



White **FREE**
SW Florida Edition *Lotus*
magazine **DEC 2015**

INSPIRATIONS FOR CONSCIOUS LIVING

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

- OFFERINGS OF SPIRIT

*"It is no longer good enough to
cry peace, we must act peace,
live peace and live in peace."*

-Shenandoah Proverb



WISDOM

FOR DECEMBER

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

This month's insight is based on Sioux wisdom.

The Shaman's Whispers

The first peace, which is the most important, is that which comes from within the souls of people when they realize their relationship with their oneness, with the universe and all its powers. And when they realize that at the center of the universe dwells the Great Spirit and that this center is really everywhere, it is within each of you.

The Shaman Lady

Peace



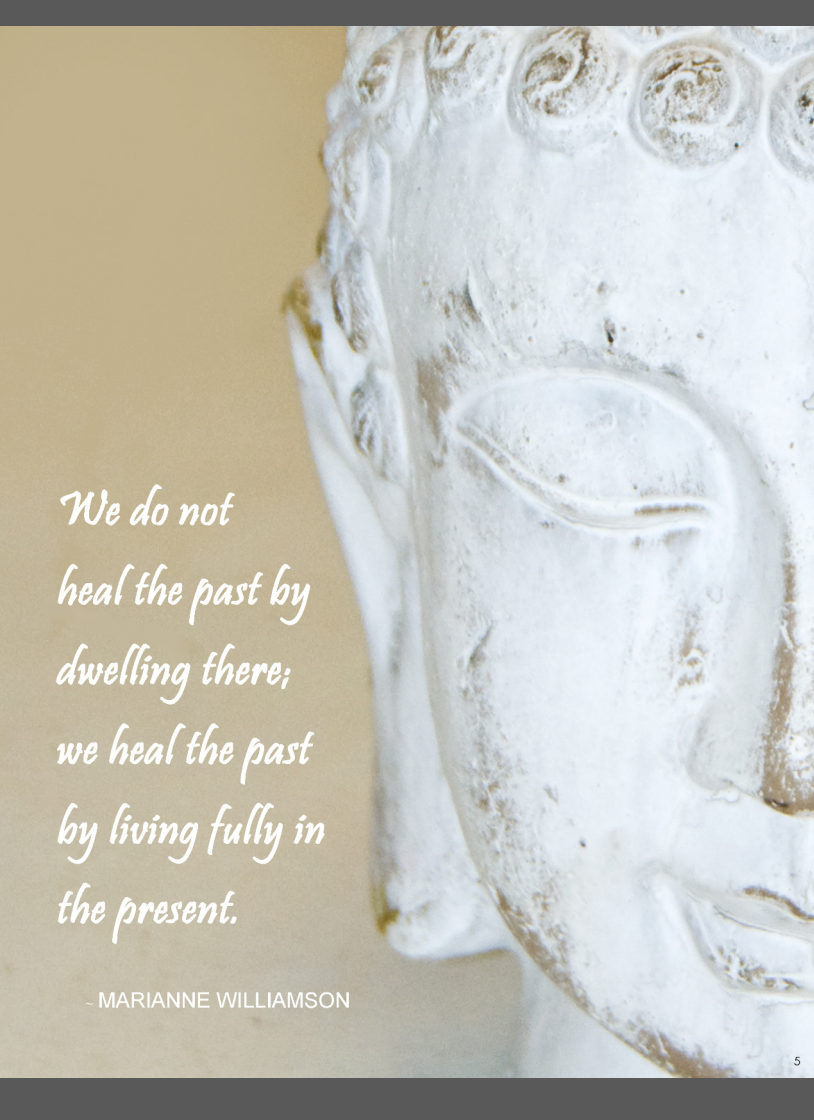
Peace is the result of retraining your mind to process life as it is rather than as you think it should be.

– WAYNE DYER

FEAR stifles our thinking and actions. It creates indecisiveness that results in stagnation. I have known talented people who procrastinate indefinitely rather than risk failure. Lost opportunities cause erosion of confidence, and the downward spiral begins.

– CHARLES STANLEY





*We do not
heal the past by
dwelling there;
we heal the past
by living fully in
the present.*

- MARIANNE WILLIAMSON



"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.

PUBLISHING EDITOR
Anna Krecicki

ASSISTING COPY EDITOR
Carol Glassman

CREATIVE SOURCE
Lisa Pilsner
S.E. Muller

CONTRIBUTING AUTHORS
Beth Brown-Rinella
Bethanny Gonzalez
Carol Glassman
John E. Patton
Sayer Ji

DISTRIBUTION & PR
Guy Cerrito

GRAPHIC DESIGN
Anna Krecicki

WHITE LOTUS

5555 Taylor Rd., Unit C.
Naples, FL 34109

CONTACT US

Ph: 239-687-0667

WhiteLotusMagazine@gmail.com

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NOTE *from the Editor*

I realize that I tend to overwhelm and overextend myself juggling too many projects all at once and working crazy hours on the magazine. When I'm rushing to finish the pages, I may misspell words without noticing -- not because English is not my native language, or because there is no spell-check in Photoshop. It's just because when I'm exhausted and under pressure to meet a deadline, I make mistakes. Well, we all make mistakes and we all know that it is easy to overlook typos and minor errors when we are tired and have seen the same text over and over again. It happens even in major publications. Nonetheless, the misspelled words in previous issues of White Lotus Magazine just 'scream' at me with disapproval once I see them in print. When it's too late.

I have no one to blame or hold responsible, but myself, as this only happens on last-minute pages that never make it in front of our brilliant copy editor's sharp eyes. I know that our readers are forgiving, as I haven't received disappointed phone calls or emails pointing out the occasional misspelling. I'm aware that stressing over it can't change the fact -- I'm merely acknowledging my mistakes. I keep saying that "imperfection gives the magazine character" to make myself feel better; still, I feel I should apologize to our readers who may expect excellence, since I promise a quality publication. I recognize that it is not a good idea to keep pushing myself and to continue working late and long hours. I have to slow down.

And as always, the Universe has its ways. As it happens, I got injured. Still unclear how, but I hurt my knee badly, which then swelled up, making me unable to walk, stand or even sit comfortably. For over a week now I have been almost completely immobile, occasionally hopping around on crutches, but mostly resting with my knee up and iced -- I have been sort of 'forced' to take a break, relax, and heal. I guess it was the Universe's way of slowing me down. This injury made me realize that we should listen to our bodies, the 'warning signs', and the lessons we are given, because if we are stubborn and ignore them, the aftermath can be quite inconvenient and often pretty painful!

Anna Krecicki



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DECEMBER



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ANIMAL SPIRIT GUIDE OF THE MONTH:

Dragonfly



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 whom they will make their friends and to whom they will reveal themselves.

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, insecurities, 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 action is 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 dragonfly is most commonly associated with the symbolic meaning of transformation, joy, and rebirth. In almost every part of the world it is considered a fascinating creature that represents change - often in association with self-realization, emotional maturity, and the understanding of the deeper meaning of life.

In some Native American traditions, dragonfly is a sign of happiness, speed, and purity; and it is also a symbol of the departed souls. In China, the dragonfly is associated with prosperity and harmony, and is often perceived as a good luck charm. The dragonfly is well-respected in Japan, symbolizing courage, strength, and victory. Dragonfly is also Japan's national emblem.

The dragonfly as a spirit animal carries the wisdom of transformation and adaptability in life. It is connected to the realm of emotions, joy, lightness of being, and change. The dragonfly is characterized by its amazing flight patterns: it is able to change direction swiftly, gliding through the air with no apparent effort. Its lightness inspires us to use our ability to be flexible and highly adaptable in any situation. The dragonfly invites us to keep a light, positive outlook no matter what the situation may be. It encourages us to accept change and to open up to the magic of nature and the elements.

