White Lotus magazine

SW Florida Edition

FREE

FEBRUARY 2016

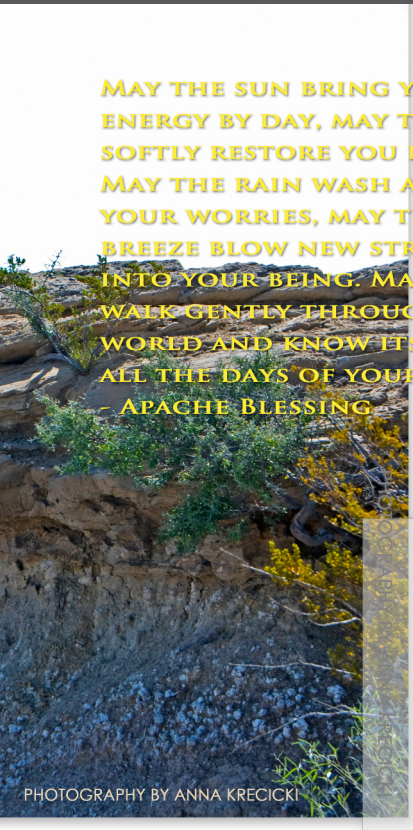
INSPIRATIONS FOR CONSCIOUS LIVING

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

- OFFERINGS OF SPIRIT

Whenever I have found myself stuck in the ways I relate to things, I return to nature. It is my principal teacher, and I try to open my whole being to what it has to say.

– WYNN BULLOCK



May the sun bring you new energy by day, may the moon softly restore you by night. May the rain wash away your worries, may the breeze blow new strength into your being. May you walk gently through the world and know its beauty all the days of your life.
– Apache Blessing

PHOTOGRAPHY BY ANNA KRECICKI

WISDOM

FOR FEBRUARY

The Shaman's Whispers

We have all come from one Great Spirit and this precious Earth is our common Mother. Let us walk in harmony.

The Shaman Lady

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

Life is a divine gift. The divine is not something outside of us; it is right in our very center; it is our freedom.

– MORIHEI UESHIBA

PHOTOGRAPHY BY ANNA KRECICKI

MAY YOU ALWAYS HAVE ENOUGH HAPPINESS TO KEEP YOU SWEET; ENOUGH TRIALS TO KEEP YOU STRONG; ENOUGH SUCCESS TO KEEP YOU EAGER; ENOUGH FAITH TO GIVE YOU COURAGE, AND ENOUGH DETERMINATION TO MAKE EACH DAY A GOOD DAY!

-BLESSING

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

- Melody Beattie

PHOTOGRAPHY BY E. NELSON

"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.

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NOTE *from the Editor*

It may be just the typical signs of season in SW Florida, but it seems that everything has accelerated. Wherever I look, everyone seems to be super busy, the roads crowded, and places packed. It all may be great for businesses, but this mad rush with our demanding schedules and growing to-do lists can test our limits and push us out of balance. The days are just flying by and some of us might have a hard time catching up. Facing constant personal challenges, hearing distressing news and witnessing worldwide turmoil appear to have become the norm. I'm probably not alone feeling that this year has started out eventful, to say the least.

It feels like a whirlwind of happenings has swept through our lives (no pun intended). The extreme weather conditions have brought on despair, loss, and damages globally and locally. Many vendors at local farmers markets had to literally hold on to their tents and products during recent market days and many homes were affected by tornadoes and strong wind gusts in our region. Not to mention the severe weather events all over the world: hostile snow storms, flooding, sub-zero temperatures -- and the death toll is growing.

It can be difficult to stay focused on our spiritual growth and to concentrate on the positive when there is just so much going on. What helps me is trying to always remember my life's purpose: to learn, to experience, to evolve, and to do good; and also reminding myself of all the blessings in my life: the people I love and those who return my love, the people whom I can rely on and those who rely on me, the people who inspire me and those whom I hope to inspire.

- *Anna Krecicki*

COVER IMAGE BY LAILA KUHL-KALANTARI AND ANNA KRECICKI

FEBRUARY

White Lotus magazine

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Other people may be there to help us, teach us, guide us along our path, but the lesson to be learned is always ours.

-MELODY BEATTIE

PHOTOGRAPHY
BY ANNA KRECICKI

ANIMAL SPIRIT GUIDE OF THE MONTH: *Lizard*

Photos from Google Images

"ALL MY RELATIONS"

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

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

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

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

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

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

- ***A MESSENGER GUIDE*** *quickly comes into your life and then leaves once a message is understood.*
- ***A SHADOW ANIMAL GUIDE*** *is one that invades you with fear. Its purpose it 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 actions are incorporated into your life.*
- ***A JOURNEY ANIMAL GUIDE*** *appears at the fork in the road of your life. When a decision is made to follow a certain path in life, the Journey Guide is there to serve as a guide along the way. It represents a path that may take months or years to complete.*
- ***A LIFE ANIMAL GUIDE*** *remains a part of you throughout life and reflects your inner spiritual self.*

SOURCES:
Animal Speak by Ted Andrews
www.manataka.org
www.spirit-animals.com/lizard
www.shamanicjourney.com/lizard-power-animal-symbol-of-dreaming-and-conservation

In many cultures throughout history, lizards have been associated with the dream world. They symbolize our dreams, desires and visions. In American Indian tradition, Lizard is often referred to as the 'dream walker' who lives in the dream world. Lizard helps us see the importance of respecting and remembering our dreams and help depict subtle messages from deep within the mind. According to the Manataka Indian beliefs, Lizard reveals our weaknesses, our strengths and prompts the energy of change.

When Lizard slithers into your life:

- Pay attention to your dreams, as they may reveal to you what you are not aware of when you are awake.
- You may be encouraged to go within and analyze your present reality and move with confidence and conviction out into the world of new beginnings.
- You may be reminded that you have hidden gifts and that it is your responsibility to use these gifts for your own well being.
- It may mean a need to move quickly to avoid danger and be prepared to leave something behind.

If Lizard is your Animal Guide:

- You have the power to regenerate that which is lost.
- You are extremely good at facing your fears and moving between realities and 'other realms'.
- You have the ability to recognize danger and remove yourself from harm's way when the situation calls for it.

Ask for Lizards's help when:

- You wish to learn ways to use your enhanced sensory perceptions to connect with your deeper psychic and spiritual awareness.
- You need help finding the truth and discover what your heart is really telling you.

Did you know?

Lizards are found in warmer climates all over the world. They are sensitive to ground vibrations; they have keen eyesight and superior hearing. The lizard has the ability to escape from danger by leaving its tail behind and growing another. There are five general families of lizards and literally hundreds of species, the largest being the Komodo Dragon weighing more than 350 pounds and the smallest being the Beata measuring less than three quarters of an inch long. They have many descriptive names such as the Australian Bearded Dragon, Yellow Spotted Gecko, Iguanas, Salamanders, and Horned Lizards. Many American Indian tribes recorded their relationship with the lizard in images on pottery, petroglyphs, effigy bowls, figures, and shells and portrayed lizards in their ceremonies and stories as symbols of strength.

