples  
(See ad on page 36)

**HOUSE OF GAIA**  
(239) 272-6152  
1660 Trade Center Way, Naples  
www.houseofgaia.org

**LIGHT THE WAY SPIRITUAL CENTER**  
(239) 250-4710  
Naples  
www.Light-the-Way.com

**THE MYSTICAL MOON**  
(239) 939-3339  
8890 Sairose Lane, Unit 107, Fort Myers  
www.TheMysticalMoon.com

**UNITY OF NAPLES**  
(239) 775-3009  
2000 Unity Way, Naples  
www.naplesunity.org

## T TAROT READING

**BETHANNY GONZALEZ** (See ad on p40)  
(239) 253-3303  
600 Goodlette Rd., Naples  
www.gaiathealinggifts.com

**GODDESS I AM HEALING & ART CENTER**  
(239) 228-6949  
600 Goodlette Rd., Naples  
(See ad on page 36)

**SOULMATE TAROT**  
(239) 285-5229  
Naples  
www.SoulmateTarot.com

**SUSANNA TOCCO**  
(239) 262-0811  
www.SusannaTocco.com

**PENELOPE SMITH**  
(239) 403-3061  
Naples

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**CHRISTINA MITCHELL, LMT, PFT, MLD, CPD**  
(239) 293-0960  
822 Anchor Rode Dr., Naples  
[www.bestbodymassage.com](http://www.bestbodymassage.com)

**HARMONIZING BODYWORK**  
ERIK NELSON at the Salt Cave  
(239) 403-9170  
4962 Tamiami Trail N., Naples  
[www.saltcavenaples.com](http://www.saltcavenaples.com)

**HOLISTIC HEALING ARTS**  
Alvina Quatrano, LMT  
(732) 266-5276  
3323 Olympic Dr., #722 Naples  
[www.HolisticHealingArts.info](http://www.HolisticHealingArts.info)

**INSIDE BEAUTY BY LAUREL** (See ad on p44)  
(773) 750-9004  
999 Trail Terrace Drive, Suite C., Naples

**JENNIFER HUNLOCK**  
(239) 287-9113  
Naples/Bonita Springs by appointment  
MA#: 13379

**KAREN BEATTY, LMT, NC**  
(239) 269-7788  
Naples  
[www.BalancedEnergyandHealth.com](http://www.BalancedEnergyandHealth.com)

**NAPLES MEDICAL MASSAGE**  
(239) 248-1281  
999 Trail Terrace Drive, Suite C., Naples  
[www.naplesmedicalmassage.com](http://www.naplesmedicalmassage.com)

**WELL BEING MASSAGE THERAPY**  
(239) 248-5535  
971 Michigan Ave. Naples  
[www.wellbeingmassagetherapy.com](http://www.wellbeingmassagetherapy.com)

## VITAMINS & SUPPLEMENTS

**FOOD & THOUGHT**  
(239) 213-2222  
2132 Tamiami Tr. N. Naples  
[www.foodandthought.com](http://www.foodandthought.com)

**GENESIS NON-GMO VITAMINS & MORE**  
(239) 596-9017  
877 91st Ave. N. #4, Naples  
[www.genesisnongmo.com](http://www.genesisnongmo.com)

**SUNSHINE DISCOUNT VITAMINS**  
(239) 434-6659  
2608 Tamiami Tr. N., Naples  
[www.vitamin-discounts.com](http://www.vitamin-discounts.com)

*The aim of this directory is to provide a collection of local businesses and practitioners promoting a healthy lifestyle. If you offer services or products that support natural/holistic health, or if you practice spiritual and alternative modalities, and would like to be listed, please contact us at 239-687-0667 or email us at [WhiteLotusMagazine@gmail.com](mailto:WhiteLotusMagazine@gmail.com).*

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## NOTE from the Editor

Time has been flying. And I don't mean it metaphorically. I have been having this intense feeling that somehow time has speeded up -- as if every aspect of life has in some way accelerated. Days, weeks, and months have been passing by so quickly, that sometimes I feel like I can barely keep up. Is it possible that time is going faster? Or is it just me being overwhelmed?

It was rather comforting to find out, that I'm not the only one sensing this. Other people have been experiencing the same feeling, as if time is passing too quickly. I've been hearing so many people I've crossed paths with saying: "I've just been so busy... Lately, so much is going on... There's just not enough time in the day... Where has the time gone?" and so on. Granted, the season always brings a sense of busyness into town and into our lives. Everyone seems busier, places and businesses tend to get busier, and the roads definitely are busier during the seasonal months. Yet I suspected that this feeling of time moving faster was more than that.

After a Google search of 'time speeding up' returning about 14,900,000 results, I was reassured that I was not alone questioning if time has speeded up. As it turns out, this feeling actually is a 'phenomenon' experienced by many around the world. There are endless articles, explanations, and theories. Some believe that the increasing pulse rate or frequency of the Earth's magnetic field is responsible: it's changing our perception of time. Others say that it is a 'symptom' of spiritual evolution, a sign that we are preparing to move into the 'next density' or higher dimension. Some explain that it is not time that's speeding up, but our consciousness, which makes it seem like time is moving faster. Then again, others link it to a recent scientific finding that the expansion of the universe seems to be accelerating.

Just by scratching the surface, I gathered that the question of time speeding up is definitely beyond me and my busy days. Still, with this phenomenon going on, it might be difficult for many of us "to take pleasure in each moment and stop projecting into the next event before fully enjoying the present!" -- as Carol Glassman, the copy editor of White Lotus Magazine further noted upon reading this blurb. Whether a scientific fact or an illusion, whether a spiritual insight or one of the many mysteries I'll never truly understand, I decided to accept that time is flying and I'd better buckle up because it may go faster and faster. As Carol says, we just have to keep reminding ourselves to "stop and smell the cappuccino!"

*Anna Kiecicki*



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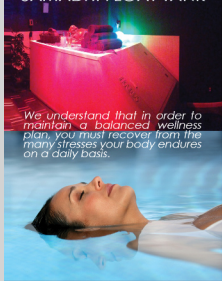
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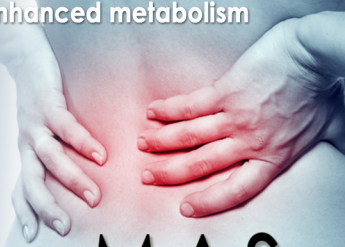
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