When Dragonfly comes into your life:

- You may be reminded to bring a bit more lightness and joy into your life.
- You may be called to explore your emotions.
- You may be encouraged to show your true colors more often and shine.
- It is perhaps time to look through illusion: a situation or someone's intentions are not clear and may be deceiving.
- You may be called to transform and evolve, to live and experience yourself differently, and to stay open to the unfolding of your personal journey.

If Dragonfly is your Animal Guide:

- You are flexible and highly adaptable in any situation.
- You may be inclined to delve deep into your emotions.
- You don't hide your true colors.

Ask for Dragonfly's help when:

- You're stuck in a situation and need assistance to gain a new perspective.
- You wish to bring about the changes needed in your life in order to reach your full potential.

Did you know?

Dragonflies have existed on the planet for over 300 million years. With about 3000 species today, they inhabit almost every continent (except Antarctica). Adult dragonflies are characterized by large, multifaceted eyes that are composed of nearly 24,000 individual units. Dragonflies can move at a speed of 45 MPH. They can hover like a helicopter, fly backwards, straight up, down, or to either side.

SOURCES:

Animal Speak by Ted Andrews; *Animal Spirit Guides* by Steven D. Farmer, Ph.D.
www.spiritanimal.info/dragonfly-spirit-animal/; <https://en.wikipedia.org/wiki/Dragonfly>

*Times of transition are strenuous,
but... they are an opportunity to
purge, rethink priorities, and be
intentional about new habits.
We can make our new
normal any way we want.*

– KRISTIN ARMSTRONG



HAPPINESS cannot be traveled to, owned,
earned, or worn. It is the spiritual experience
of living every minute with love, grace and
gratitude. – DANIS WAITLEY

Billions on Projects that Could Benefit Mankind?

[CONTENT IDEA BY GUY CERRITO]



Manoj Bhargava

Photo from Google Images

by Anna Krecicki

The one percent of the one percent: billionaires - the wealthiest people in the world. I don't envy their wealth or question where it comes from, but I sometimes do wonder why they don't use some of that money (which they could never spend in a lifetime anyway) on something that could help the whole world.

It was a truly gratifying surprise to find out that there is at least one person who does!

You have probably heard about 5-Hour Energy, the notorious energy shot. You may have even tried it or at least seen it in stores. But did you know that the founder of 5-Hour Energy, Manoj Bhargava has pledged to give 99 percent of his \$4 billion net worth to humanity?

A recent documentary about Bhargava, called *Billions in Change* reveals that he is not only giving away 99 percent of his fortune, but he is also doing it by bringing solutions to problems of the world. He focuses on inventions that can help "the poorer half of the world make their lives better".

"That's what we define as a great invention," he says.

In this short film, we find out about Bhargava's current projects, his philosophies on innovation and helping the less fortunate. He says: "If you have wealth, it's a duty to help those who don't." We learn that Bhargava has a 'philanthropic invention shop', called Stage 2 Innovations on a 25-acre base in Farmington Hills, Michigan. Its mission, says Bhargava, is to "invent stuff that makes a difference in other people's lives."

Bhargava often tells the engineers: "If it doesn't make a big difference, find something else to do." He is only interested in inventions that are useful to mankind: "If it doesn't make us money but it really changes the lives of people, we're going to do it ... And if you come up with something cool that's not, we don't do it. I have no interest. I don't want to be cool."

One of the many Stage 2 inventions is a hybrid bicycle, called Free Electric that you pedal for an hour, and it creates enough power to provide 24 hours' worth of electricity for your home. The documentary reveals that three billion people worldwide have no electricity or only for two or three hours a day. As a possible solution, Bhargava proposes a generator that uses bicycle-pedal power to create pollution-free electricity at no cost. The machine is small, light, and simple: the bicycle wheel drives a flywheel, which turns a generator that charges a battery.

Another Stage 2 invention could be the solution to the extreme drought crisis all over the world: the Rain Maker. This simple, self-contained system that doesn't require any operation support turns seawater or any dirty water into clean water. The machine is capable of creating a thousand gallons of high-quality water an hour. The water can be used for drinking or for agricultural and industrial applications. Unlike other desalination systems, Rain Maker recycles its heat energy making it incredibly clean and efficient. With half of the world's population living without adequate access to fresh, clean water for drinking, farming and sanitation, this project could be extremely valuable to humankind.

Making people healthy and preventing disease is another important project for Bhargava and he believes the answer could be as easy as enhancing blood flow. Poor circulation is the basis of many health problems like heart disease, stroke, high blood pressure, and cancer. Stage 2's Renew is a blood flow enhancement machine that uses ECP (External Counterpulsation). This machine enhances circulation by squeezing blood from the legs into the core body while the heart is at rest. "It's almost like an auxiliary heart pumping blood between heartbeats." The enhanced circulation widens blood vessels and as a result, more blood reaches all areas of the body - making the body stronger, healthier, and less susceptible to disease.

Stage 2 is now working on cables made of graphene that could pull energy out of the earth's mantle. Graphene is a thin molecular layer of graphite. It is lighter than air, stronger than steel, and a better conductor than copper. Once Bhargava's engineers told him that graphene had the ability to pull energy out of the earth in an efficient, pollution-free manner, he invested resources in building graphene cables right away. The project is still in the testing phase, but Bhargava is optimistic: "This would be the greatest invention, maybe ever... because if you can get unlimited energy from beneath the earth, pollution free, that's everything."

Billions in Change portrays an entrepreneur who is on a quest to bring solutions to the world's biggest problems - problems that most other billionaires ignore. Manoj Bhargava has the knowledge, the means, and the heart it may take to help mankind and bring about change in the world.


Watch *Billions in Change* at www.billionsinchange.com



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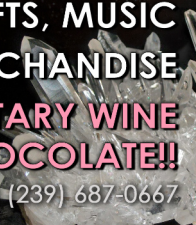



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Healthy Living and Aging

by John E. Patton

Healthy living and aging in my opinion means being free of chronic disease, having a sharp mind, and being able to enjoy life to the fullest with family and friends at any age.

It is important to educate ourselves on what causes disease during the aging process. Given that healthy living and aging are not necessarily related, aging does not automatically include disease. The aging process our bodies move through over the years and the chronic conditions that develop are not inextricably connected. One does not result in the other. The choices we make daily with diet, exercise, rest, and spiritually all contribute to the quality of life we experience as we move into our later years.

The American image of aging for many is one of decline. This portrayal, while reflective of some people's experience, is not and does not have to be representative of the cumulative process. If aging is framed in decline and deterioration, this belief will result in a mindset that has no room for enjoyment, and will foster the tendency to become lost in what we no longer have. This takes us into a defensive posture driven by "what's coming" and fear-based decision making. After years of neglect and abuse to the body, we jump into prevention and often into treatment, skipping maintenance. Prevention is activated by maintenance. Maintenance is creating a live process based in the moment, doing what is needed now to be fulfilled and healthy: "living as a well-being". This approach supports life rather than the loss of it.

I believe that our current western medical model is "sick care" not health care. It is fear based and results in the buying of more than needed medical care and long term care insurance, not health insurance. An example: research shows that 50 percent of those diagnosed with Alzheimer's disease on autopsy did not have the disease, and lived and died with something that was quite reversible with changes in diet, physical and mental exercises, and nutrition supplementation.*

Changes in cognition, as well as the maintenance and care required throughout life are how we prevent these symptoms. As the markers of cognitive decline arise, there are specific processes we can include in our daily life, such as diet, mental and physical exercise, hydration, reviews of medications, choline and glutamate uptake, and a variety of daily activities. This is maintenance which results in prevention: ways and practices to prevent cognitive decline and maintain cognition levels we have to become used to -- not less overtime, more.