FINDING BALANCE

Some of us often feel that our hearts and minds are pulled in too many different directions and notice at some point that our lives are somehow out-of-balance. We may frequently over-extend ourselves and feel exhausted, overwhelmed or stressed most of the time. We simply need to find balance.

Consciously or subconsciously, we all crave balance. Balance is our natural state of being – even if it doesn't always seem to be the case.

When things get pushed to the extreme, we desire to reshape and realign our lives, to bring things back to balance. We wish for everything in our lives to be good, whole, and complete. We long for a more natural and harmonious lifestyle. We strive to feel calm, focused, grounded, and clear-headed, but with our busy schedules and many obligations, that may often feel nearly impossible.

The concept of balance could mean something different for each one of us. Creating a balanced life is a very personal experience and what might work for one person, may not work for another. But there are simple things that are worth trying in order to invite balance back into our lives.

PHOTOGRAPHY & GRAPHIC DESIGN
BY ANNA KRECICKI

11 SIMPLE THINGS

you can do to achieve balance in your life

1. assess your life

Evaluate your health, finances, work, home, family, and friends. Look at all the aspects of your life and be honest about what areas are neglected and out-of-balance. Are you as active and healthy as you want to be? Are you managing comfortably or do you lie awake at night worrying about money? Is your work and living place comfortable and relatively low stress? Do you take time to laugh and play? Are you satisfied with your job? Are you happy in your relationship? Do you take time to enjoy your significant other? Does spending time with your friends energize you or drain you? Do you take time each day to meditate/pray? Are you satisfied with how you cope with life?

2. become aware

Stop and listen to your body and your soul. Be still and spend some time alone to contemplate your desires. You will discover what you really need when you take the time to pay attention. Meditating could be a wonderful way to do this. Once you figure out what is lacking and you become aware of what you require to feel more balanced, you will have a better chance of satisfying those needs and bringing balance into your life.

3. set goals and intentions

Set clear and realistic goals. Think through what you are trying to accomplish and come up with a *doable* strategy. Make a list of the things you wish to change and tasks that you will need to do to achieve your desires.

4. plan for the challenges

Have a plan ahead of time for how you will respond when you run into obstacles. There will most probably be times when you will face challenges, temptations, and setbacks that may keep you from sticking to your plan (fears, worries, doubts, negative self talk) Plan your response in advance and decide how you will overcome them. And if/when it happens, you will know what to do.

5. move one step at a time

Incorporate one small change in the area that's out of balance. Then step-by-step, keep adding little changes until you feel content and more balanced. Do this so that you don't become overwhelmed or discouraged. Remember, you can bring balance to your life, one small step at a time.

6. seek help

Connect and share your inner process with someone. Don't be afraid or embarrassed to ask for help or to accept it. Seek guidance when you need it. Find a person (a friend, a family member, or a mentor) who makes you feel supported, motivated, and focused -- someone who can help you challenge your insecurities, overcome your fears, and celebrate your accomplishments.

7. find inspiration

Find books, movies, music or people who will inspire and motivate you. Surround yourself with people who live the way you want to live. Someone who is living a balanced life can inspire hope and belief that you can also do it.

8. prioritize

"You can have it all, but you can't have it all at the same time", said Madeline Albright, former U.S. Secretary of State. So prioritize. Put what's important to you first and if necessary, make sacrifices. Simply say no to things that are either not essential or don't add something valuable to your life. Make time for the things that matter the most to you.

9. eliminate the negative

Minimize the negative influences around you. Avoid 'toxic' people (complainers, whiners, poor attitudes, and those who love drama). If you can't completely avoid them, at least minimize contact and tune them out as much as you can. Surround yourself with positive, supportive, can-do people whenever possible.

10. realign energetically

When your life is out of balance, your energy bodies and your chakras will likely be out of balance also. You can have an energetic balancing performed by a certified Energy Healer, a Shaman, or a Reiki Practitioner. You can also do a Chakra Balancing meditation and utilize the help of crystals that promote balance and harmony (like Amethyst, Aragonite, Celestite, Emerald, Lapis, Ruby, or Turquoise) and balancing essential oils (such as Frankincense, Rosewood, and Spruce). Once you are energetically aligned, it might become more effortless for you to invite balance into all areas of your life.

7. find inspiration

Don't push yourself too hard. Be patient and kind to yourself. It takes time and effort to overcome your habitual patterns and create new ones that will help you enjoy a more balanced life. Balance won't feel good if you're forceful to yourself in creating it!

SOURCE OF INSPIRATION: tinybuddha.com/blog/9-tips-to-create-a-balanced-life; lifehack.org/articles/productivity/10-simple-ways-to-find-balance-and-get-your-life-back.html

Dream Journeys

Photo from Google Images

by Leigh Randolph

How do you feel about dreams? Do you think a strange dream happens when there is too much garlic on your pizza or you watched the wrong movie before you went to bed? I invite you to consider a different way of looking at dreams.

Do you dream? Many will say, "No, I never dream".

Dreaming is a path open to all of us, and while some may not remember treading that path, we all wander that way on our journey through this life. Remembering our dreams becomes the question, and the memory of dream images can bring richness to both waking reality as well as to that of our dream world. The dream world happens all around us, whether the dreams are in the dark of night, our musings during the day, in that fuzzy, liminal space before we fall asleep, or just at that edge of awakening, where we are neither quite asleep nor yet awake. All can be magical places for our journey and can bring a greater understanding to the richness of the human spirit.

Dreams are a part of human history stretching back farther than Joseph interpreting dreams for the pharaoh, or Jacob's vision of the ladder that stretched to heaven and the angels. To indigenous people dreams have been an important part of life. Some dreams were meant for the entire tribe. For the individual, dreams during the first part of the night (roughly between midnight and two) were interpreted by shamans as messages from the ancestor spirits to help break negative patterns held within the family. Dreams during the second part of the night (roughly between two and five in the morning) were to remind the dreamer of promises made before coming here. We have been dreamers a very long time.

Living literally closes us down as we deal with work, bills, and the mundane tasks of life. Exploring our dream journey can open us to an expanding vortex of the magnificence of the human experience. When caught in the material world it is hard to see the depth and breadth of what it means to be within the human/spiritual experience. Dreams can help us better understand our journey, our difficulties, and our gifts.

Dreams are a gift to us to better understand that life is a metaphor. In dreams and life, the pieces of our stories are far more about what they mean than about the story itself. Because we get so caught up in our waking life stories can sometimes be hard to see. In our dreams and visions it is easier to ask, "What did that mean?" Simply asking that question makes life richer.

