

White

SW Florida Edition

FREE

JAN 2016

Lotus

magazine

HAPPINESS
BLISS
LOVE

PEACE

JOY

HARMONY
PROSPERITY

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

Love isn't a state of perfect caring.
It is an active noun like struggle.
To **LOVE** someone is to strive to
accept that person exactly the way
he or she is, right here and now.

-FRED ROGERS



WISDOM

FOR JANUARY

The
*Shaman's
Whispers*

*Lose your temper
and you lose a friend;
lie and you lose yourself.*



The
Shaman
Lady

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

This month's insight is based on
Hopi wisdom.

PHOTOGRAPHY BY E. NELSON

Love

Let us fall in love again and scatter gold dust all over the world.

Let us become a new spring and feel the breeze drift in the heavens' scent.

Let us dress the earth in green, and like the sap of a young tree let the grace from within sustain us.

Let us carve gems out of our stony hearts and let them light our path to Love.

The glance of Love is crystal clear and we are blessed by its light.

- RUMI

(Translation by Azima Melita Kolin and Maryam Mafi "Rumi: Hidden Music" HarperCollins Publishers Ltd, 2001)



PHOTOGRAPHY BY E. NELSON

As you
flow
blessings
my way
so do
you bask
in the
blessings,
as we
are one.

INSPIRATION:

Alice Green Langholt,
Reiki Awakening Academy



ART by
ALEXIS MARTINEZ PULEIO

Available at the
White Lotus Studio
(See page 40)



"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

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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.

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www.WhiteLotusMagazine.com

NOTE *from the Editor*

Another year has passed. At the beginning of a new year, I feel it is okay to allow myself to ponder a little on the past and the future. I believe in the relevance of *living in the now*, and normally I do my best not to dwell on the past or worry about the future, but this is a time for me when my awareness is not completely centered on the present moment. I let myself contemplate the things that have passed and those yet to come.

I look back and reflect on the last year with feelings of delight and accomplishment – not only in my personal life (having pulled off a major move and tedious house renovations, and some other challenges), but also for the completion of each past issue of White Lotus Magazine. I truly hope that I was able achieve my goal: to create an inspirational and enlightening publication each month that sparks personal transformations.

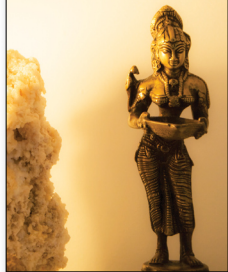
For me, the arrival of a brand new year also carries a sense of anticipation, joy, and hope. Even though I don't normally make New Year's resolutions, the promise of new beginnings and a fresh start always makes me optimistic. I can't help, but feel excited: I'm full of energy, enthusiasm, and plans for the coming year. Both on a personal level and for the magazine.

I'm looking forward to what 2016 may bring and I trust that every future issue of White Lotus Magazine will continue to inspire and enlighten.

Wishing you blessings, joy, and prosperity in the year to come.

Anna Krecicki

COVER PHOTO BY ANNA KRECICKI



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JANUARY



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ANIMAL SPIRIT GUIDE OF THE MONTH:

Owl

"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.

SOURCES:

Animal Speak by Ted Andrews
Animal Spirit Guides by Steven D. Farmer, Ph.D.
www.manataka.org/page236.html



Did you know?

There are about 200 species of owls across the world and 18 are found in North America. The owl is a silent flyer, with extraordinary vision and the best hearing of any bird in the world.

Owls can rotate their heads and necks as much as 270 degrees. The largest owl by length is the great grey owl, which can attain a length of 33 inches. Eurasian eagle owls can reach a wingspan of 6.6 ft and a weight of 10 lb in the largest females. The smallest owl is the elf owl that weighs as little as 1 oz and measures approximately 5 inches.

It is illegal to capture or kill an owl in the United States. Contrary to superstition, owls pose no threat to humans, physically or spiritually.

SOURCE: en.wikipedia.org/wiki/Owl

The Owl Spirit Animal represents a deep connection with wisdom and intuitive knowledge. In many traditions owls are symbolic of death, but this should not necessarily be taken literally – the presence of the owl could merely announce transition and change in one's life. According to the Manataka Indian traditions, Grandmother Owl is often thought to come to those who need to let go of some part of their lives that is no longer needed. As a guide, the owl teaches us to see and hear past shadows, beyond fear and darkness, through to the other side that promises light, happiness, and knowledge. As a spirit animal, the owl also guides us to see beyond the veil of deception and illusion; it helps see what's kept hidden. It also symbolizes the ability to cut through illusions and see the real meaning of someone's action or state of mind. Grandmother Owl can offer us inspiration and guidance necessary to deeply explore the unknown and the magic of life.

When Owl comes to you in a dream:

Your spirit animal may be contacting you to warn you about a danger or threat that you need to pay attention to. It can bring a wise insight about important matters that you should not ignore. It could also mean that the intuitive part of you is calling for attention; be attentive to signs and also to what usually goes below your radar – now it may be of particular importance. Seeing an owl in your dream may also represent the spirit of a deceased family member or close friend.

SOURCE:
www.manataka.org/page236.html
www.spiritanimal.info/owl-spirit-animal/

When Owl shows up in your life:

- You may be encouraged to listen and look out for the subtle signs that are around you.
- You may need to peer into the darkness and face your fears. Perhaps a great mystery that is unfolding will be revealed by looking deeper into its meaning.
- You may have to look beyond deceiving appearances into the true reality of a situation or a person's motives.

If Owl is your Animal Guide:

- You have a strong intuition and can access information and wisdom that's usually hidden to most.
- You are likely to have the ability to see beyond deceit and masks.
- You probably like to explore the unknown.

Ask for Owl's help when:

- You have to assess a situation or are going through confusing times.
- You need guidance to uncover your hidden potential and abilities.
- You wish to find deeper reasoning in a situation, an event or a relationship.



Cheryl
McCorkle

Photography by Cheryl McCorkle

LOVE IS LETTING GO OF FEAR

"When we think we have been hurt by someone in the past, we build up defenses to protect ourselves from being hurt in the future. So the fearful past causes a fearful future and the past and future become one. We cannot love when we feel fear.... When we release the fearful past and forgive everyone, we will experience total love and oneness with all." — Gerald G. Jampolsky

NOTE *from the Editor*

I found this little book called "Love is Letting Go of Fear" a while back in a resale store. (Although I shouldn't say I found it, since I have this belief that books actually find us.) I read this little book in a short time, but the impression it has left on me was grand. It was written many years ago (two years after I was born), but its wisdom stands strong even today and should be spread possibly more than ever. The book is barely a hundred pages long, with cute illustrations throughout and was written in a very easy-to-read language by Gerald G. Jampolsky. The message is really simple: Our very essence is love; love is letting go of fear; and in order to experience peace of mind, we have to let go of our preoccupation with the past and the future.

In theory, this sounds simple enough. But as we all know, in practice, it may not always be that easy. That's where this little book comes in – as a reminder, or perhaps a guide to help us let go and to get through the challenging situations. Given that our individual stories all stand to differ: we all crave inner peace, but often feel that our worries, fears, and pains are somehow justified. We feel that our situation is unique and we have the "right" to feel angry, frustrated, disappointed, or guilty. And perhaps that's even true. But with the single goal of achieving peace of mind, we can learn (more so choose) to let go of these negative emotions and remove "the blocks to our awareness of Love's presence".