Once we know, there is only doing or pretending not to know. There is no healthcare that can change that. The responsibility is ours. Doing is becoming and becoming is being. We are aging, time is passing. Change is not a demon, merely a reality that life does slow. We evolve or we stagnate.

So are you doing or pretending not to know? What choices are you making? Are your self-limiting beliefs holding you back? Remember, aging does not automatically include disease. The ingredients to healthy living and aging are diet, hydration, activity, creating peace, stimulation, challenges, creative expression, resting, loving, and being loved. Start today and experience the changes and improvements in your life!

Disclaimer:

This article is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment.



Photos from Google Images

REFERENCE

* Lon White, M.P.H., M.D. *Honolulu-Asia Aging Study (HAAS) Clinical-Neuropathologic Analyses* Pacific Health Research and Education Institute, Honolulu, Hawaii

ABOUT THE AUTHOR

John E. Patton, AP, LMHC is the founder of the Healing Arts Center in Naples, Florida. (See ad on page 51.) He is a Board Certified



Acupuncture Physician, Mental Health Counselor, and Psychotherapist, having a private practice for 30 years with degrees and broad experience in Rehabilitation Counseling, Acupuncture and Psychology.

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CHAKRA	Sacral Chakra
SIGN	Cancer, Taurus
MINED IN	Morocco, Mexico, Russia



Peach Selenite (Satin Spar) ranges in color from light peach to deep orange and is often called Red Selenite. A form of gypsum, Selenite is a soft mineral. Its thin layers create a moon-like luminescence. It is named after the ancient Greek Moon goddess, Seléné.



Photos from Google Images

Peach Selenite has been known to be an extraordinary healer and a transformation stone. It can help us heal old emotional wounds; and is believed to transform negative energy to love, forgiveness, and acceptance. Peach Selenite can be used to increase self-awareness, self-esteem, and willpower. It could also be beneficial when traveling a new path.

BENEFITS

- Promotes mental clarity
- Enhances consciousness and self-awareness
- Clears blockages in the aura*
- Cuts cords of dysfunctional energy from the etheric body*
- Ideal for purification and energetic cleansing
- Opens the inner self to the spiritual world
- Magnifies the energy of whatever is placed on it many times over (including other crystals)
- Adds positive intentions into the energy body
- Acts as a tool for enlightenment as it creates a link between spirit and matter
- Directs high frequency energy into the body, stimulating spiritual, physical, and emotional healing

POSITION

Wear around the neck or place between yourself and the source of electromagnetics (computer, cell phone, TV). Carrying a small piece in the pocket or sleeping with one in the pillowcase can provide cleansing for the auric field* and help clear confusion, as well as calm down heightened emotions.

GRID

Place Peach Selenite in each corner of the house or room to form a protective grid and remove negative energies. Selenite in the center of the home can create a calm, peaceful atmosphere.

MEDITATION

Meditation with Peach Selenite can help you access past lives and enhance the communication with your Higher Self, spirit guides, and angels.

REMEDY

Put into a mister with water, let it sit overnight, and spray around the body for aura cleansing. Spray around the head to bring mental clarity and focus.

SELENITE vibrates at a very high frequency. It is believed to disperse accumulations of negativity in the aura and to remove blockages and stagnant energy from the body.

It's said that sleeping with or near Selenite can induce lucid dreaming; it can help you recall your dreams more easily, and understand the messages that they are bringing to you.

Selenite is a calming and soothing crystal. It instills a deep sense of inner peace. Selenite is said to be a "bringer of light", the "stone of mental clarity", enhancing awareness and strengthening the ability to make good decisions. It can be used to meditate on one's life purpose, and as a tool in accessing past and future lives.

Selenite heightens spiritual insight and creativity. It helps to open the crown and higher chakras, which can result in deepening spiritual connections from guides, angels, the Creator and your own Higher Self. It creates a clear channel to the soul and to the highest levels of self.

On a physical level, Selenite can help to relieve tension from the body. It is especially useful for skin issues such as: wrinkles, age spots, acne, itchy dry skin, eczema, psoriasis, shingles and pressure sores. It assists in maintaining skin elasticity and a youthful appearance. It's also beneficial to the skeletal, muscular and cellular structure. Although, its finest healing takes place at the energetic level.

Selenite cleanses itself and it never needs to be cleared or charged. You can even cleanse or amplify other crystals by placing them on top of Selenite.

NOTE: Selenite is very fragile and dissolves when wet.

***AURA/AURIC FIELD** The subtle biomagnetic sheath that surrounds the physical body, containing information about the person's physical, mental, emotional and spiritual state of being.

***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.

SOURCE:

The Book of Stones by Robert Simmons & Naisha Ahsian;
The Crystal Bible by Judy Hall; www.seleniteswordmaker.com;
www.healingcrystals.com/Red_Selenite_Red_Selenite_Satin_Spar_Chunks_Morocco.html



In Focus: Smudging

SMUDGING TOOLS

Courtesy of the Shaman Lady

NOTE from the Editor

With all the current data on the dangers of electronic cigarettes and the toxins we inhale on a daily basis, it is interesting to find out that the ambient smoke generated by smudging, an ancient spiritual practice, could offer medical benefits as well as a safer way of air sterilization. Based on the findings that certain medicinal smokes may eliminate disease-causing germs, we all may be surprised to find out that there is more to burning sage and incense than warding off negative energies and 'evil spirits'.

"Killer Germs" Obliterated by Medicinal Smoke (Smudging), Study Reveals

by Sayer Ji


The ritualistic use of plant smoke stretches back to the prehistoric era and is still used the world over, as a way of 'cleansing' the spirit. Now modern scientific research reveals that the practice may actually have life-saving implications by purifying the air of harmful bacteria.

The burning of herbs and plant resins for medicinal and spiritual purposes – so-called 'smudging' – is an ancient practice among indigenous people around the world, one increasingly adopted by Westerners. Smudging is a technology believed to unlock the 'spirits' of various plant allies to restore balance and ease to the individual or group. Some liken it to taking a 'spiritual shower', enabling you to wash away emotional and spiritual negativity that accumulates in your body and in the spaces where you live.

That said, skeptics believe attributing health benefits to the burning of sage and incense reflects 'magical thinking'. The practice has even been accused of being a New Age form of cultural imperialism where 'plastic' or 'white' shamans mimic and co-opt the traditions of indigenous people their predecessors essentially conquered.

Given the polarized view on this increasingly common practice, as well as the well-known role that the burning of incense plays in even Western religious traditions, such as Catholicism, we decided to explore the published literature on the topic of smudging's scientifically validated medical benefits, to see what we could find.

First, we uncovered a 2006 review published in the *Journal of Ethnopharmacology* titled "Medicinal smokes," that looked at single and multi-ingredient herbal and non-herbal remedies administered as smoke from 50 countries across 5 continents. The researchers found, with surprising overlap worldwide, medicinal smoke is mostly used to address the following specific organ systems: "pulmonary (23.5%), neurological (21.8%) and dermatological (8.1%)." They also found that "ambient smoke", which is the type of passively inhaled smoke generated by smudging /incense, is traditionally believed to be an effective "air purifier". The review argued that modern medicine should investigate medicinal smoke as a drug delivery system, owing to the following advantages: "The advantages of smoke-based remedies are rapid delivery to the brain, more efficient absorption by the body and lower costs of production."