Dreams, like life, are layered. Dreams can be prophetic, but most of us don't know that until the prophecy is fulfilled. More often our dream consciousness is helping us to work out dilemmas that are occurring in waking life. Studying dream images over time allows the possibility of seeing the repeating patterns of issues we are working on, and bringing clarity to an area we might not have been aware of at all.

How to begin? Create a Dream Journal and put paper and pen beside your bed. Before you fall asleep set the intention that you want to remember your dreams. It may take a few nights before your dream ego realizes you really mean it, so be patient. Often at first you will recall brief images rather than an entire dream. It is a great beginning. If you can't recall the images when you awaken record how you are feeling. How you feel when you awaken from a dream is important to the symbolic significance. If for example you have a dream of death, but feel jubilant when you awaken or profoundly moved in some way it may signal a death of old ideas and a rebirth into a new cycle of life. How you feel after the dream is essential to understanding the message the dream brings you. As you get into the habit of recording dreams and visions, your recall of those images will grow.

What comes to us in dreams and visions connects all of us through the collective unconscious. As defined by Carl Jung, it is the part of the unconscious that is shared by all humanity. We each have our own personal unconscious, as well as access to the collective unconscious. The symbolism inherent in these is best explored through books about symbols. Books specifically about dream symbols can be limited in their value, while books more generally about symbols can offer great depth to understanding the message of a dream. It is surprising how often a metaphor from a distant culture fits exactly with current life experiences in a way that allows deeper understanding of a dream's message. Your dream ego will use elements of life from the past few days or weeks and you will begin to recognize where those elements come from. What those images represent will be far deeper than the television show you watched or the topic of the book you just finished. As you begin to follow your dreams over the weeks and months you will see repeating elements and you can start to see patterns in dreams reflecting patterns in life. Those patterns may not have been in your conscious mind, and they may be images, numbers, colors, or ideas that recur in dreams. As you become more comfortable with those images you will find that the dream ego not only has messages for you but also has a sense of humor.

My dreams have helped me make life choices and know whether or not the road less traveled was my path. There is a lot of guidance to be found in your nightly travels if you are willing to pay attention. Know that dreams are deeply seated within our lives, so understanding the dreams of others requires knowing something about their lives, just as someone else trying to interpret your dream needs to know about yours. The symbolism of any image must resonate within your psyche, or it is not the message for you. Dream groups can help us learn to facilitate understanding the elements of our journey.

The memory of a strange dream can bring valuable understanding to some of life's difficulties. Sometimes the dreams will reveal patterns to us that we didn't realize we were trying to grasp. The journey is fascinating and really, it wasn't just too much garlic on the pizza!

ABOUT THE AUTHOR

***Leigh Randolph** is retired from a career in dentistry and has been fascinated by the world beyond the five senses for decades. That has led her to working with clients and their dreams through Holistic Integrative Dreamwork, as well as scanning the biofield for stress patterns. She is available both locally and globally.*

CLASS COMING IN MARCH:
The Hidden Messages in Dreams
with Leigh Randolph

March 26, 2016 2-4 PM

Do you wake up from your dreams and wonder what that all was about? Or do you sense that your dreams have a deeper, unexplored meaning? Perhaps you feel a little fearful about what you'll discover and have a curiosity to learn what these nightly messages are saying to you. A dream is a nightly communication, so very personal, individually tailored for each of us. Our dreams can be loving, terrifying, and laugh-out-loud funny that come with the intention to heal those parts of ourselves that have been wounded and to remind us that we all have inner love and support. In this class we'll talk about how to recall dreams, what messages they bring, and how they help us in waking life. **$30.00**

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TRUSTING INTUITION

by John McMullin and Leigh Randolph

Intuition is not about believing, it is about knowing...

The Western World places great value on intellect and thinking over the ability to open to the intuitive process that often allows for creative problem solving. Einstein acknowledged that when he said, "Imagination is more important than knowledge."

Many holistic practitioners consider intuition the sixth sense given to all humans as a birthright.

Intuition is not about believing, it is about knowing, while our ego sensory system trusts the tangible. The great challenge for the human ego is how to expand its consciousness to allow and accept the message of intuition with less judgment, fear, or shame. The challenge of embracing the literal experience of the mind versus the knowing of our intuition is a common internal conflict. Thinking appears as ceaseless chatter from ego parts that are busy defending, proving, and justifying. On occasion we have the opportunity to still and silence our ego chatter and allow insights from intuition to appear in our dreams, fantasies, and abbreviated moments of a new reality. The great challenge of the human ego is to hold the experience without analyzing, judging, or creating rationalization based on past experiences.

So how do we teach our ego parts to accept this stream of insights that our ego distorts with its own values? The first step starts with the awareness that the ego blocks the message because of its own agenda. We try to pour the infinite message of the Cosmos through a tiny little funnel and then choose to believe in that very restricted version. Then we attempt to justify the ego's version and express this through the limited capacity of language and thought. Through this awareness we begin to understand the great challenge for mortals to process immortal messages without attempting to contain them with our judgments and attachments.

To reduce the corrupted experience from our ego's projection we start with compassion for the ego's need to deny, deflect, or change. We learn to become curious about our own projections and reactions and how we have created stories based on our history. This curiosity allows us to develop compassion for the difficult challenge to expand into another consciousness. We begin to realize how much we have distorted not only the message of our own intuition but also the messages of others. Perhaps an important aspect of this process is the realization that our capacity for knowing has been compromised from our experiences of fear and shame. We must have compassion and forgiveness for our mortal efforts.

Some folks would offer that trusting intuition is learning how to think outside the box. The interesting aspect of this notion is that we can *think* ourselves out of the box when in fact thinking puts us back into the box. So what if we could teach ourselves the consciousness of thinking with our heart and feeling with our mind? Have you experienced thinking about your feelings and feeling about your thinking? Have you learned how to ask yourself and others how they feel about experiences instead of what they think about them? Can we use our body sensations as a reality check? For example, I might ask where you feel a memory in your body and is this sensation something you have experienced before? Have you learned to trust your body sensations and feelings versus the emotions you attach to your thoughts? Have you noticed how thinking can trick you and take you away from your feelings, a misdirection to justify old beliefs?

As we become aware of how we process by projecting old values on to new experiences, then we can invite curiosity to help us become conscious outside of the box of our old ego values. In addition to these tools of connecting with the inner self how do we ask Higher Self to remind us we are, and always have been, on the right course? This connection is the gift of intuition that reminds us we are part of something greater than lower self. It reminds us that our true north is the journey of intuition and the sacred contract of our incarnation.

When do you recall a message passing through you that created urgent action? Perhaps while washing dishes you become aware of the urge to contact a family member only to discover they were involved in some kind of crisis. Maybe you had the experience of knowing there was something wrong with a pet or a child without any evidence. You may have even had a knowing and chose to ignore it, only to discover later that you were connected to something that was happening. Most of us have encountered moments of déjà vu without any rational explanation for them. Our intuitive connection works equally well during the night. Journaling our dreams can bring insights and prophetic information. These kinds of experiences teach us to become more sensitive and accepting to a connection of an invisible intelligence that can guide us on the journey.