According to the book, what we experience in our lives is our state of mind projected outward. When we find ourselves feeling angry, depressed, irritated, sick, and unable to forgive, we are "responding to fear". When we are not experiencing joy in our lives, we are forgetting our focus on the single goal of inner peace. When we are more concerned about getting rather than giving, we are losing our essential, loving nature. When we are trapped in our memories from the past and anticipations of the future, we are living in fear. "By consistently choosing Love rather than fear, we can experience a personal transformation which enables us to be more naturally loving to ourselves and others. In this way we can begin to recognize and experience the Love and joy that unites us."

10 Insights to Live By (Based on the book "Love is Letting Go of Fear" by Gerald G. Jampolsky)

1. LOVE IS OUR "TRUE REALITY", OUR NATURAL STATE OF BEING. WE ARE LOVE.
2. ACHIEVING PEACE OF MIND IS OUR SINGLE GOAL.
3. FORGIVENESS IS OUR SINGLE FUNCTION AND OUR WAY TO ACHIEVE PEACE OF MIND.
4. THROUGH FORGIVENESS, WE CAN LEARN NOT TO JUDGE OTHERS AND TO SEE EVERYONE, INCLUDING OURSELVES, AS GUILTLESS.
5. WE DON'T HAVE TO EXPECT OTHER PEOPLE TO CHANGE FOR US IN ORDER TO EXPERIENCE INNER PEACE.
6. WE CAN LET GO OF FEAR WHEN WE STOP JUDGING AND STOP PROJECTING THE PAST INTO THE FUTURE, AND LIVE ONLY IN THE NOW.
7. WE CAN LEARN TO ACCEPT DIRECTION FROM OUR INNER VOICE – OUR GUIDE TO PROFOUND KNOWING AND UNIVERSAL WISDOM.
8. AFTER OUR INNER VOICE GIVES US DIRECTION, IT WILL ALSO PROVIDE THE MEANS TO ACCOMPLISHING WHATEVER IS NECESSARY.
9. WE DO HAVE A CHOICE IN DETERMINING WHAT WE 'ALLOW IN' – WHAT WE PERCEIVE AND THE FEELINGS WE EXPERIENCE.
10. THROUGH RETRAINING THE MIND, WE CAN LEARN TO USE "POSITIVE ACTIVE IMAGINATION" OR VISUALIZATION. THIS CAN HELP US TO DEVELOP POSITIVE, LOVING IMAGES IN OUR MINDS.

*"It is only with the heart that one can see rightly;
what is essential is invisible to the eye."* - Antoine de Saint-Exupery

DOULA

Paula Terry, LMT
Labour Companion

MA35358

unconditional
love

LOVE

pride

insight
trust

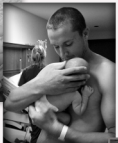
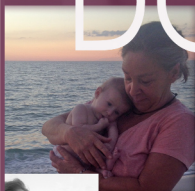
joy

bliss

heart
center

nurturing
accomplishment
continuous
emotional support

DoulaLove.org



SHEMANE *Nugent*

4 Minutes a Day,
Rock 'n' Roll
Your Way to
HAPPY



An inspiring book on healing both the body and the mind with a four-minute daily approach to transforming your life

Many people think that living a health lifestyle is hard, but according to Shemane Nugent, it doesn't have to be! In her newest book, she helps you discover how to be happier, healthier, more prosperous and live the life of your dreams in as little as 4 minutes a day!

"Living a healthy lifestyle can be fun and easy. I'll show you how to Rock 'n' Roll Your Way to Happy!"

"It was a risky venture for me to put my heart and soul, my inner-most thoughts and ideas on paper for the world to read, but I am glad I took the gamble that it would be well received. My goal has always been to help others be happier and healthier by telling my story and sharing the tips and tricks to get in shape that I've learned throughout my thirty-three years as a fitness instructor. But it hasn't been without conflict."

"Anytime we put ourselves in a vulnerable position we take the chance that the information we share, whether it's a new project or idea, will be ripped apart, criticized or condemned. Our egos are delicate and fragile. It takes thick skin, a strong backbone, and the willingness to persevere when the going gets tough to be successful. It has taken over a year to get my words into print, but in the first day of sales, we reached #30 in the Happiness category on Amazon! I am thrilled to have the opportunity to change many lives in a positive way, but it is also slightly difficult to weather the storm of occasional haters and self-doubt."

"After watching replays of TV interviews I did to promote the book, I wondered where all the wrinkles came from and where the 24 year-old girl with the stars in her eyes had gone. (For a good laugh, watch this: www.youtube.com/watch?v=mrfX9dLeHcM)."

"There were multiple snafus in getting the book published (the Kindle version wasn't available with the other book formats on launch day), and many times I wondered if the risk was worthwhile. I took a chance that disclosing such an important and painful memory as losing my home and getting deathly ill from toxic mold exposure would do anything to bring awareness to such a devastating hardship."

"It has been overwhelming to see all the positive feedback from not only those who purchased my book, but the well-known authors and healthy living bloggers who supported me. From the bottom of my heart, from every cell inside me: Thank you! The rave reviews on Amazon.com about my book brought tears to my eyes. It makes me beyond happy to know that my words can relieve stress, help people figure out their own difficult situations, and to be happier and healthier in just a few minutes each day. Taking a risk like falling in love, starting a new job, or putting your heart and soul and pages for the world to read is challenging but can be very rewarding. I highly recommend it!"

- Shemane Nugent

ORDER SHEMANE'S NEW BOOK ON AMAZON.COM
amazon.com/Minutes-Rock-Roll-Your-Happy/dp/1504326059/

ABOUT THE AUTHOR

An ambassador for healthy living, Shemane Nugent has been a group fitness instructor for more than 30 years. She is a motivational speaker, author, award-winning TV producer and host, filmmaker, and is passionate about helping people make a positive impact on their health and overall well-being. She has appeared on MTV, Vh1, Discovery, CMT, C-Span, FOX, and many other national television and radio shows. Read Shemane's blog at: shemanenugent.rock

Too Many Green Apples - or Something Serious?

by Carol Glassman

When we were young and went crying to our mothers with a tummy ache, she likely asked us the most obvious question: what did you eat? Chances are, unless we had managed to pick up some 24-hour virus that was causing our upset stomach, she was on the right track. Perhaps we and our mischievous friends had been pilfering and eating unripe apples from neighboring trees, or helping ourselves to unlimited candy. What might have followed could have been some home-made remedy or a spoonful of castor oil or milk of magnesia in an effort to either 'drive out the demons' or calm down their environment.

With the advent of advice from 'newspaper doctors' and the internet, our mothers' knowledge might have become far more sophisticated.

"Where exactly is the pain?" she might ask today. "How long have you had it? Does it hurt when I press here?"

She still might quiz us on what we have eaten and about any other symptoms, knowing that stomach aches are often not so simple, either with adults or children. The best advice will always be, don't try to second-guess what is going on if someone is experiencing pain, especially if it is accompanied by fever and vomiting: get professional help.

For a relatively small (could be 6 inches long) pouch attached to the large intestine, the appendix can cause large problems if it should become inflamed. Appendicitis can occur quickly and should the appendix rupture before it is removed, it can become a life-threatening situation.