Thanks to a remarkable 2007 study titled, "Medicinal smoke reduces airborne bacteria," published in the *Journal of Ethnopharmacology*, we now know that smudging may be one of the most powerful antiseptic technologies ever discovered.

The researchers reported their amazing findings:

"We have observed that 1 hour treatment of medicinal smoke emanated by burning wood and a mixture of odoriferous and medicinal herbs (havan sāmagri=material used in oblation to fire all over India), on aerial bacterial population caused over 94% reduction of bacterial counts by 60 min and the ability of the smoke to purify or disinfect the air and to make the environment cleaner was maintained up to 24 hour in the closed room. Absence of pathogenic bacteria Corynebacterium urealyticum, Curtobacterium flaccumfaciens, Enterobacter aerogenes (Klebsiella mobilis), Kocuria rosea, Pseudomonas syringae pv. persicae, Staphylococcus lentus, and Xanthomonas campestris pv. tardiorescens in the open room even after 30 days is indicative of the bactericidal potential of the medicinal smoke treatment. We have demonstrated that using medicinal smoke it is possible to completely eliminate diverse plant and human pathogenic bacteria of the air within confined space."

Did you catch that?

Not only did the burning of medicinal herbs clear aerial bacterial populations by 94% within one hour, but a full day later the closed room was still effectively decontaminated. Even more amazing, a full month later seven other pathogenic bacteria in the open room were still non-detectable.

When one considers that modern urban air has been found to contain at least 1800 diverse bacterial types[1] – including families with pathogenic members – this finding could have profound implications for combating a increasingly deadly array of antibiotic-resistant bacteria against which even the CDC itself has acknowledged its impotence. Consider also that a recent microbiome of NYC's subway system found close to 1700 different microbes, including those responsible for Anthrax (Bacillus anthracis) and Bubonic Plague (yersinia pestis).[2]

Also, considering that conventional methods of air and surface sterilization and odor neutralization use chemical cocktails (e.g. Lysol) that are much less effective than advertised (one study found them up to 10 times less effective than believed), smudging or the use of natural incense products might constitute a far safer and more effective approach.

Given this discovery of medicinal smoke's potent cleansing properties on aerosol microbes, we might look at smudging's traditional use as a cleanser of 'evil spirits' or 'negative energy' as less like a primitive projection and more like a metaphor for its very real antiseptic properties. This does not, of course, take away from its cleansing effects upon the body's subtler energy systems, nor does it take away from the effects the medicinal smokes and its various small-molecule aromatic compounds have upon the olfactory system, which are largely responsible for the clinically proven health benefits of aromatherapy-based interventions.

DISCLAIMER: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of GreenMedInfo or its staff.

ARTICLE REFERENCES

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ABOUT THE AUTHOR

Sayer Ji is the founder of GreenMedInfo.com, an open-access, evidence-based resource site supporting natural and integrative modalities. He's also an author, educator, Steering Committee Member of the Global GMO Free Coalition (GGFC), and an advisory board member of the National Health Federation.



PHOTOGRAPHY BY ANNA KRECICKI

S.E. Muller

Can an Orange Peel Become a Rose?

by Carol Glassman

WHAT ARE THE POSSIBILITIES?

Most of us consider orange peels to be trash, something we throw away after we remove the skin from the succulent fruit. But a rose? That's a beautiful, sweet-smelling flower. Why on earth would we think about them in the same sentence? Or even consider turning one into the other?

Catalina Lemaitre, founder of Calamarie (eco handmade art), had both the vision and experience to apply the synergy necessary to turn someone's trash magically into treasure. With a background in public diplomacy and economic development for the State Department, combined with a love of art and history, a trip to her native Columbia to research starting a nonprofit arts organization afforded her an opportunity to unite her passions: the environment, economic development and empowerment of women, art and the preservation of traditional art forms.

"The Orange Peel Jewelry collection was inspired by 'roses' made from the discarded orange peels collected from street juice vendors in Cartagena," Catalina said.

The skins are thoroughly cleaned before undergoing a seven-day sun-drying, shaping, and dying process that results in lush, wearable roses. The blossoms are then combined with seeds, vegetable ivory, coffee beans, and other eco-friendly materials to create necklaces, bracelets, earrings, and pins. She also incorporates natural materials in other pieces—the Mariposa collection incorporates dried silk cocoons, and other jewelry makes use of recycled sari fabric and metalwork.

Cocoons from silkworms are transformed into lightweight statement accessories. Seeds (camajuro, acai, chirilla, bombona) and nuts (vegetable ivory, an eco-friendly ivory alternative) are hand polished and painted to become soft and warm-to-the-touch beads. Freshwater pearls and hand-forged gold-dipped bronze add elegance and a touch of whimsy. Cañamo, a resistant and beautiful natural fiber strings it all together, uniting these gifts of nature and transforming them into wearable little treasures. But why stop with a rose, when an intricate knot or a lotus can also emerge?

Catalina understood that most people don't analyze every purchase or understand that every time they buy something, they make a choice about what kind of world they want to live in. "The things we purchase have a tremendous impact on the planet and are connected to the real people who make them," she said.

She strives to allow Calamarie designs to pay homage to the culture, arts and crafts of the indigenous communities across Colombia as well as to the inventiveness and creativity of the modern day artisan's art. She named the company in honor of the indigenous Calamari people who lived in her hometown of Cartagena, Colombia, prior to the Spanish conquest.

A Florida-based company, Calamarie promotes fair trade and social responsibility through long term alliances with gifted artisans. For the majority of these women artisans, their craft is their sole source of income. Catalina goes to Colombia several times a year to work with the artisans to develop new designs and to oversee production. As demand has grown, more and more artisans have joined the Calamarie family: women from disadvantaged urban neighborhoods in Colombia's capital of Bogota are trained to make bracelets, necklaces and more. This work provides them with income and the flexibility needed to continue to take care of their children and households. The seeds are all hand painted and hand polished by a small artisan shop, led by a true artist. Orders allow him to keep his young children in school and to preserve his craft. A young college student and members of his family shape and paint every orange peel piece in the collection as a way to pay his way through college. Indigenous mothers along the coast of Colombia create select bracelets to raise funds for their first ever-local school. The list grows every day as more women find Calamarie and come to appreciate their little treasures.



CALAMARIE
—eco handmade art—



If an orange peel can become a rose,
what can you blossom into?



[www.calamarie.com]

"Our socially responsible agenda also extends to collaboration with foundations that promote healthy communities," Catalina said. "A percentage of our sales benefits a range of social justice causes worldwide, among them Fundacion Ipaauratu, a small foundation on the coast of Colombia that benefits indigenous mothers and their children, and the Center for Mind Body Medicine in Washington, D.C."

"Calamarie jewelry is natural, one-of-a-kind, and made for the conscious modern woman who wants to do good, look and feel good, and who deserves to have it all—without breaking the bank. My hope is that people will want to support artisans when they understand their story, when they know a little something about where the item came from and what it means. In a world that is ever more disconnected it is about connecting us with those behind the products we purchase."

Catalina says what she sees every day has become the most rewarding part of her job, recognizing that through this project they are helping women feel beautiful and inspiring them to connect with themselves and nature and to think outside the box.



"If an orange peel can become a rose then..... what can you blossom into? The company slogan wasn't dreamed up as a part of any marketing effort when starting the company; it was born from years of meeting women and seeing them be inspired by Calamarie pieces. It's that sense of wonder and appreciation for nature's magnificence and beauty that for me personally, has been the greatest gift to come out of our work."

You can find Calamarie jewelry in Naples at the Shop at the lovely Naples Botanical Garden, and at Oh My Gauze on Fifth Avenue, (also in Sarasota) or shop online at www.calamarie.com.