Opening to the intuitive connection is an invitation of asking another consciousness to help us recognize messages with clarity and integrity. Still another process of trusting the intuition is to invite the grace of Higher Self to give us reflection and consciousness beyond the capacity of our own ego. And finally, we could share our dreams and fantasies with others and notice our experience of how they reflect a message of intuition. Escaping the dogma of our own ego values requires conscious intention and acknowledgement of the sixth sense we call intuition. Perhaps learning to have faith in intuition allows us to accept a new perceptive of "into me I see" a very different me far beyond the illusions of ego.

ABOUT THE AUTHORS

John A. McMullin Sr *is the founder of Journeys of Wisdom, Inner Achievement Methods and Director of Holistic Coaching Institute. He sees clients and teaches nationally and internationally. He also publishes* ***SelfGrowthWisdom.com.***

Leigh Randolph *is retired from a career in dentistry and has been fascinated by the world beyond the five senses for decades. That has led her to working with clients and their dreams through Holistic Integrative Dreamwork, as well as scanning the biofield for stress patterns. She is available both locally and globally.* *See ad on page 13.*

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Class coming in March:
TRUSTING INTUITION
with John McMullin

March 12, 2016 2-4 PM

What if we discovered that all humans possess the sixth sense of intuition? What would it mean if we discovered parts of our defended ego filter or block insights and wisdom that flow from our intuition? What if we learned that ego parts have been conditioned to filter or eliminate messages from intuition? Any perception that cannot be controlled becomes dismissed, distorted, dissociated and denied. We can observe this phenomena as we wake up in the morning and attempt to reclaim the memory of an important dream that seems to disappear. In this class participants will learn powerful concepts that invite the ego to accept realities beyond its own confinement. $30.00

White Lotus Studio, 5555 Taylor Rd. Unit C. Naples, Fl 34109.
RSVP at (614) 975-5433.

LOVE RANT

by Beth Brown-Rinella

I believe that because you are here and breathing, you are worthy, loveable, valuable, and powerful! You are not broken, a mistake, a failure or any other "not enough" belief that you may hold about yourself. Look within to see the magnificent, amazing being that you truly are! Seek to rediscover that God/Goddess sparkle that is your natural self. How? By meditating; by choosing to see the miracle that you are; and by being vigilant with your thoughts.

Release the negative thoughts by replacing them with opposite, positive thoughts. Unwind the bindings of useless and untrue words that make you feel "less than". Let go of the chains placed there by those who were unaware of the power of their words when they said you weren't pretty, or talented, or smart or good enough. They created a link in a chain of self-denial. When you deny who you truly are -- a miracle -- you struggle in lots of small and large ways.

Begin today to embrace your personal flavor of being awesome! No more belittling that which was created so spectacularly by the Source! Look in the mirror at the face of a God/Goddess. Yes, you can! Yes, you are! Embrace yourself, the scared little person who is desperate to come out, and place the mantle of self-love upon your shoulders. Be ready for the evolution of being awesome! Embrace the Goddess within; embrace the God within; embrace the Divine within -- in whichever way you choose to see yourself. Embrace and hold on to the understanding that "you are enough"!

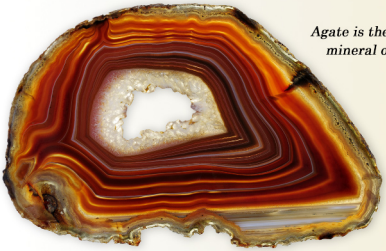
Namaste!

If you need help getting started with this, I am a healer who heals past life wounds and can lovingly assist in person or long-distance by phone. Call 239-228-6949 to make an appointment.

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: AGATE

A soothing and calming stone, Agate works slowly, but brings great strength.



Agate is the name given to different varieties of banded chalcedony, a mineral of the quartz family. Agates were formed from microscopic crystals of quartz, most commonly laid down in bands.

ATTRIBUTES	Strength, Courage, Security
ELEMENT	All (depending on the variety)
CHAKRA	All (depending on the variety)
MINED IN	U.S., India, Morocco, Brazil, Africa, Czech Republic

AGATE is an excellent stone for harmonizing the body, mind, and spirit. It soothes and calms, healing inner tension or anger; and creates a sense of security. Agate is believed to give courage, emotional strength, and self-confidence, and to dispel fears. It can also stabilize the aura, eliminating and transforming negativity. Agate is said to enhance mental function and to improve concentration, perception, and analytical abilities.

PROPERTIES

- Facilitates acceptance of self
- Cleanses and stabilizes the aura
- Improves concentration and perception
- Encourages speaking one's truth
- Raises consciousness and awareness
- Promotes spiritual growth and inner stability
- Useful during emotional trauma
- Dispels fears and negativity
- Brings about emotional and physical balance

HEALING

In Crystal Healing, Agate is often used for cleansing negative energies. It is believed that when placed on the heart, Agate has the ability to heal emotional disease that prevents acceptance of love. Physically, it could be beneficial for disorders of the eyes, stomach, and uterus. Agate is also said to strengthen blood vessels, improve skin problems, and cleanse the lymphatic system.

A FEW VARIETIES OF AGATE:

BLUE LACE AGATE

Blue Lace Agate is a gentle, calming stone that brings peace and tranquility, lessens anger, and calms nervousness. It assists in reaching higher spiritual planes and communicating with angels. It can help bring stronger intuition and inner knowledge. Blue Lace Agate can increase mental focus and promote inspiration; it can also assist in inner attunement.

BOTSWANA AGATE

Botswana Agate is a soothing stone that is said to promote creativity and unconditional love. It encourages us to find solutions rather than focusing on negative aspects of daily challenges. It helps us to see the bigger picture and it gently releases emotional repression. Botswana Agate stimulates the exploration of the unknown and furthers our quest toward an enlightened state. It also aids depression.

MOSS AGATE

The gentle, nurturing energy of Moss Agate encourages us to appreciate and enjoy each moment on earth, and assists the planet in its healing. Known by some as a "birthing" crystal that can assist midwives in their work, Moss Agate is a stone of new beginnings, and promotes release from old habits. Moss Agate also attracts wealth and abundance, and improves self esteem. It soothes and calms, healing inner tension or anger.

TREE AGATE (DENDRITIC)

Dendritic Agate is known as the stone of plentitude. It's said to bring abundance and a fullness of life. It has a strong connection to the plant kingdom and it is believed to have the ability to protect crops and to maintain the health of house plants. It encourages us to remain centered and to enjoy each moment.