Not everyone will exhibit the same or all of the symptoms which may include abdominal bloating, steady pain around the navel which moves to the lower right-hand side of the abdomen and becomes very sharp with time, chills and/or fever, nausea and vomiting. Doctors advise not to attempt home remedies or to take anything by mouth, but to seek emergency help immediately. Approximately 300,000 Americans have an appendectomy each year.

A recent Finnish study reported in the New York Times (June 16, 2015), that patients between the ages of 18 - 60, exhibiting symptoms that had not lasted more than two days and showed no complications, were given a choice of surgery or antibiotics. Three out of four patients who took the antibiotics recovered easily, and those who still needed the surgery afterwards were no worse off for having waited.

The article went on to say, "An American group is planning a clinical trial comparing laparoscopic surgery and a less powerful antibiotic than used in the Finnish study, given either as an injection followed by pills or as a one-day intravenous infusion followed by pills.

"Conceivably, it could cost the medical system more in the end to keep treating these people unnecessarily than to simply remove their appendix with laparoscopic surgery during their initial bout with appendicitis."

As one of the doctor's involved in the trial, Dr. David Flum of the University of Washington said, "Obviously, you can treat appendicitis with an antibiotic, but from a patient's point of view, should you?"

As doctors explore methods and costs, we may have more options for our upset stomachs in the future.



Carol Glassman

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CREATING LIGHT DURING TIMES OF DARKNESS

by Beth Brown-Rinella

With regard to recent events...

Our world seems somehow smaller than it used to be. Dreadful, real-time events play out on our TVs as if they were happening right down the street. Blood and gore are no longer hidden, and we are unable to stop fearing that this terror could happen to us, here, in our towns. While we grieve and might drift into fear-based places of hate, revenge, worry and chaos, we should not linger there. We must move past them.

Even if it might feel difficult at times like these, remember that Light always overcomes darkness.

Offer your blessings, healing, and Light to those affected to help prevent the suffering they could endure in the times to come. Practice active forgiveness. Forgive all involved in the actual crimes; forgive the leaders who offer up sacrifices in the name of God (or revenge); forgive those who unwittingly aid those involved (taxi drivers, landlords); forgive the governments with private agendas; forgive the prophets who espouse hate over love; forgive our forefathers for our involvement in countries not our own (let them figure it out); and forgive yourself for wanting to shut out humanity in exchange for personal protection (totally understandable). Forgive, forgive, forgive. And if you still feel sad, forgive some more. You could use blanket statements like, "I forgive all involved in every aspect of this situation from its inception to the ending."

Actively seek inspiration. Do this not to avoid what is happening, but to refuse to give fear any more power. When we add our fear to the collective of energetic fear, we give it fuel. So listen to music that uplifts, watch movies that depict humanity in its simplicity, and read stories of giving and saving, loving and rebuilding. Spend time with loved ones who can cry and laugh with you; be the shoulder one can lean on and the voice of wisdom. Plant a garden, help another, bake a surprise cake for someone and see how that affects them. Be a giver, a dream-maker, a blessing to all.

Remember, light always triumphs over dark. Hold on to the Light. Be the Light. Share Love. Let go of fear. Support one another, for we are one.

Namaste!

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

She is available for
appointments by calling
239-228-6949. Long distance and
in-person readings are available.



Crystal Therapy: LEPIDOLITE

| | |
|------------|-----------------------------------------|
| ATTRIBUTES | Awareness, Serenity, Balance |
| ELEMENT | Water |
| CHAKRA | Heart and Third Eye |
| MINED IN | Czech Republic, USA, Brazil, Madagascar |

Lepidolite is a calming stone that can soothe the nerves, relieve depression, and provide deep emotional healing. Lepidolite is believed to bring balance and cosmic awareness. It can also clear electromagnetic pollution and dissipate all kinds of negativity. A "stone of transition", Lepidolite is said to release old psychological and behavioral patterns, inducing change.

HEALING

In Crystal Healing, Lepidolite can be used to strengthen the immune system and detoxify the body. It's said to help reduce pain and aid the process of breaking free from addictions. Lepidolite could also be beneficial for relieving allergies, exhaustion, and epilepsy.

POSITION

Wear Lepidolite as jewelry or a small piece in your pocket to protect you from negativity. Place on or in front of computers to absorb their emanations. Position as appropriate for healing. Place Lepidolite under your pillow for relief from sleep disturbances.

MEDITATION

Meditating with Lepidolite can aid shamanic or spiritual journeying and access the Akashic Record*. It can also help you tune in to thoughts and feelings from past lives that are creating blockages in your life now.

*AKASHIC RECORD: A storage that exists beyond space and time that contains information on all that has occurred, and all that will occur in the universe.

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 Ahsian;
The Crystal Bible by Judy Hall

Giraffes Rise Above the Ordinary

by Carol Glassman

The giraffe is a creature that has always attracted attention, mainly because of its appearance. It has the longest neck of any mammal: approximately six feet, topped by a special axis joint that allows it to extend even further. It sports a ridiculously long, 18 to 20-inch pink and blackish-purple tongue, and bats those impossibly beautiful eyelashes which protect its eyes from blowing sand. To these physical attributes Mother Nature added a set of horn-like bony ossicones to its head, and long, strong, knob-kneed legs that make them the tallest land animals in the world, at a height of almost 20 feet. They wear attractive patchy coats similar to that of a leopard, the pattern of which no two giraffes share. Not only do the patches on a giraffe's skin act as camouflage, but they are also part of a very sophisticated system of blood vessels which control body heat.

If you didn't already know and were told humans have seven bones in their necks, could you guess how many are in the neck of a giraffe? Like all mammals, giraffes also have seven bones, but each cervical vertebrae is about 10 inches long.

According to a paper published by the Royal Society Open Science (25 November 2015) that compared fossil vertebrae analysis, from about 7 million years ago, there was an 'intermediate' or 'transitional' species from part of Eurasia, Samos in Greece, South Italy, Turkey, Moldavia, Iran and China with neck bones from the only two living members of the Giraffidae family: the giraffe (*Giraffa camelopardalis*) and okapi (*Okapia johnstoni*), a short-necked mammal that lives in central Africa. The ancient member of this species did not have such a long neck and showed other skeletal differences as well. Its closest relative is the okapi. There is only one species of giraffe and nine currently recognized sub-species with different coat patterns, living in parts of Africa.

According to giraffe protection agencies like IUCN (International Union for Conservation of Nature and Natural Resources) the total number of giraffes in Africa was estimated in 1999 to exceed 140,000, (of which 40% were in or around protected areas and private lands) and such numbers were thought capable of being maintained if they were adequately protected.

"Current estimates have the population at less than 80,000 individuals across all (sub)species. This is a considerable drop in the last decade and shows that the plight of giraffes is in real danger. Efforts are underway to build up an accurate census of the entire population - working closely with IUCN SSC ASG International Giraffe Working Groups. With the exception of Angolan, Cape and West African giraffes, all other subspecies are either decreasing and/or unstable. Poaching, human population growth, habitat loss, habitat fragmentation and habitat degradation continue to impact on the giraffe's distribution across the continent."