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Carol
Glassman

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SELF-CARE DURING TIMES OF LUNAR INFLUENCES

by Beth Brown-Rinella

During this last very powerful full moon I realized, again, how important it is to take care of ourselves in times of celestial influences. Are you feeling emotional? Are you feeling drained? Are you experiencing a lot of funky things coming up? You are NOT alone! The effects of the moon stages on our bodies and emotions have been continuously studied, extensively researched, questioned and often doubted -- yet many of us strongly believe that they are real. So what can we do about them? How can we care for ourselves during these times?

You can begin with clearing up some unwanted energies you may be carrying. Cleanse your body and mind with the amazing Purification Soap from Gaia's Healing Gifts (\$5 - we carry it at Goddess I AM) or add a cup of sea salt to a bath and let the energies float away.

Burn incense. Select Frankincense alone or together with Myrrh to dispel negative energies and purify your space. Patchouli is also a great incense when grounding is necessary.

We have a saying at Goddess I Am: "*Go Smudge Yourself!*" Literally, smudge yourself when feeling emotional, drained, or overwhelmed. Then smudge your home and work area, include your car, and even walk the perimeters of your property to release negative energies and to build and protect the positive energies that you live within.

Use Frankincense essential oil on your body to mitigate virus, bacteria, and dense energies. I add it to my body oil, lotion, and inhaler as well.

Meditate! Meditation is vital and necessary to navigating through these energetic times. We need to bring ourselves to center and calmness in the flood of these upheaval-type energies. It is just a wonderful practice no matter what -- in easy times and rough times.



Photo from Google Images

Go for a walk at the beach or on the grass to get yourself grounded. Being grounded offers you the support of the Earth energetically. You will feel calmness, a sense of centeredness that only being grounded gives you. But getting grounded may be hard, if not impossible for some. I never realized how difficult it could be for some people to get grounded. I can help with that! I recognize that it is caused by the way their energy system is wired and believe that certain techniques can be applied to assist energetically.

Eat of the Earth. Make a big pot of root vegetable soup. Add nuts and some warm bread, and yummm! You will feel so grounded and nurtured. When we feel nurtured in our body, it fills us emotionally too.

Wear or carry crystals that are dark colored. Black Tourmaline is great for grounding and protection. Pyrite, Red Jasper, Bloodstone, and Obsidian are all useful during times like these. Say to your crystals to activate them, "I charge you with grounding me and protecting me energetically at this time."

These are some of my favorite techniques for navigating upheaval and disquieting energies. Pay special attention to the full moons, eclipses, and holidays. Give yourself the gift of self-care during these times!

Namaste!

**Beth is the owner of
Goddess I AM Healing
& Art Center in Naples, FL**
(See ad on page 31.)

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AN OFF-ROAD ADVENTURE - WITH A FEW TWISTS

Peter
Geresdi

by Anna Krecicki

A couple of months ago my brother excitedly said to me, "I'm going to Texas off-roading in the desert!" If anyone can, my brother is more than able to take care of himself. Still, upon his announcement, the thought immediately ran through my head like lightning that going by himself is just not a smart idea. So without further contemplation, I responded, "No, you are not - WE are!"

Not that I was particularly interested in going to Texas, nor was I looking forward to a road trip, since anyone who knows me well enough knows that I can't stand long-distance traveling. My limit in the car before I get fidgety and uncomfortable is about an hour (not to mention my need for frequent bathroom breaks). So the thought of a twenty-some-hour ride in the car all of a sudden didn't feel very appealing. But the more I learned about the area he planned to visit, the more convinced I became that he should not go alone.

The destination was the Big Bend National Park which is located at the southwest tip of Texas by the Mexican border. It is a huge and absolutely gorgeous park that seemed like the perfect place for a backcountry fun trip. Yet I felt that hiking, camping, and off-roading in a location so close to the border might not be very safe for anyone by himself. So volunteering myself to join him was the smart thing to do, while my brother clearly had no desire or need for company.

So I convinced myself that this trip could be an excellent opportunity for me to take a break, also for being in nature, taking photos, and for some well-needed rest. It was going to be my 'walkabout' in the desert.

In the following weeks my brother planned the trip, outlined the trails for hiking and off-roading, packed everything we would need for the ride as well as the days in the park, and was getting his vehicle ready. In the meantime I was mentally preparing myself and had assembled a full arsenal of crystals, rattles, and essential oils for our protection. We even received a travel blessing from the Shaman Lady the day before we left. We were ready for the adventure!

Needless to say, the approximately 1700 miles to our destination did not feel like a joyride to me with the frequent rain storms, construction zones, accidents, and my struggle to hold out (well 'in') until the next pit stop.

But we made it to Texas, and almost to the park when the back brakes started squeaking. Apparently, all the weight the car was carrying for all those miles had taken a toll on the brake pads. At the next sleepy little town we stopped to have them checked out. At the first shop they said they might be able to look at the car on Friday; (this was on a Monday). They told us that all the shops in town were busy. After calling a few others where they said the same or "Maybe next week", my brother decided to keep going and hope for the best.



The park was about 100 miles away. After the distance we had already traveled, that seemed like nothing. So we got back on route, riding (and squeaking) along a desolate road, headed towards the mountains in the distance. The road was bordered by rolling hills, old Sucker Rod Pumps, and majestic wind mills. We didn't see many vehicles, only a few cows on the surrounding fields trying to hide their baby calves from the sun. We were a long way from Florida.

After about a good 2-hour ride we arrived at the Big Bend National Park. We purchased an entrance ticket and headed to one of the Visitor Centers located high up in the mountains where we were going to get the permits for the campsites. We almost made it there! Just about a mile away from our next destination, the car was having difficulty going uphill. The transmission was overheating and by this time the brake pads must have completely disintegrated. The sound of the squealing noise of metal on metal echoing off the mountain sides was unbearable. So with a quick turnaround, my brother announced that we were going home!

Luckily there was a small inlet nearby where we stopped and took a break to assess the situation. We unloaded the cooler, set up the chairs and the canopy, and had an 'emergency picnic'. With a full stomach, everything seemed less complicated. Fortunately, we were close enough to the visitors' center, so there was cell phone reception and we were able to call a few more repair shops. After the third call, we found a tire place in the same town we stopped at on the way, where they said they could look at it the following morning. With the feeling of new-found anticipation and determination, we packed up and left the park.

Two hours later, we were back in the 'nearby' town and found a little inn to stay for the night just across from the tire shop. First thing in the morning, my brother rushed the car over to be the first in line. After having to wait for the mechanic to show up, then for numerous calls to find the right brake pads and have them delivered, the car was finally being fixed. A kind-eyed older Mexican man who didn't speak a word of English other than "okay" very slowly and carefully replaced the brake pads and unknowingly saved our trip!

By early afternoon we were back on the road again. We passed the rolling hills, the old oil pumps, the wind mills, and the cows with their calves. After another two-hour ride, we reached the visitors' center, purchased the permits and some ice, and were headed for the first dirt road outlined on our travel map.

My brother couldn't wait to finally go "off road". The park had many off-road tracks and he planned to drive on a lot of them. They were unsurfaced dirt roads, mostly unmaintained and often made up by rocks and riverbeds.

Apparently, the adventure in off-roading is merely testing the vehicle's (and the driver's) ability to drive on these roads - and the passenger's capability to take pictures from a wobbling car while fighting motion sickness.

It was adventurous indeed. After a nice overnight rest and equipped with fresh brake pads the car was handling the road well. Even though our teeth were rattling and occasionally our heads would hit the roof, we were having a blast. The one thing we didn't exactly calculate was that by averaging 5 to 10 MPH on these roads it would take us more than five hours to get to our campsite, which was not enough time to get there before sunset. After a few miles we turned around once again and decided to drive to our first campsite on the main paved road.