FIRE AGATE

Fire Agate is a strong grounding and protecting stone with a high vibration. It is believed to create a powerful shield around the body that provides psychic protection. Fire Agate has a deep connection to the earth and its calm energy can bring forth safety and security. It can also help center the energy stronger in the lower chakras and stimulate creative abilities. Fire Agate is believed to encourage spiritual growth and aid spiritual practices.

PURPLE SAGE AGATE

Purple Sage Agate is a stone of inner guidance, protection, purification, and healing. It is ideal for those who are highly sensitive to crystal energies and who can be over-stimulated by stones of more intense vibration. Purple Sage Agate is wholesome and spiritual, as well as grounding. It offers psychic protection by strengthening and sealing one's auric field.

SOURCE: *The Book of Stones* by Robert Simmons & Naisha Ahsian; *The Crystal Bible* by Judy Hall

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A SPIRITED DETERMINATION OF UNCONDITIONAL LOVE MAY HEAL LIFE'S SUFFERING

by Angela Passidomo Trafford

"Accept yourself. Love yourself just as you are. Your finest work, your best movements, your joy, peace, and healing comes when you love yourself..."
~ Melody Beattie

It takes a spirited determination to live. There is so much loss in life, so many things that happen in the course of a single day that require us to choose.

Today we are all so very busy. The machines we have created through technology can run at rapid speeds often without breaking down for long periods of time.

But we are not machines. We are human; yet we are all going, going. Before you know it much time has passed. The children have grown up. We have experienced the ups and downs of life -- the painful choices, partings with those we love or those once dear where flames have turned to ashes.

What is it all about, we wonder? This life that passes so quickly -- in the blink of an eye. Where once we were children, young and innocent; now we are adults aware of the inconsistencies apparent in a single day.

We have experienced loss, perhaps serious illness. We are aware of the presence of death, the aging process.

For many of us life can be a painful, confusing, bitter, often bewildering experience.

Can we face life with the vim and verve that empowers us to look into the face of life's challenges with a spirit of determination that connects us to a source of love that conquers all?

Many of us have been taught by our teachers, schools, families and religions that loving ourselves is a selfish thing.

Vanity, egocentricity and narcissism are all at opposite poles of loving oneself. These are all forms of self-rejection caused by a serious emotional deprivation in childhood, and fostered onward in life by an ego dominated by the need for self-preservation -- survival.

We are all searching for unconditional love. But so many of us are at the mercy of erroneous beliefs and misconceptions.

Unconditional love starts in the heart of each of us for our own selves. My definition of unconditional love is: the awareness without judgment of our feelings. All feelings, even the darkest ones like envy, jealousy, shame, fear, guilt and others.

When we view our feelings without judgment, we surrender the negativity instead of getting bound up inside an unrelenting judgmental ego.

Everywhere people are searching for the way to change themselves, and their lives.

When we love ourselves unconditionally, we can view our human flaws and character defects in the healing light of love, and open to personal growth and change.

It is possible in the face of life's challenges to develop a determination of spirit that helps us rise above the ignorance of our past ways, and the ignorance we see in the world at large, and lead noble authentic lives worthy of grace.

Our human heart beats with the joy of being alive; the gift we have been given in this moment of life.

When we are aware that life is a gift, it is easier to be humbly grateful for what we are given; instead of bitter over what we think we should have had.

Loving ourselves unconditionally allows us to forgive ourselves, change, and uplift our state of mind into one of humility and acceptance.

When we see our cat or dog comfortably at rest we must ask ourselves why most of us are eternally in conflict -- why we can't be as peaceful as even our cat or dog.

To achieve balance and inner peace we can start now by putting our arms around ourselves and saying, "I love you." It's a good beginning, and we all have to start somewhere.

Giving yourself rest from an overactive mind with meditation and relaxation is another form of loving yourself.

Try keeping a journal and writing down your feelings and dreams. There are messages there that give you the wisdom you need to choose correctly in your day.

There is only one correct choice and that is one of love. By going deeply within ourselves in a true spirit of determination and introspection, we can seek to heal the division between the heart and mind and experience wholeness and peace.

All the great spiritual teachers of the world taught a way out of suffering through heartfelt love.

Opening your heart to the emotional need for love in your own self paves the way for a powerful rush of energy that pours from God's creation into your body and mind.

This energy of love initiates joy, well-being, health, and healing in your relationship not only with yourself but with others as well.

Unconditional love is the key that opens the door to inner peace.

Krishnamurti said, "You are the World."

Each one of us by healing our own wounds can heal the consciousness of the planet.

People are always asking me what to do in their relationships, why it doesn't work out, why they meet the same wrong person time and again.

Love yourself, develop a compassionate relationship to yourself, find inner wholeness and you will uplift yourself out of the old ruts and patterns into a new way, a new light, a new connection with an inspiring enlightened individual.

Unconditional love is the medicine. To heal of life's suffering, take the medicine and you'll find the cure.

ABOUT THE AUTHOR

Former nationally syndicated columnist Angela Passidomo Trafford is a spiritual teacher and healer who resides in Naples, Florida. She is the author of two books, ***The Heroic Path*** and ***Remembering the Language of God.*** You may contact her at aptrafford@aol.com.

YOU DEMONSTRATE LOVE BY GIVING IT UNCONDITIONALLY TO YOURSELF. AND AS YOU DO, YOU ATTRACT OTHERS INTO YOUR LIFE WHO ARE ABLE TO LOVE YOU WITHOUT CONDITIONS.

-PAUL FERRINI

THETHINGIWESAY.COM

The greatest gift that you can give to others is the gift of unconditional love and acceptance.

—BRIAN TRACY

Angela Passidomo Trafford

Author, Spiritual Teacher

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Herbalize Your Medicine Cabinet:

9 Common Foods and Spices to Take Care of the Winter Sniffles and More

by Leora Dappen, MS, CNP

Photo from Google images

Natural remedies have been used for millennia to promote good health. Spice combinations have traditionally been used for medicine as well as for food preservation. Indian curry and chai mix are great examples of this. Herbs and common foods have also been widely utilized to treat an array of health conditions for centuries. Many cultures around the world still depend on natural medicine exclusively.

As a Certified Holistic Nutrition Professional, I have clients asking me every day what natural remedy I suggest to get rid of this pain or that sniffle. My answer almost always starts with: "Go to your kitchen cupboard."

I have been using simple foods, herbs, spices and nutritional supplements for my family for over 20 years -- for everything from allergies to zits. They are safe, cheap, and highly effective.

It is very empowering for me to treat my family safely and effectively with products I normally put on the dinner table. No appointments, no negative side effects, and no drug interactions.

Here are a few of my favorites:

TURMERIC

Entire books are written on this "wonder spice". It is the spice that gives Indian curry its color. It is incredibly anti-inflammatory, helping with a myriad of health conditions. It is anti-parasitic and also extremely anti-carcinogenic. I take it morning and night, plus cook with it all the time.