Today, the IUCN states important safety havens for giraffes in Africa include but are not limited to: Waza N. P. and the adjacent hunting zones (Cameroon), Zakouma N. P. (Chad), southwest



Photo from Google Images

Niger, Murchison Falls N. P. (Uganda), the Mara/Serengeti ecosystem (Kenya/Tanzania), Selous/Ruaha (Tanzania), Laikipia (Kenya), South Luangwa N. P. (Zambia) and in southern Africa: Etosha N. P. (Namibia), Okavango Delta (Botswana), Hwange N. P. (Zimbabwe) and Kruger N. P. (South Africa).

Most people see giraffes in a zoo where they really stand out, but in their natural African habitat their coats are great camouflage. While other herbivores feast on grass and small plants, giraffes have access to the tender high leaves of trees, particularly the thorny acacia tree. Their very large tongues and thick, sticky saliva enable them to work around the thorns while the dark color on the end of the tongue prevents it from getting sunburned. This video illustrates how a giraffe uses its tongue to reach high leaves. www.youtube.com/watch

The six-foot neck of an average giraffe weighs about 600 pounds and is trimmed with a short, tufted mane. Although its back legs look shorter they are actually almost the same size as the front. While their lungs can hold 12 gallons of air, the two-foot long heart weighs almost 25 pounds, and is needed to generate almost double the normal blood pressure for a large mammal, to maintain blood flow to the brain against gravity. It circulates almost 16 gallons of blood throughout its body every minute. Giraffes have a complex blood pressure regulation system in their upper necks to prevent excess blood flow to the brain when they lower their heads to drink. Meanwhile, the blood vessels in the lower legs are under great pressure (because of the weight of fluid pressing down on them). Giraffes have a unique system, studied by NASA astronauts, which is a very tight sheath of thick skin over their lower limbs maintaining high extravascular pressure in exactly the same way as a pilot's g-suit.

Giraffes are ruminants, chewing cud like cattle. Acacia leaves contain a lot of water so although giraffes can last for long periods without drinking, perhaps only once every few days, when water is available they can drink 10 gallons per day. Since a giraffe's neck is too short to reach the ground, it has to spread its front legs or kneel to reach the ground for a drink of water.

Giraffes seem to need only 15-30 minutes of sleep every 24 hours, often taking quick naps either standing up or lying down, their heads resting on their rumps. Their gait, in which both the front and back legs on one side move forward together, then the other two legs on the other side move forward, is called 'pacing'. Giraffes can run a very quick 35 miles an hour for short distances.

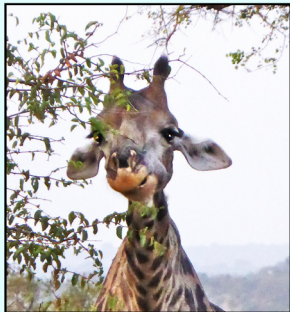
Although giraffes seem to be pretty quiet, they do snuffle, hiss, and snort and are thought to emit sounds below the level of human hearing to communicate. Their height allows them to keep a good lookout for predators, mainly lions and crocodiles, and when attacked, a mighty karate-like kick from their hind legs and large, 12-inch diameter feet can be lethal to an enemy. They usually post a sentinel when eating or sleeping, and when one begins to run, the entire herd springs into action, gliding gracefully through the trees and across the savanna.

It is not known exactly how long giraffes live in the wild as there is no recorded data, but it is believed that males (bulls) and females (cows) have a life span of 25 years and perhaps longer in captivity.

Female giraffes give birth standing up. The baby falls six feet to the ground, breaking the three-foot umbilical cord and standing in about one hour. Only about 50% of calves survive their first year.

Clearly, this fascinating creature with all of its unusual physical attributes is not just another pretty face (with lovely eyelashes) but a magnificent and stately example of natural design.

Photos taken in Chobe National Park, Botswana
and Kruger National Park, northeastern South Africa



ABOVE:
Giraffe nibbling on the tender green leaves on the tops of acacia trees.

RIGHT:
Two giraffes 'necking'. Males may actually bash each other with those heavy necks, fighting over territory or a mate.



Carol
Glassman

PHOTOGRAPHY BY CAROL GLASSMAN



Photo from Google Images

*"The art of healing comes from nature, not from the physician.
Therefore, the physician must start from nature, with an open mind."*

- Paracelsus

The Spirit of the Wild

by Shemane Nugent

Nothing is more powerful than being surrounded by nature and enveloped by its healing power. The sight of colorful birds and trees, the symphonic sounds of crickets and birds, the gentle kiss of wind on your face, and the smell of freshly cut grass or a fragrant gardenia can be instant stress reducer.

The great outdoors is where we can be alone with our thoughts and feelings. Have you ever gone for a walk to clear your head and suddenly came up with creative thoughts about how to solve a problem or design something new? Inspiration takes place in many forms and places. Being in nature can do more than just enhance your sense of vitality.

When I was hospitalized for migraines, a neurologist suggested I listen to a recording of sounds of nature in a dark room. *Why not just go outside?* I wondered. At that point, I realized breathing fresh air was more than just a temporary fix to relieve stress; it was also innately rewarding for us all. It's energizing and enlightening to fully envelop ourselves in Mother Nature...

(Excerpt from Shemane Nugent's newest book: 4 Minutes a Day, Rock 'n Roll Your Way to Happy)

10 SIMPLE THINGS

you can do to to (re)connect with Nature

1. make time

Besides allergies, probably the most common reason for not being outdoors more is "not having enough time". In our busy lives, juggling work and family responsibilities may present challenges to spending quality time in nature. Do you feel sometimes that the days just slip away? Do you find yourself having spent the whole day indoors? Plan to make time to be in nature on a more regular basis (for a certain amount of time each day or each week), and then make a conscious effort to stick to it. Whether it is a hike, a short trail walk, a bike ride, watching the sunset at the beach, or sitting on the grass in your backyard, find the time and your own way to enjoy being in the presence of Mother Nature.

2. bond with family and friends outdoors

What better way to grow closer to a family member, a friend or potential friend, than to leave behind the demands and pressures of everyday life, and spend a day together in nature? Plan a picnic, a hike, a birthday party, or a play day outdoors. Or simply go for a walk together on the beach or in a park.

3. stop and smell the flowers

Literally. Whether at a Farmers Market or in your garden, take the time to stop and smell the flowers. As research shows, smells can impact our emotions, concentration, dreams, memory, love life, as well as our physical and mental health.* While a whiff of lavender is believed to calm the nerves, the scent of roses may enhance our mood and lower blood pressure. The aroma of rosemary is known to refresh the memory, and a hint of eucalyptus could clear the head and improve alertness.

4. garden

Attending to the plants, herbs, and vegetables in your garden is a wonderful way to spend time outdoors. 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). In addition, taking care of a garden is proven to reduce anxiety.

5. go explore

Even in town or just a short drive away, you can find natural, untouched spaces worth discovering. An uninhabited field, the edge of a forest, or even a small ravine at the end of the street can abound with wildlife and offer much fun to explore.

6. grab your camera

Nature photography has always been one of my favorite things to do. It is not only an excellent creative outlet, but it also is a wonderful way to spend time outside. Whether snapping a few shots of the sunset on the beach, or venturing into the wild with your camera, be inspired by nature's beauty and click away!

7. reduce exposure to electronics

We all rely on technology for work, for entertainment, and communication, but we tend to spend more time ensconced indoors with our gadgets than out in the fresh air. Studies show that long exposure to technology could affect brain development in children and disturb our sleep patterns, our mood, and overall health.** Try to limit your access to texting, social media, computers, and TV for part of the day. Choose a time each day to eliminate your exposure to electronic devices and go for a walk instead.