Since we made excellent time on the smooth surface, we could make a quick stop at a hot spring by the Rio Grande River. The approximately two-mile gravel road leading to the Hot Springs Historic District was narrow and rather scary at times without any railing present. I could swear that one or two wheels were hanging over the cliff at certain points. The hot spring was a short walk from the parking area with a hiking trail enclosed by tall rock formations on one side and serene bamboo plants along the river bank on the other side. Ancient pictograms decorated some of the slates along the way.

A long time ago a bathhouse used to stand where the spring is now, contained by the remains of its foundation. The water was crystal clear and somehow felt 'sacred'. Heated by underground geothermal processes the spring had a temperature of 105° F. The dissolved mineral salts are believed to give it "healing powers".

When I said that the spring was by the river, I meant it literally. We could step into the Rio Grande right from the spring! (Well, as it turns out, one could also fall into the river gracefully if he didn't watch out for the slippery moss growing on the edges of the foundation.) We soaked in the spring water for a while and listened to the sound of the Rio Grande rushing by. The landscape was just spectacular with the giant rock formations on one side and Mexico just on the other side of the river.





After enjoying the quick rest and the healing powers of the spring, we headed to our first campsite. As we were driving again on a dirt road, we saw lots of lightning-fast jackrabbits and tiny ground cuckoos (which we both remembered from the old cartoon "Roadrunner").

Our primitive campsite was marked by a couple of wooden beams lying on the ground and a little hand-carved sign reading: "The Gravel Pit". It was located by the foot of a smaller hill that was part of a chain of several rolling hills. Before we even set camp, we went to explore our hill. To our great surprise and amazement, we were welcomed by an abundance of crystals sparkling all over the hillside. It was as if a carpet of crystals had been rolled straight down just to greet us. It looked like the hilltop had opened up and spat out its dazzling treasures, landing right at our feet. I was in 'crystal heaven'!

The majority of crystals seemed to be some sort of quartz and others included calcite and chalcedony. So we collected a bunch with the intent to bring them home as gifts, then we set camp. I used a lot of our new found crystals (along with the ones I brought from home) as part of the protection grid I built around our campsite. After that, we just enjoyed the beauty and peacefulness of this perfect little spot we had to ourselves for the night. We watched the sunset from the top of the closest hill and took some photos of the surrounding area. Then we made a small campfire, burned sage and incense, and ate dinner under the night sky. Despite my fears before the trip, it all felt safe and serene.

I was still somewhat anxious about snakes and possible four-legged intruders, so I chose the safety of the car and made it my sleeping quarters, while my brother was enjoying the boundlessness of sleeping under the stars on a camping bed. The next morning I made Turkish coffee that somehow just tasted better than any coffee made with a machine.

After breaking down our camp, cleaning up, and collecting some more crystals, we set out on a full day of off-roading across the southern part of the park. Tons of fun and teeth-rattling followed, until we reached an abandoned old mine site that we decided to investigate. After a small hike and some exploring, we took cover under the canopy by the car and had lunch gazing at the surrounding mountains and enjoying the deserted yet beautiful scenery. We got back on the road heading towards our next campsite up in the Chisos Mountains. We drove for hours on different and sometimes challenging terrains.



Photography by Anna Krecicki

RIO GRANDE RIVER, BIG BEND NATIONAL PARK, TEXAS

But we made it to the campsite called the "Twisted Shoe" just before sunset and had enough time to take some photos, unload the car, build a crystal grid, and set up for the night. Just as the sun was setting, we heard rumbling behind the mountains. We could see some storm clouds collecting in the distance, but we were hoping that they wouldn't reach us, since the weather forecast predicted a rain-free week during our trip. Well, the forecast was wrong. The storm was getting closer and the wind was getting stronger by the minute, so we decided to break our camp down and put everything back in the car. Just as we tossed the last things in the car, the first drop of rain fell and we jumped in.

Sitting in the only metal object around, high up in the mountains, we were definitely concerned as lightning was non-stop hitting the peaks surrounding us in each direction. Even though the car was grounded by the tires, I wasn't convinced about our safety. The thunder sounded louder and somehow scarier than in Florida as it echoed among the mountain tops. It rained heavily and it seemed that lightning hit almost every other second lighting up the sky almost continuously.

Strangely enough, we both could see a flickering light through the car window -- even through the heavy rain, on the mountain-top across from us where lightning hit several times. We weren't sure if something caught on fire or if it was someone trapped up there. We even tried to joke that perhaps something traveled down via the lightning bolt, basing the idea on some alien movies. The night just got more interesting.

As the storm turned worse, ensconced in the back of the car with my rattles in hand, I was concentrating on the protection grid I built around the campsite and was 'holding' the 'energy bubble' around us. I was rather petrified so I closed my eyes and prayed that somehow we would make it through the storm in one piece.

Quite unexpectedly, I had a vision. With my eyes closed, I 'saw' what I thought to be four Native American spirits on top of four peaks in four directions. They were just standing there, so I asked them for protection -- as if it was the most natural and ordinary thing to do, given the situation. The one on my left seemed to have answered me and granted us protection. I only 'heard' him as a thought in my head, but he pointed out quite clearly that "the crystals belong to the land". I was puzzled for a second, thinking how that could be relevant, but then I remembered -- and immediately felt ashamed for collecting so many crystals earlier and not thinking of that, as we were on land that once belonged to Native Americans. So I promised to leave the crystals behind the next morning as a form of offering and apology.



After the storm passed and we apparently lived through it, my brother and I looked at each other and started laughing. "Wow, what the heck?" we asked at the same time, still in a shock. Then I told to him that he may not like the 'price' we had to pay for the extra protection, and he instantly knew: "We are leaving the crystals behind, right?"

So the next morning, without much talking, we climbed up the nearby boulders and carefully placed all the crystals that we collected the previous days on top of the rocks in many different



grids and formations thanking the four spirits for their kind protection. After another delicious Turkish coffee and some cleaning up, we left our campsite and started descending from the mountains on the muddy road, hoping not to get stuck.

Our next destination was the Santa Elena Canyon. We drove for hours on many different roads and terrains with occasional stops to take photos and to explore. I suspect that we were tested even a couple of times, because wherever we stopped, there were crystals lying around, sparkling in the sunshine. After the

previous night's learning experience, we mostly observed them, and asked permission before taking one or two small pieces, leaving offerings in exchange.

When we reached the canyon, we decided to cross the shallow stream that ran into the Rio Grande River, and took a short hike following the path on the other side. The hiking path climbed high up on the rock wall offering incredible views of the river and the surrounding areas, then it lead back down to the river bank encompassed by lush vegetation and peaceful, majestic rocks.

In spite of the heat, the scenery was well worth it! After the hike, we got back on the road and found a great shaded picnic area nearby where we ate lunch and then set out to find our next campsite. After hours of more off-road driving with some occasional stops to explore, we found the location, but surprisingly we didn't like it. It just did not feel 'safe' for some reason. Probably because it was in the open, with no hills to provide a sense of security -- and just maybe because we saw a bright red snake sunbathing not too far from there. We even checked out the neighboring campsites, but neither of them felt right. So with a unanimous vote, we decided to head back to the first night's campsite.

To save some daylight, we turned around and drove on the paved roads to the other end of the park instead of cutting across on the rocky and slower off-roads. We stopped at the hot spring once again for a quick healing mineral soak. After the previous night's rain, the river was rushing by the spring quite forcefully, but the sound of the water was relaxing.