CINNAMON

Cinnamon can help increase metabolism and balance blood sugar. It is anti-inflammatory, anti-parasitic, anticoagulant, and calming to the belly.

HONEY

A teaspoon of honey may prove to be more effective than the leading cough syrups at calming coughs and soothing a sore, scratchy throat. Raw, organic, local honey has extremely beneficial medicinal properties. It is a natural analgesic and has high amounts of hydrogen peroxide. Manuka honey from New Zealand is found to have potent antibacterial properties. With the increase of antibiotic resistant Superbugs, scientists are in a mad dash to replicate the antibiotics produced by bee saliva, but to no avail. I tended 134 beehives a couple of summers ago among thousands of acres of organic sweet clover. It was a privilege and honor. Bees are magnificent creatures, worthy of reverence.

THYME

Thyme is frequently found in Italian and Mediterranean food. It is a very powerful expectorant, breaking up phlegm in the lungs preventing further congestion. It also has anticoagulant, antibacterial and antimicrobial properties.

OREGANO

This humble herb has incredible antibacterial properties. Oregano oil has become a go-to remedy for many people at the first signs of a cold or flu. It also has blood-cleansing and anticoagulant properties.

GINGER

Ginger is excellent for calming a sour stomach, bloating, and gas. It may be the best remedy for air and seasickness as well as morning sickness. It also helps maintain blood pressure and healthy cholesterol levels. It is anti-inflammatory, analgesic, anti-parasitic, antifungal, anticoagulant and blood purifying.

CAYENNE PEPPER

Cayenne pepper revs up metabolism; it may get rid of ulcers; and is effective against congestion and shortens the severity of the common cold. It is also an anticoagulant and blood purifier. Mix cayenne pepper in a cup of hot water with juice of one lemon and a teaspoon of honey.

GARLIC

Garlic was called Russian Penicillin during World War II. It may be a common plant, but garlic has a lot to offer: it is not only antibacterial, but also antiviral, anti-parasitic, antifungal, antimicrobial and anticoagulant. It can help regulate blood pressure, blood cholesterol, and triglyceride levels. It is my favorite crop to grow.

CILANTRO

This wonderful Mexican herb is best known in the Natural Health world as being specific for chelating heavy metals out of the body. Heavy metal toxicity is epidemic in this country from pesticides, power plants, and car emissions.

This list is far from inclusive. There are many "functional foods" in your kitchen cupboard that support health in a safe and efficient way. Make a conscious choice to integrate these foods into your daily meals and feel empowered knowing that you are boosting the health of your family -- naturally, safely, and effectively.

ABOUT THE AUTHOR

Leora Dappen is a Natural Health Practitioner and Board Certified Holistic Nutrition Professional. She received her Masters of Science in Holistic Nutrition in 2009 and currently works with private clients at the **Healing Arts Center** located at 1065 5th Ave. N. in Naples, *Fl. See ad on back cover.*

BECOME A **CO-CREATOR** OF WHITE LOTUS MAGAZINE

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.

The Tree of CONSCIOUS LIVING

SEE PAGE 48-49

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.

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.

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.

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.

COPPER LEAF

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 quotes, photos, or content ideas 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, recurring basis.

SILVER LEAF

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 quotes, photos, content ideas, 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.

You can make a one-time contribution of $40 or you can help out on a monthly, recurring basis.

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.

You can make a one-time contribution of $100 or you can help out on a monthly, recurring basis.

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.

NEW LEAF

ON *The Tree of* CONSCIOUS LIVING

BECOME A DEDICATED **SUPPORTER** OF WHITE LOTUS MAGAZINE
with a recurring, monthly contribution.

BRASS LEAF

For a small monthly contribution of $3, you can help us print more copies and allow our message of Conscious Living reach more people. Your name will appear on the *Tree of Conscious Living* (see page 48-49) on a brass leaf.

If you wish to use your contribution to guarantee a copy of each following issue of White Lotus Magazine for yourself, we can reserve a copy for you – available for pick-up with a FREE gift at the White Lotus Studio (see address and hours on page 40) as soon as the new issue comes out.

Thank You for Your Support!

Go to www.whitelotusmagazine.com/contribute and click on the "Contribute now with PayPal" button. Fill in the Donation amount ($3.00) and check the box "Make This Recurring (Monthly)". Proceed to check out with PayPal. If you don't have a PayPal account, simply use your credit card or bank account.

BIG BEND NATIONAL PARK, TEXAS

PART 2

NOTE *from the Editor*

As promised, here are some more photos from the backcountry trip my brother and I took a few months ago in Texas. We visited the Big Bend National Park, which 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**.

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.

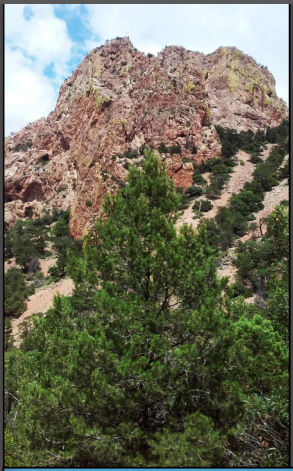
For more than 1,000 miles, the Rio Grande forms the international boundary between Mexico and the United States, and Big Bend National Park governs approximately 118 miles along that boundary. The park is also home to ancient relics, prehistoric fossils, and an abundance of minerals.

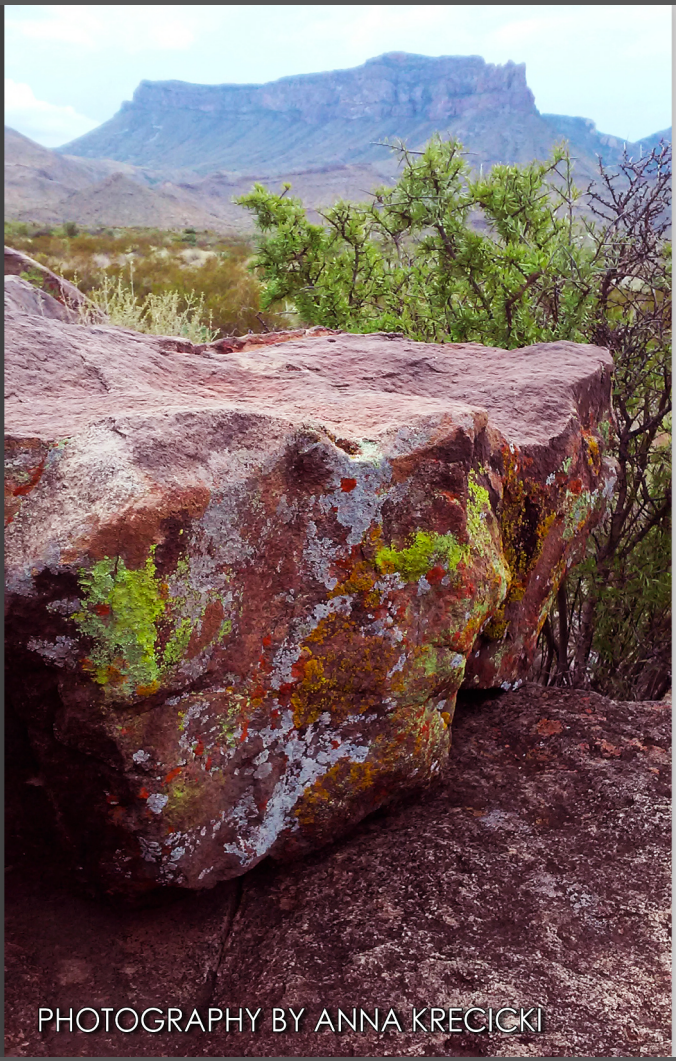
SOURCE: en.wikipedia.org/wiki/Big_Bend_National_Park