8. plan a "tech-fast"

Take a break from all electronic communications. Commit to a day (or a few) away from digital life. Go camping, rent a cabin, or just spend the day in nature without your laptop, Smartphone, and iPad. For emergencies, you could take a cell phone but turn it off. It will be much easier to enjoy the great outdoors without the constant beeps and tweets.

9. green exercise

Gyms may be very efficient places where you can carry out your daily exercise, but if you want to get more out of your workout, take it outdoors! Research shows that exercising in the presence of nature leads to positive short and long-term health outcomes.*** Instead of the high-tech gym equipment, try yoga on the beach, or jogging/walking on the grass.

10. bring nature indoors

If you simply can't find the time or are unable to go outdoors, bring in the outdoors with plants and live arrangements. Terrariums, for examples, offer a beautiful and low-maintenance way of bringing a touch of nature indoors. If the mountain won't come to Muhammad, then Muhammad must go to the mountain. Or is it the other way around?

DISCLAIMER

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

SOURCE OF INSPIRATION:

4 Minutes a Day, Rock 'n Roll Your Way to Happy by Shemane Nugent

SEVEN WAYS TO OPT OUTSIDE ALL YEAR LONG: By Shuffling Down on Black Friday, Retailer REI Challenges The Rest of Us to Connect to Nature, Family and Friends by Richard Louv (www.medium.com)

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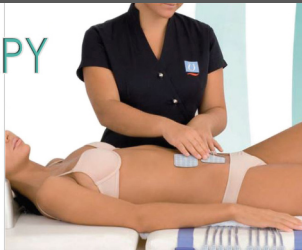
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In Focus: ELECTROTHERAPY

Ground-breaking Technology Now Available in Naples – Offering Safe, Non-intrusive Health and Beauty Solutions



Could a flatter tummy and tighter skin be achieved with the help of tiny, health-enhancing electrical impulses during an innovative therapy that can improve circulation, provide detoxification, rejuvenate the skin, strengthen and tone muscles, alleviate pain, and also allow for deep relaxation in a single 30-minute session?

BIOSTIMULATION is a form of Electrotherapy that utilizes electrical impulses to rejuvenate and to reshape the body. It uses advanced microtechnology that electrically stimulates the muscles through the skin. The therapy can be applied for purposes of muscle toning, beauty treatments, passive exercise, and as a form of physical therapy.

Biostimulation may be a ground-breaking therapy, but the concept of electrotherapy is nothing new: the use of electricity for treating pain and disease has been practiced, experimented with, and refined for over a century. Electrical devices have for long been used in both the medical and alternative fields for pain relief and healing.

By stimulating a nerve or muscle, electrotherapy is believed to have the power to reduce pain using low or high voltage, or alternating current. According to Rajendra Menen, the author of *Nature Cure*, electrical stimulation has been proven to be effective for the treatment of both acute and chronic pains.* The process is said to help relieve muscle spasms and promote the release of endorphins, which are natural painkillers produced by the body. Several websites on pain management report that electrical stimulation may even directly block transmission of pain signals along nerves.**

Different forms of electrical stimulation have also been widely used in rehabilitation for strengthening muscles. Many professional athletes use electrical muscle stimulators to help supplement their fitness exercise routines or as a means of maintenance when they are unable to work out because of muscle injury or lack of time.

Biostimulation is a revolutionary therapy -- in the sense that it combines many different treatments in one device. It not only offers muscle toning and pain relief, like common electrical stimulators, but it also provides many health and beauty benefits such as detoxification, lymphatic drainage, tissue repair, improved circulation, dermal rejuvenation, cellulite reduction, body sculpting, and weight loss.

How does it work?

Many functions of the body are controlled by neurological electrical impulses. These impulses are transmitted naturally by the brain to specific organs. Biostimulation therapy simply imitates each one of these specific impulses in order to produce a range of different results, including muscle toning, alleviating pain, cellulite reduction, slimming, non surgical face-lift, and many more.

The device fires electrical impulses (that reach the body through adhesive pads attached to the skin) that imitate the way the body reacts to working out. These electrical impulses simulate the natural impulses to make the muscles contract and relax in a pattern similar to normal exercise, but with a lower risk of strain or fatigue. The electrical impulses, delivered in a series of biologically coded frequencies, instantly access the different body areas: skin, fat, muscle, connective tissue, the circulatory and lymphatic systems. Each area is stimulated instantly and effectively to slim, tighten, tone, lift, firm, shape and rejuvenate.

The combination of the unique electrical signal and the intensive deep rotation of frequencies activates muscle groups which usually cannot be reached with regular exercise, and assist in tightening, toning, and stimulating the treated area, providing immediate body sculpting results and long-lasting health benefits.

Biostimulation therapy is new to SW Florida, but it has been broadly and successfully used in Europe in spas and health centers. Now you can be one of the first in Naples to try this very promising technology, available at the Salt Cave! (Located at 4962 Tamiami Tr. N. Naples, Fl Ph: 239-403-9170)

DISCLAIMER:

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

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PROLOPUNCTURE, AN ANCIENT MIRACLE

by Alfred Cormier, Doctor of Oriental Medicine

Around 700 B.C., a medical book was compiled by the Chinese called 'Miraculous Pivot'. In the seventh chapter, there are two acupuncture needle techniques described, which have become my favorites. The first is called 'Joint Puncture'. The needle is placed within ligament and tendon tissue around joints to treat rheumatism and the liver. The second technique is called 'Shu Point Puncture', in which the needle touches bone to treat osteal pain and the kidneys.

By combining these two methods, the acupuncture needle is placed into ligament and tendon tissue and touches bone. I have created a term to describe this combination, PROLOPUNCTURE, and have held the copyright for that word since 2010 when I wrote my website, PROLOPUNCTURE.COM.

This style of acupuncture is ancient; I certainly did not make it up. However, modern research since the 1920s has confirmed that this form of acupuncture causes repair of weakened ligament and tendon tissue. Loose ligaments and tendons are a primary cause of arthritis and chronic pain, which lead to aging and disability. From the Chinese medical perspective, weak ligament and tendon is a sign of low liver and kidney function. So PROLOPUNCTURE is the best way to strengthen the liver and kidneys with acupuncture.

The science behind PROLOPUNCTURE is simple and elegant. Ligaments and tendons attach to bones at a place known as the fibro-osseous junction or enthesis. The collagen fibers of ligament and tendon tissue meld into a thin layer of fibrocartilage and then onto the periosteum of bone. This area becomes a tight weld and there is no room for blood vessels. Without blood vessels, the area is poorly nourished and is immuno-compromised. When wear and tear or traumatic injuries damage this junction, it usually does not heal properly. The weakened ligament and tendon tissue nerves become super sensitive when this weakness is present, leading to the release of cytokines and substance P which cause chronic pain. This triggers a guarding or splinting mechanism in the surrounding muscles which become tight all the time. The tight muscles proceed to joint stiffness, pain, disability, fatigue, depression, cartilage breakdown, bone spur formation and old age.