The crystals welcomed us back with intense shimmering in the sunlight at the Gravel Pit. The energy of the place felt amazing; I felt very safe and at peace once again. Setting camp and building a protection grid went smoothly by the third night, almost like a ritual, and soon we were eating dinner by the campfire. That night we had clear skies and my brother was able to take photos of the Milky Way - which was one of the must dos of the trip.

The next morning, after my last Turkish coffee in the desert, we packed and cleaned up after ourselves one last time, waved good-bye to the crystals and the hills, the bunnies and the road-runners, and then we left - both of us with a long face. On the way out of the park, we stopped at a couple of rock formations for quick hikes and photo opportunities, trying to postpone the inevitable departure from a truly beautiful and one-of-a-kind place we fell in love with during such a short period of time.

Needless to say, the following hours of driving home were not my favorite part of the trip. Except for a couple of hours when we stopped at an incredibly beautiful cave called the "Caverns of Sonora", located about half-way between Big Bend National Park and San Antonio, Texas. We took a guided tour and I just was in awe of the stunning array of calcite crystal formations. Once again I was in 'crystal heaven'!

After this amazing experience, it was almost completely nonstop driving until we got home as my brother only stopped to get gas. Out of courtesy, I tried to stay awake, watch the road and make conversation, but by the time we reached the bayou of Louisiana in the middle of the night, I finally fell asleep. The last thing I remember is that I was concerned staring at the foggy road, thinking that a werewolf or a vampire, or perhaps a witch could jump out of the swamp in front of us any second.

I woke up in Northern Florida with bright morning sunlight in my face when we stopped in a McDonald's parking lot. I got a coffee that didn't even come close to the Turkish coffee I made in the desert. Nevertheless, I was awake for the rest of the way, which seemed like nothing after the many hours we had traveled. I still don't know how my brother managed to drive all the way without sleep, but we finally made it home!

The day after our return home, my brother called to check on me to see if I had recuperated from the trip. Still worn out, but full of exciting stories to share with our loved ones, we both agreed that it was a lot of fun and we felt that we were ready to go back right away for more exploring and more off-roading. If only it wasn't for the 1700 miles in between!

Looking back, I'm glad I joined my brother for this adventure in Texas. Although I planned for this trip to be my 'walkabout' in the desert, it became more like a 'drive-around'. It was much too hot to go on the planned hikes, so we only did easy climbs and short walks. But even those proved to be exhausting. However, we enjoyed the off-roading tremendously and by the end of the trip, I got quite used to the wobbling and the teeth-rattling (and I even managed to take decent photos from the moving car).

Revisiting the Big Bend National Park is definitely on the Bucket List!

(More pictures to come from this trip in the next issue of White Lotus Magazine.)



BIG BEND
NATIONAL
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Photography by Anna Krecicki



Essential Oil of the Month: *Cinnamon Bark* (*Cinnamomum Zeylanicum*)

by Bethanny Gonzalez, Certified Aromatherapist

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- Beneficial for balancing hormones
- Useful for circulatory problems
- Fights infections and can be used to cleanse wounds
- Can help relieve hot flashes during menopause

EMOTIONAL USES

- Cools down emotions in angry and irritable people
- Clears head and aids in mental concentration
- Can be used in oil burner or diffuser to clear the air
- Strengthens the nervous system and has a stimulating effect
- Correlates to our sense of safety and security

METAPHYSICAL USES

- Supports self-acceptance, self-love, and self-confidence
- Can help clear trapped emotions from past traumas
- Encourages energy and strength
- Helps us transform sadness into happiness

RECIPE

Warming Mask

- 1/2 cup of finely ground Oatmeal
- 3 tablespoons of Honey
- 1/4 cup of Yogurt
- 2 drops of Cinnamon Essential Oil
- 2 drops of Chamomile Essential Oil
- 2 drops of Frankincense Essential Oil
- 3 drops of Grapefruit Essential Oil
- 1 to 3 tablespoons of Almond, Avocado or Coconut Oil

Mix ingredients and apply to clean skin. This mask will increase the circulation of the area it is applied to.

Did you know?

Cinnamon is one of the oldest spices known to man. According to "the World's Healthiest Foods", it was valued in ancient Egypt not only as a medicine and beverage flavoring but also as an embalming agent. At certain times throughout history, cinnamon was so precious among ancient peoples that it was considered more valuable than gold, and regarded as a highly prized gift for royals and even for gods. (www.whfoods.org)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOURCE: www.timeanddate.com www.mindbodygreen.com www.manspurpose.com Nature-Speak by Ted Andrews		1 WORLD AIDS DAY	2	3	4	5
6 HANUKKAH BEGINS	7  Conjunction of the Moon and Venus	8	9	10 HUMAN RIGHTS DAY	11  NEW MOON	12
13 Geminids Meteor Shower	14 HANUKKAH ENDS Geminids Meteor Shower	15	16	17	18	19
20	21 Ursids Meteor Shower	22 WINTER SOLSTICE Ursids Meteor Shower	23	24 CHRISTMAS EVE	25  FULL MOON CHRISTMAS DAY	26
27	28	29	30	31 NEW YEAR'S EVE	SOURCE: www.wincalendar.com www.seasky.org/astronomy/astronomy-calendar-2015.html	



December 11
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 10:29 UTC. This is the best time of the month to observe 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 omit 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.



December 25
FULL MOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 11:11 UTC. This full moon was known by early Native American tribes as the Full Cold Moon because this is the time of year when the cold winter air settles in and the nights become long and dark. This moon has also been known as the Moon Before Yule and the Full Long Nights 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.

December 22
WINTER SOLSTICE

Late sunrise. Early dusk. Short daylight. Long darkness. Winter Solstice is the time when the Sun reaches its lowest point in the southern sky and begins to travel back northward. Positioned over the Tropic of Capricorn in the Southern Hemisphere, this is the point when the Sun is farthest from the North Pole due to the angle of the Earth.

The word solstice has its roots in Latin: sol means "sun" and -siti (siti) means "stopped". This year Winter Solstice will occur on December 22, at 04:48 UTC. For those of us in the Northern Hemisphere this falls on the shortest day of the year and coincides with the first day of winter.

This time of the year elicits many spiritual aspects. Beneficial activities and focus may include more time at home with less outer activity (counter intuitive to the customary cultural expectations at this time of year); deeper meditations; strong angel contact; intuition; healing; new birth; emotions and dream work.



WHITE LOTUS MAGAZINE
is looking for a new team member

If you'd like to become a member of the White Lotus team and have experience in advertising sales, give us a call. We are looking for a kind, passionate, and motivated individual who is familiar with our mission and the content of the magazine to join our efforts in spreading the word of conscious living. Contact us at (239) 687-0667 or at WhiteLotusMagazine@gmail.com.

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Join us for a wide variety of fresh, locally grown fruits and vegetables, organic and gourmet foods, fresh-cut flowers, orchids, plants, 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. 3370 Pine Ridge Rd., Naples. 239-200-4401.

If you have any news, events, or announcements you'd like to share with our readers, please visit our website to see details and prices. You can download our Media Kit at www.WhiteLotusMagazine/Advertising. If you have any questions, concerns, or suggestions, please email us at WhiteLotusMagazine@gmail.com.

Local News & Events

DECEMBER

www.showfestnaples.com

SnowFest

Come play in the snow at the 30th annual SnowFest on Saturday, Dec. 5th from 3pm to 9pm. Golden Gate Community Center, 3300 Santa Barbara Blvd., Naples, FL 34116 (239) 353-7128. Admission: \$2 per person, for Kids 3 and under FREE.