PHOTOGRAPHY BY ANNA KRECICKI

NATURE is man's teacher. She unfolds her treasure to his search, unseals his eye, illumes his mind, and purifies his heart; an influence breathes from all the sights and sounds of her existence.

- ALFRED BILLINGS STREET





BIG BEND NATIONAL PARK, TEXAS

PHOTOGRAPHY BY ANNA KRECICKI

Essential Oil of the Month: *Jasmine* (Jasminum Officinale)

by Bethanny Gonzalez, Certified Aromatherapist

Jasmine Essential Oil is extracted from the flowers of the Jasmine plant that has been used throughout history for romance and attraction, and for balancing the feminine energy of the body. Besides its sweet, exotic scent, Jasmine Essential Oil has many health benefits.

AROMA:	Warm, sweet, exotic, floral with herbaceous notes
PROPERTIES:	Antidepressant, aphrodisiac, antiseptic, uterine tonic, and sedative
ELEMENT:	Air
PLANET:	Venus
CHAKRA:	Root/Base and Heart Chakras
SPIRITUAL ASPECTS:	Love and Dreams

Gaia's Healing Gifts
Jasmine Essential Oil

www.gaiashealinggifts.com

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BENEFITS for Massage & Skin Care

- Lessens fine lines and wrinkles
- Helps fade scar marks
- Benefits dry, brittle, or dehydrated skin

HEALTH BENEFITS

- Promotes deep, restful, and undisturbed sleep
- When inhaled, it provides relief from coughs by helping clear out phlegm in the respiratory tracts
- When applied to wounds externally, it can effectively eliminate potential infections
- May give relief to those women who suffer from irregular, obstructed, or painful menses or an untimely menopause

EMOTIONAL USES

- Relaxes, soothes, and uplifts an anxious mind
- Boosts energy and cheerfulness
- Builds self-confidence and optimism
- Reduces nervous stress and fights depression

SPIRITUAL USES

- Helps you to connect with your inner Goddess and to bring out your inner beauty
- Helps you to access your own sensual energy and connect with the energy flow around you
- Brings your desires and wishes of the heart to light, and opens a channel to the angelic realms

TIP: Wear this oil on your pulse points to attract romance and love. Add a few drops to your bath before bed time to bring sleep and prophetic dreams.

RECIPE

Sensual Massage Oil

¼ cup Almond or Macadamia Nut Oil
1 tablespoon Coconut Oil
4 drops Jasmine Essential Oil
1 drop Patchouli Essential Oil

Gently massage into the body.

With Love and Light,
Bethanny
Gaia's Healing Gifts

THIS ESSENTIAL OIL IS AVAILABLE AT GODDESS I AM *HEALING & ART CENTER*

Goddess I AM HEALING & ARTS CENTER

239-228-6949

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Hours: Tuesday-Saturday 11am - 5pm
Closed on Sunday, unless we have an event.

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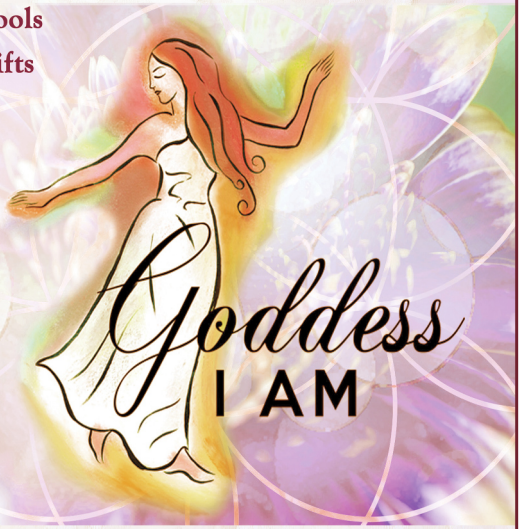


www.GoddessIAm.com

ASTRO Calendar

February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 GROUNDHOG DAY	3	4	5	6
7	8 NEW MOON CHINESE NEW YEAR	9 MARDI GRAS	10 ASH WEDNESDAY	11	12	13
14 VALENTINE'S DAY	15 PRESIDENTS DAY	16	17	18	19	20
21	22 FULL MOON	23	24	25	26	27
28	29					

February 8
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.

February 22
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 18:20 UTC. This full moon was known by early Native American tribes as the Full Snow Moon because the heaviest snows usually fell during this time of the year.

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.

GROUNDHOG DAY HISTORY

Groundhog Day marks the midway point between the winter solstice and the vernal equinox. It is a derivative from the early Christian holiday of Candlemas Day. The holiday is commemorated when a famous groundhog, Punxsutawney Phil, emerges from his burrow and looks for his shadow. The tradition goes that this day, is used to help determine how many weeks of winter might be left. It is observed every year on February 2nd and was established in 1887.

SOURCE:
www.wincalendar.com
www.cafeastrology.com,
www.mindbodygreen.com
www.manspurpose.com
www.seasky.org/astronomy/astronomy-calendar-2015.html

White Lotus magazine

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.

Ongoing Events

EVERY TUESDAY
10AM
YIN YOGA w/ Crystal Bowl Healing - at Goddess I AM. Join us for gentle yoga with poses designed to strengthen the tendons, ligaments and fascia. Isabel will play the crystal bowls 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.

EVERY FRIDAY
10AM - 10:30AM
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.

EVERY SUNDAY
9AM - 2PM
PINE RIDGE ROAD FARMERS MARKET - at the Marquesa 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 FEBRUARY 2016

FEB 2 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 bowls – using 3D mandalas and ancient aromatic blends to enhance our powers of creative intension. Bring pillow, blanket, and mat. **$20** Peaceful Escapes, 601 E Elkcam Circle B-3, Marco Island, FL. RSVP. 239-571-5234.

FEB 6 SAT
3PM - 4PM
ANIMAL RELATIONSHIPS WORKSHOP w/ Kathy Zablotzky at the White Lotus Studio. Learn techniques used by animal communicators to build a closer relationship with your pets and to help them better understand you and their world. Free mini reading offered to all attendees. $15. RSVP by calling Connie Myers at (239) 404-8892. 5555 Taylor Rd. Unit C.