PROLOPUNCTURE will relax the tight bands of muscle, and draw blood into the poorly nourished enthesis. Within the blood are macrophages which clear damaged tissue while releasing growth factors. The growth factors draw adult stem cells to the area for tissue

repair. PROLOPUNCTURE will also strengthen the liver and kidneys which will create a more healthy blood supply to the entire body. With stronger ligaments, tendons, kidneys and liver, PROLOPUNCTURE will reverse the aging process. This cannot be done with pharmaceutical drugs, manipulation, exercise, massage or splints. A needle is required to reach the under-nourished fibro-osseous junction to draw blood into the injury.

Chinese medicine is based upon guarding the three treasures, which are vitality, energy and spirit. PROLOPUNCTURE guards the vitality by helping the liver and kidney functions; it guards energy by releasing the tight muscles around weakened joints; it guards spirit by relieving the stress and depression caused by chronic pain.

Chinese philosophy is based on the oldest book called the I Ching, which explains the yin and yang forces which balance each other in nature. PROLOPUNCTURE balances the sympathetic and parasympathetic nervous systems around joints leading to proper function. Chinese philosophy is also based on Taoism which holds compassion, simplicity, and humility as the highest virtues. PROLOPUNCTURE uses a simple and humble needle to compassionately restore health and reverse aging.

If you would like to learn more about PROLOPUNCTURE, please visit my website at PROLOPUNCTURE.COM.

ABOUT THE AUTHOR

Dr. Alfred Cormier attended Loyola College in Baltimore, MD where he received a Bachelor of Science degree in Biology. He went on to Emperor's College of Oriental Medicine in Santa Monica, CA to receive his Medical Degree in Oriental Medicine. He graduated with a 3.98 GPA, Summa Cum Laude. Since his graduation he has studied Injection Therapies from all over the world. He has practiced in Naples, FL since 2000. He is located in Liberty Plaza, 4947 Tamiami Trail North, Suite 206. (South of Pine Ridge Road and the Hilton Hotel, on the west side opposite Outback Steak House) Office hours by appointment only: Monday to Friday, 9 am to 5 pm. Call 239-530-3997





BIG BEND NATIONAL PARK, TEXAS

PHOTOGRAPHY BY ANNA KRECICKI

BIG BEND NATIONAL PARK TEXAS

PART 1



NOTE *from the Editor*

A few months ago my brother and I went on a backcountry fun trip in the Big Bend National Park, located at the southwest tip of Texas by the Mexican border. It is a huge and absolutely gorgeous park: the perfect place for hiking, camping, taking nature photos, and off-roading! We spent several days in the park and had a really great time exploring. Although it was much too hot to go on long hikes, we did some easy climbs and short walks, took lots of photos, and had much fun off-roading.

Read the full story about our adventure in the December 2015 Issue of White Lotus Magazine: *An Off-road Adventure with a Few Twists* or online at www.whitelotusmagazine.com/an-off-road-adventure.



AMAZING PLACES

Near & Far

The **BIG BEND NATIONAL PARK**, over 800,000 acres of unspoiled nature, offers varied terrain and magnificent landscape: the Chihuahuan desert, the majestic Chisos mountains, lush floodplains, narrow canyons, roaring creeks, and the lazy Rio Grande River. The Big Bend National Park boasts with vast wildlife and vegetation: more than 1,200 species of plants, at least 450 species of birds, 56 species of reptiles, and 75 species of mammals (including deer, mountain lions, and bears) inhabit the park.

For more than 1,000 miles, the Rio Grande forms the international boundary between Mexico and the United States, and Big Bend National Park governs approximately 118 miles along that boundary. The park is also home to ancient relics, prehistoric fossils, and an abundance of minerals.

SOURCE: en.wikipedia.org/wiki/Big_Bend_National_Park



PHOTOGRAPHY BY ANNA KRECICKI

Nature is doing her best
each moment to make us
well. She exists for no other
end. Do not resist. With the
least inclination to be well,
we should not be sick.

- HENRY DAVID THOREAU





PHOTOGRAPHY BY ANNA KRECICKI

I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority. – E.B. WHITE



I do believe in an everyday sort of magic -- the inexplicable connectedness we sometimes experience with places, people, works of art and the like; the eerie appropriateness of moments of synchronicity; the whispered voice, the hidden presence, when we think we're alone.

– CHARLES DELINT



PHOTOGRAPHY BY ANNA KRECICKI

*Santa Elena Canyon,
Big Bend National Park, Texas*

Essential Oil of the Month: *Geranium*

by Bethanny Gonzalez, Certified Aromatherapist

(*Pelargonium odoratissimum*)

Geranium Essential Oil is extracted through steam distillation of the stems and leaves of the Geranium plant. It is widely used in aromatherapy for its many health benefits, including its ability to relieve stress and depression, reduce inflammation and irritation, improve the skin, balance hormones, alleviate the effects of menopause, improve circulation, boost kidney health, and reduce blood pressure.

AROMA: Heavy, sweet, floral

PROPERTIES: Anti-depressant, diuretic, regulating, balancing, astringent, analgesic, antiseptic, antibacterial

ELEMENT: Water

PLANET: Venus

CHAKRA: Sacral and Throat Chakras

SPIRITUAL ASPECTS: Protection, Health, Fertility & Love



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- Speeds up the healing of minor cuts and injuries
- Useful for eczema, shingles, burns, lice, and ringworm
- Can be used as a mosquito repellent

HEALTH BENEFITS

- Beneficial for balancing hormones
- Useful for circulatory problems
- Fights infections and can be used to cleanse wounds
- Helps relieve pre-menstrual tension and excessive fluid retention
- Benefits dental and kidney health, and helps reduce blood pressure
- Can help relieve hot flashes during menopause

EMOTIONAL USES

- Helps alleviate anxiety, anger, and depression
- Balances emotions and relieves stress
- Excellent for mood swings, easing frustration, and reducing irritability

METAPHYSICAL USES

- Can be used for Inner Child Healing
- Helps to open the heart and heal old, painful memories
- When used in meditation, it can help you connect to the angelic realms

NOTE: For spiritual work, pure essential oils should be used.

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. GAIA'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

Skin & Muscle Soothing Bath Soak

- 1 cup Epsom Salt or Celtic Sea Salt
- 1 tablespoon Coconut Oil
- 4 drops Geranium Essential Oil
- 2 drops Chamomile Essential Oil
- 2 drops Cypress Essential Oil

Mix well in small bowl, and then add to warm bath. Put on some relaxing music and soak.

Facial Cream (for combination skin)

- 3 drops Geranium Essential Oil
- 3 drops Ylang-Ylang Essential Oil
- 2 drops Chamomile Essential Oil

Blend into 1/4 oz. of your favorite facial moisturizer.