DEC 3 THURSDAY

6:30PM - 8PM

CRYSTAL BOWL CONCERT with Robert Austin - at Goddess I AM. Sound is proven to bring healing, balancing and relaxation to the body and the chakras. Join us for a delicious evening with Robert and his wonderful crystal and Tibetan bowls. \$25. 600 Goodlette Rd. N. Naples. 239-228-6949.

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5AM - 8PM

EVENING PSYCHIC FAIRE - at Goddess I AM. Come for Mini-Readings with our experienced readers. We offer Psychic, Healing, Past Life, Tarot, Spirit Animal, Reiki, Pet Communication, Card Cutting, DNA Activation and now Mediumship readings as well. 600 Goodlette Rd. N., Naples. 239-228-6949

DEC 15 TUESDAY

6:30PM

EARTH MAGIC 101 /Samantha Banks - at Goddess I AM. If you are drawn to the Earth elements and wish to learn to harness the power of these energies to enhance your life, then this class is for you! Metaphysician and healer, Samantha will explain and demonstrate how to use properly the wondrous gifts of our Earth. Space is limited for this class, book your spot early! 600 Goodlette Rd. N. Naples. 239-228-6949.

DEC 12 SATURDAY

3PM - 8PM

CRYSTALS & CHOCOLATES - at the White Lotus Studio. Join us at the White Lotus Studio for an afternoon of Holiday shopping fun! Featuring the Alchemy Crystal Bowls and offering a wide selection of crystals, minerals, gemstone jewelry, metaphysical tools, flower essences, chocolates and more... 5555 Taylor Rd. Unit C. RSVP (239) 404-8892.

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11AM - 4PM

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Ongoing Events

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YIN YOGA w/Isabel Backus - at Goddess I AM. New offering! Join us for gentle yoga with poses designed to strengthen the tendons, ligaments and fascia. Isabel will play the crystal bowl to release blockages while you hold the poses. \$10. 600 Goodlette Rd. N. Naples. 239-228-6949.

EVERY WEDNESDAY

6PM - 6:30PM

MEDITATION w/Bethanny Gonzalez - at Goddess I AM Healing & Art Center. These soothing and powerful Guided Meditations are open to beginners and advanced practitioners alike. Bethanny incorporates her essential oils, oracle cards and crystals as she guides you on a journey to help you relax, release and heal from within. \$5 love donation. 600 Goodlette Rd. N. Naples. 239-228-6949.

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EVERY SATURDAY

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CHURCH BAZAAR / FARMERS MARKET - at the CrossRoads Community Church. (next to the Loving Hut) Shop for a wide variety of merchandise, and find all kinds of treasures - new and used! Also offering fresh, locally-grown fruits and vegetables. 1055 Pine Ridge Rd. Naples. 239-200-4401.

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I'd like to offer the opportunity to any and all of our readers to be part of White Lotus Magazine and support our mission. With a small contribution each month towards the printing costs, our readers can help build the content and shape each issue. Everyone has something to share. I'd like to invite those who'd like to participate in spreading the word of conscious living and provide them a chance to be heard and recognized.

HELP US GROW THE TREE OF CONSCIOUS LIVING

Each supporter of White Lotus Magazine, whether an individual or business, will be recognized on the Tree of Conscious Living with a named leaf.



GREEN LEAF

The green leaves represent our advertisers, subscribers, contributing authors/photographers, and all of those who have one way or another supported White Lotus Magazine.

The Tree of CONSCIOUS LIVING



SEE PAGE 48-49

Our goal is to fill the Tree of Conscious Living with a multitude of leaves to recognize and honor the growing number of our readers and supporters. At the same time, with the help of our supporters' contributions we'd like to increase the number of copies in order to connect with more people. Our hope is to reach at least 4000 copies in circulation each month raising awareness and spreading the word of conscious living.

If you are inspired by White Lotus Magazine and would like to become our supporter, please visit www.whitelotusmagazine.com/contribute or scan this QR code with your smartphone.



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For a \$10 contribution, you will receive 1 copy of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit one quote or photo to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a copper leaf.

You can make a one-time contribution of \$10 or you can help out on a monthly, reoccurring basis.



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For a \$40 contribution, you will receive 2 copies of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit up to 4 quotes or photos, or a small blurb/poem/song lyrics etc. to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a silver leaf.

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\$100

GOLDEN LEAF

For a \$100 contribution, you will receive 5 copies of the next issue of White Lotus Magazine by mail with a free gift, and the opportunity to become a co-creator of the magazine. You will be able to present a feature of your choice to be included in the next issue of the magazine. It may be a content idea, an article you wish to contribute, a recipe perhaps, a special interest or a particular topic you'd like featured, photos you wish to share, or even a cause, a local business, or a member of the community to introduce to our readers*. Your name will appear on the Tree of Conscious Living on a golden leaf.

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**Certain guidelines will apply. We ask you to keep in mind the content and the message of the magazine. Submission deadline is the 15th of each month. All contributed materials will have to be approved before acceptance and will be edited if we find it necessary.*

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. For more advertising options, go to www.WhiteLotusMagazine.com.

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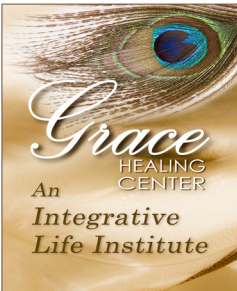
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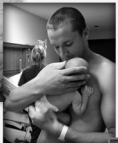
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TIPS for Pet Owners



by Connie Myers

Fleas and ticks are abundant in our area. Animals of all shapes and sizes are prone to these pesky critters, especially here in Florida where the heat and humidity is present year around.

There are many chemical products on the market to choose from, but I prefer to treat my dogs naturally and organically. I have had great success with the following treatments.

PET TIP #1:

Mixing safe & natural insect repellents in pet food

I mix Diatomaceous Earth by Dr. Goodpet (food grade only!) and Bug Off Garlic Granules by Springtime in my dogs' food (sometimes I use finely crushed fresh organic garlic).

Find Diatomaceous Earth at:

www.goodpet.com/dogs/itching/outside-flea-relief-diatomaceous-earth/

Find Bug Off Garlic for Dogs at:

www.springtimeinc.com/product/bug-off-garlic-dogs

PET TIP #2: Using essential oils

Young Living Essential Oils has put together a special kit just for animals: *Animal Scents*, containing the following oils: RepelAroma, PuriClean, Infect Away and MendWell.

I have also used Purification essential oil to assist me in the removal of ticks. I place a drop of oil on the tick and it usually backs out so I can pick it off with tweezers.

PET TIP #2: Checking for ticks

I always take the time to do a thorough tick inspection every time we come back from the outdoors. **NOTE:** Hiking trails are favorite stalking grounds for common dog tick species.

If you have a question about Young Living Essential Oils, or would like to place an order, please call 239-404-8892 or visit www.youngliving.org/cjmyers63.

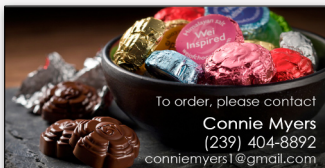


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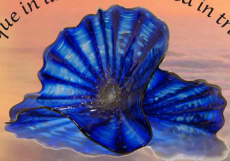


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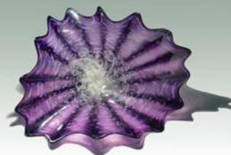


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If you have kept the ashes of your loved one in a box or urn for years, now it can be transformed into a beautiful blown glass artwork. Incorporating the remains of your loved one into the glass can provide a loving memorial for both family and friends to pass on to future generations.

This glasswork can help heal a grieving heart and will honor the life of a loved one (both human and animal) -- not because they died but because they lived and touched our hearts forever.

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- Anna Krecicki, Publishing Editor

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