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|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------|----------------------------------------|------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------|
| SOURCE: www.cafeastrology.com www.mindbodygreen.com www.manspurpose.com www.MoonConnection.com | | | | | 1 NEW YEAR'S DAY | 2 |
| 3 Quadrantids Meteor Shower | 4 Quadrantids Meteor Shower | 5 ♀R♄ | 6 ♀R♄ | 7 ♀R♄ | 8 ♀R♄ | 9 ♀R♄ |
| 10 ♀R♄ ● NEW MOON Mercury in Retrograde | 11 ♀R♄ Mercury in Retrograde | 12 ♀R♄ Mercury in Retrograde | 13 ♀R♄ Mercury in Retrograde | 14 ♀R♄ MARTIN LUTHER KING DAY Mercury in Retrograde | 15 ♀R♄ Mercury in Retrograde | 16 ♀R♄ Mercury in Retrograde |
| 17 ♀R♄ Mercury in Retrograde | 18 ♀R♄ Mercury in Retrograde | 19 ♀R♄ Mercury in Retrograde | 20 ♀R♄ Mercury in Retrograde | 21 ♀R♄ Mercury in Retrograde | 22 ♀R♄ Mercury in Retrograde | 23 ♀R♄ Mercury in Retrograde |
| 24 ♀R♄ ○ FULL MOON Mercury in Retrograde | 25 ♀R♄ Ursids Meteor Shower Mercury in Retrograde | 26 Ursids Meteor Shower | 27 | 28 | 29 | 30 |
| 31 | | | | | | SOURCE: www.wincalendar.com www.seasky.org/astrology/astrology-calendar-2015.html |



January 10
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 01:30 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.



January 24
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 01:46 UTC. This full moon was known by early Native American tribes as the Full Wolf Moon because this was the time of year when hungry wolf packs howled outside their camps. This moon has also been known as the Old Moon and the Moon After Yule.

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.



January 5 - 25
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 approx. 3 weeks. The 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. This 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.



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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.

Ongoing Events

EVERY TUESDAY

10AM
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/Bethany Gonzalez - at Goddess I AM Healing & Art Center. These soothing and powerful Guided Meditations are open to beginners and advanced practitioners alike. Bethany incorporates her essential oils, oracle cards and crystals as the 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.

EVERY FRIDAY

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MEDITATION w/Beth - at Goddess I AM. This is a powerful and profound guided meditation where we journey to vast and varied healing spaces, inner sanctuaries, and connections with Higher Beings. **\$5** love donation, no reservation needed. 600 Goodlette Rd. N. Naples, 239-228-6949.

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PINE RIDGE ROAD FARMERS MARKET - at the Marquese Plaza (Corner of Pine Ridge & Livingston Rd). Offering a wide variety of fresh, locally-grown fruits and vegetables, organic & gourmet foods, plants, pickles, kettle corn, books, jewelry, candles, soaps, and many handmade & fair trade products. 3370 Pine Ridge Rd. Naples, 239-200-4401.

Local News & Events JANUARY

JAN 5 TUESDAY

6:30 PM
SACRED SOUNDS - Music of the Spheres w/Dana House at Peaceful Escapes. Connect to your Initiating Spark that shines through the holistic resonance of the invocative gongs and the grace filled bows - using 3D mandalas and ancient aromatic blends to enhance our powers of creative intention. Come prepared to leave all your limitations behind and begin fully living the divine spirit that you truly are. Bring pillow, blanket, mat for comfy body so Spirit can soar! **\$20** Peaceful Escapes, 601 E Elkcam Circle B-3, Marco Island, FL. RSVP. 239-571-5234.

JAN 8 FRIDAY

5AM - 8PM
EVENING PSYCHIC FAIRE at Goddess I AM. Come for Mini-Readings with our experienced readers. We offer Psychic, Angelic, Past Life, Tarot, Spirit Animal, Reiki, Pet Communication, Cord Cutting, DNA Activation and now Mediumship readings as well. 600 Goodlette Rd. N., Naples, 239-228-6949

JAN 8 FRIDAY

6:30 PM
BREATH OF LIFE - Music of the Spheres with Dana House at Prana Yoga. Conscious Connective Breathing is a dynamic meditation of breathing in a room filled with sounds of trans-ambient, ethereal, and percussive music. Energy blocks will be released throughout your entire being! You will be lead on a deeply powerful journey from the superficial daily experience to the depths of your heart and soul. This class is for those committed to creating change and peace in their lives. A truly amazing ride providing a much needed catalyst to growth and development. Breathwork and reiki attunements facilitated by Linda. Transformational frequencies and vibrations provided by Dana's dynamic Gongs and Bows. Bring a desire to release whatever no longer serves you as well as pillow, blanket, mat for comfy body so Spirit can soar! **\$25** Prana Yoga, 1065 5th Ave. N., Naples, RSVP. 239-571-5234.

JAN 10 SUNDAY

6:30 PM
SOARING SACRED SOUNDS w/Dana House at the Arthur Murry Vortex Center. Evoke Divine Will through the empowering gongs and Unconditional Love through the gentle bows and ancient aromatic blends for helping, healing, transformation personal and planetary. Come prepared to leave all your limitations behind and begin fully living the divine spirit that you truly are. Bring your own musical creative expressions as well as mat, pillow, blanket for comfy body so spirit can soar! **\$20.** Arthur Murry Vortex Ctr., 3339 Tamiami Trail N, Naples, FL 34103. RSVP. 239-571-5234.

JAN 15 FRIDAY

6:30 PM
SACRED SOUND SACRED SPACE AWAKE w/Dana House at Shangri-la Springs. Join Dana in connecting to the divine spark within through the energies of the Grace-filled Gongs and the Blissful Bows using 3D mandalas and ancient aromatic blends to enhance our powers of creative expression in manifesting our greatest potential. Come prepared to leave all your limitations behind and begin fully living the divine spirit that you truly are. Bring your own musical creative expressions as well as mat, pillow, blanket. **\$20** Shangri-la Springs, 27750 Old US 41 Rd., Bonita Springs, FL. RSVP. 239-949-0749.

JAN 16 SATURDAY

11AM - 4PM
PSYCHIC FAIRE - at Goddess I AM Healing & Art Center. Come for Mini-Readings with our experienced readers. We offer Psychic, Angelic, Past Life, Tarot, Spirit Animal, Reiki, Pet Communication, and now Mediumship readings as well. **CASH ONLY.** 600 Goodlette Rd. N., Naples, 239-228-6949.

JAN 17 SUNDAY

2PM - 4PM
SPIRITUAL MANDALA PAINTING CLASS w/Willow Green - at Goddess I AM Healing & Art Center. Mandalas are circular symbols representing wholeness, infinite life and spiritual journeys. They are a wonderful tool to use for meditation, to discover meaning and to connect to the universe. Creating your own mandala is a great way to tell a story, connect with your purpose, or clear your mind. **\$25.** All supplies included. 600 Goodlette Rd. N., Naples, 239-228-6949.

JAN 22 FRIDAY

6PM - 9PM
RED TENT GATHERING at Goddess I AM. The Red Tent Gathering is going to be our monthly potluck and women's community event. Each month we will do some healing work - meditation, journaling, channeling, creative play - or who knows what Spirit has in store for us. We might sing or dance or move. And then we will break bread together, getting to know one another. So you are invited to come and create this women's community with us each month. **\$20.** 600 Goodlette Rd. N., Naples, 239-228-6949.

JAN 23 SATURDAY

6:30 PM
SACRED SOUNDS FULL MOON w/Dana House at Prana Yoga. Experience the energy of vibrational awakening and cosmic connection. Resonate with the spirit within. 3D mandalas, aromatic blends, Sacred sounds of the empowering gongs and ethereal bows accelerate energetic healing, spiritual awakening and emotion into blissful remembrances of unity with all creation. **\$20.** Prana Yoga, 1065 5th Ave. N., Naples, RSVP. 239-571-5234.

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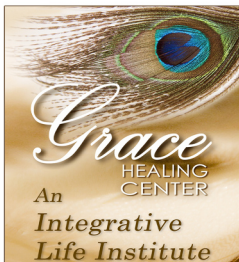
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"Until one has loved an animal, a part of one's soul remains unawakened." - Anatole France

by Shemane Nugent

Many people feel that their pets are members of their families. Dogs, cats, birds, and even reptiles are included in holiday photos. Some pet owners have astonishingly bequeathed large sums of money to their pet companions in their wills. Why all the love and adoration for these friendly companions?

Dogs are commonly referred to as man's best friend for good reason. No matter how difficult our day is, no matter what we look like or how we feel, our faithful comrades love us unconditionally. Even when we're at our worst - feeling sad, sick, unsightly, ill, with bed head, baggy sweats, and no makeup - our cherished pals love us. And the feeling is mutual.

The pet industry, including food, toys, and clothing, has reached more than \$55 billion in sales. Petsweaters, shoes, and strollers are all the rage! My girlfriends love to get the shed antlers I find on my ranch for their dogs. Jam-packed with vitamins and minerals, antlers make great chew toys. Dogs do more than just eat and play. They are essential members of our communities.

Dogs comfort the ill and assist the military, law enforcement, and the handicapped. Their innate sense of smell helps them detect bad guys, bombs, and drugs, keeping us safe. They save countless lives as healing companions to our brave military heroes. Ted and I have recently partnered with K9s for Warriors, an organization that provides shelter dogs with veterans suffering from Post Traumatic Stress. Besides being a source of comfort, dogs can be trained to open cupboards and doors. They are the eyes for the blind and can detect cancer, low blood sugar, and even seizures!

No matter what kind of mood you're in, your pet is happy to see you and provides unconditional love. Spending time with your pet can help lower blood pressure and cholesterol and can prevent heart attacks. Just being around my dogs is calming and boosts my spirits. Pets just want to be loved and to love you back. The happiest part of my day is spending time with my dogs. It takes my mind off me and puts the focus on what I can do to make my dog happier and healthier.

(Excerpt from Shemane Nugent's newest book: [4 Minutes a Day, Rock 'n Roll Your Way to Happy](#))

SHEMANE NUGENT

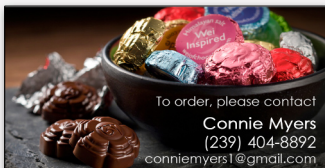
An ambassador for healthy living, Shemane Nugent has been a group fitness instructor for more than 30 years. She is a best-selling author, award-winning TV producer and host, motivational speaker, filmmaker, and is passionate about helping people make a positive impact on their health and overall well-being. She has appeared on MTV, VH1, Discovery, CMT, C-Span, FOX, and many other national television and radio shows.

Shemane began her spiritual journey after discovering her home, which was once featured on MTV Cribs, was contaminated with toxic mold. She developed a life-threatening illness and took a year off from teaching group fitness classes to focus on regaining her health. How she healed herself and her family through alternative remedies like oxygen, infrared sauna and meditation is miraculous!

Shemane obtained a Master's degree in Metaphysics to not only help herself endure the tragedy of losing her home and all her belongings, but to understand the physiological effect negative experiences have on the body. In her new book, "4 Minutes a Day, Rock 'n Roll Your Way to Happy", which became a best-seller the day it launched on amazon.com, she shares her journey.

Shemane was divinely guided to write the book in three days, not just to share her stories of illness to wellness or sadness to happiness but also to be of service. By sharing the tragedies she had encountered in her life—losing her beloved home and becoming deathly ill, she realized she could help prevent others from experiencing such heartbreaks. Once barely able to walk, Shemane has fully recovered and is now an international Zumba® fitness presenter who is on a mission to share her passion for healthy living with others.

Shemane gives daily Periscope broadcasts and blogs weekly at shemanenugent.rocks, sharing her honest views about spirituality, faith, family, fitness, healthy living and her twenty-six year marriage to rock 'n roll legend Ted Nugent. Shemane is also a screenwriter. Her greatest accomplishment, though, is being a mother to her twenty-five year-old son, Rocco.



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Sirius: The Movie



[CONTENT IDEA BY GUY CERRITO]

Sirius is a feature-length documentary, premiered in 2013, that follows Dr. Steven Greer – an emergency room doctor turned UFO researcher – as he struggles to disclose top secret information about extraterrestrial energy and propulsion techniques.

In 1998, Dr. Steven Greer left his medical practice to undertake a research project called “The Disclosure Project”, to reveal the facts about UFOs, extraterrestrial intelligence, and classified advanced energy and propulsion systems. Through his efforts, millions of people throughout the world (including political, military, and religious leaders) have been enlightened about “our visitors from the stars” and how and why this has all been kept secret for over half a century.

In an interview Dr. Greer explains:

“The first thing to understand is that the secrecy was not sustained to keep people from panicking at the idea of life in outer space. The reasons for the secrecy have more to do with keeping the multitrillion-dollar oil-gas-coal internal-combustion-engine and transportation systems in their status quo and in the current geopolitical state. This is the real reason for the secrecy—not only around UFOs but also around the breakthroughs since the 1940s and 1950s in new energy technologies involving electro-gravitic and antigravity propulsion systems.”

“As it stands, there is some seventy percent of the public that already accepts that there is intelligent life out there. And more than fifty percent believe that the government is keeping secrets about UFOs and is hiding something. So, again, sustaining the secrecy has nothing to do with protecting the people from panic.”

"We're dealing with technologies that interface with mind and thought, so there is an interdimensional component regarding extraterrestrial contact that considers the spiritual levels of consciousness. On the other hand, there are also significant and rather serious three-dimensional energy propulsion technologies that can serve humanity right now that are being suppressed."

"These are all technologies that would enable humanity to be freed from its addiction to oil. However, freeing ourselves from an oil-based economy would drastically change the geopolitical structure. It also would change the central financial system that exists in the world today and de-centralize it almost to a village level."

"Whether or not a person ever sees a UFO is quite immaterial. The real action is on the level of consciousness, and that, of course, is a universal field of resonance that affects the outcome in ways that we can never begin to imagine. We're in a new millennium, and it's critical to view this matter in a much more enlightened way. The Disclosure Project, the CSETI training program, and now The Orion Project are ways to achieve this."


"... I'm convinced that we're in a time whose hallmark is universal peace. And those of us who are working together to create this all over the world - whether or not they are connected to my group - understand when I say that this is a purpose that transcends one's selfish interests."

"To help establish a stable humanity on earth that can co-exist peacefully with civilizations from space is the greatest challenge of the time in which we live. And whatever God-given gifts each of us has should be brought forward to achieve that end. That's why I've given up my medical practice for now to do this work. Aside from that, when you asked about the rewards, I must say just how incredibly fascinating all these experiences have been. To be out on a remote desert landscape with our team and have the experience of contact with an advanced civilization hovering above us in a spacecraft! It has been astounding and wonderful."

[Excerpts from "To Take Our Place Among the Stars" by Paula Peterson] Published in 2003 on www.spiritofmaat.com

Read more on www.cseti.org or follow Dr. Greer on DrGreersBlog.DisclosureProject.org

Watch *Sirius: The Movie* on www.siriusdisclosure.com



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- Anna Krecicki, Publishing Editor

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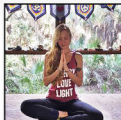
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