FEB 11 & 25 THURSDAY
6:30PM - 7:30PM
ALCHEMY CRYSTAL BOWL MEDITATION - at the White Lotus Studio. Let the healing sound of the crystal bowls touch your soul and melt your stress away, providing deep relaxation and further expanding your consciousness. Please bring a yoga mat and pillow. Love offerings are welcome. RSVP by calling Connie Myers at (239) 404-8892. 5555 Taylor Rd. Unit C.

FEB 12 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

FEB 12 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! Bring a desire to release whatever no longer serves you as well as pillow, blanket, and mat. **$25** Prana Yoga, 1065 5th Ave. N., Naples. RSVP. 239-571-5234.

FEB 14 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 bowls and ancient aromatic blends for helping, healing, transformation personal and planetary. Bring your own musical creative expressions as well as mat, pillow, blanket. **$20.** Arthur Murry Vortex Ctr., 3339 Tamiami Trail N, Naples, FL 34103. RSVP. 239-571-5234.

FEB 16 TUESDAY
6:30PM - 7:30PM
CHAKRA JOURNEY CLASS w/Bethanny Gonzalez – at Goddess I AM Healing & Art Center. This 7-month journey is to explore and heal the chakra system through Meditation, Movement, Energy Work and daily Affirmations. Held on the 3rd Tuesday evening at 6:30 of each month for 7 months starting February 16th. **$20 /month.** 600 Goodlette Rd. N., Naples. Call 239-228-6949 to RSVP.

FEB 19 FRIDAY
6:30 PM
SACRED SOUND SACRED SPACE AWAKE! w/Dana House at Shangrila Springs. Join Dana in connecting to the divine spark within through the energies of the Grace-filled Gongs and the Blissful Bowls using 3D mandalas and ancient aromatic blends to enhance our powers of creative expression in manifesting our greatest potential. Bring your own musical creative expressions as well as mat, pillow, blanket. **$20** Shangrila Springs, 27750 Old US 41 Rd., Bonita Springs, FL. RSVP. 239-949-0749.

FEB 20 SATURDAY
2PM - 3PM
ALCHEMY CRYSTAL BOWL MEDITATION - at the White Lotus Studio. Let the healing sound of the crystal bowls touch your soul and melt your stress away, providing deep relaxation and further expanding your consciousness. Please bring a yoga mat and pillow. Love offerings are welcome. RSVP by calling Connie Myers at (239) 404-8892. 5555 Taylor Rd. Unit C.

FEB 20 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.

FEB 26 FRIDAY
6PM - 9PM
RED TENT GATHERING at Goddess I AM. The Red Tent Gathering is 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. And then we will break bread together. Come and create this women's community with us each month. **$20.** 600 Goodlette Rd. N., Naples. 239-228-6949.

FEB 21 SUNDAY
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 bowls accelerate energetic healing, spiritual awakening and emersion into blissful remembrances of unity with all creation. **$20.** Prana Yoga, 1065 5th Ave. N., Naples. RSVP. 239-571-5234.

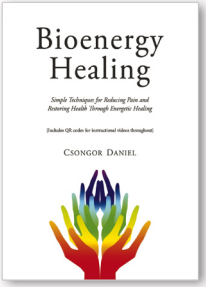
LECTURE
AND BOOK SIGNING
WITH CSONGOR DANIEL

Top 3 Reasons You are in Pain…
…and How you can Stop it Quickly and Naturally

Csongor Daniel, internationally recognized healer, lecturer, and author of three books on energy healing, will reveal his secret on how to stop pain within minutes with simple hand moves. Learn how you can see and feel the energy field around the body and how to manipulate it in order to induce healing and stop pain within minutes – many times even without touching the body. This incredible technique is believed to be the fastest and most powerful energy healing method on the planet. Csongor's teacher has healed over a million people with this method (you may find a link to a documentary about it on his website. It is called **Think about It**)!

Csongor will also introduce and sign his newest book: ***Bioenergy Healing – Simple Techniques for Reducing Pain and Restoring Health through Energetic Medicine.***

FEB 20, 2016



"Widely recognized as one of the most powerful healing methods that have ever been developed, bioenergy healing is relatively easy to learn. Csongor's unique writing -- as if you were listening to him live at one of his seminars -- makes this comprehensive book on energy healing a light, yet very informative read. If you are a fast reader, you may learn to heal in only one day. By the end of the book, you will become a healer for a lifetime."

If you or your loved ones have ever had to live with pain, you owe yourself to learn this method!

Where: The Salt Cave, 4962 Tamiami Trail N. Heritage Ct., Naples, FL 34103; Tel 239-403-9170

When: Saturday, February 20th, 4-6 PM

Cost: Only **$20**, including a free group healing! Additional discounts on books and services available as well. This is an amazing opportunity to learn and to heal at the same time!

For more information, please go to **www.csongordaniel.com.**

P.S. Space is extremely limited. Please sign up as soon as possible, either through the Salt Cave or email to **csdaniel@csongordaniel.com.**

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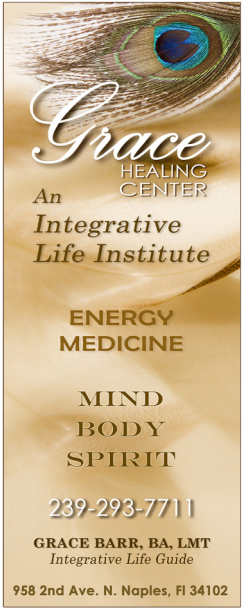

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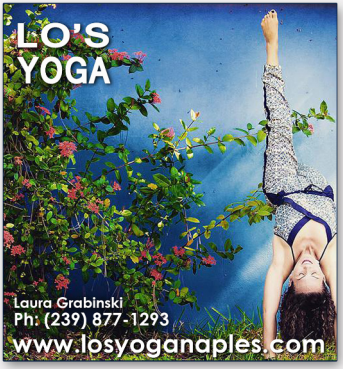


Squats

by Shemane Nugent

Sitting on a plane during a five-hour cross-country trip, I heard flight attendants counting to twenty; then there would be silence and they would walk around the cabin assisting passengers. I'd hear them counting again to twenty, then it would stop.

They were behind the galley walls, so I couldn't see what they were doing. I just happened to get up to go to the bathroom while they were counting. (That's not entirely true. I had totally planned it!). They were doing squats! Twenty squats, five times throughout the flight equaled one hundred squats. Kudos to those flight attendants for creating a healthy work environment.

Squats done properly can help improve your health by jump-starting your metabolism. They engage the body's largest muscle group and require oxygen intake, which speeds up the metabolic waste expulsion. Squats help with balance and are the best exercises to tighten and tone the lower body.

Here are a few tips to do squats properly:

1. Stand with your feet shoulder-width apart.

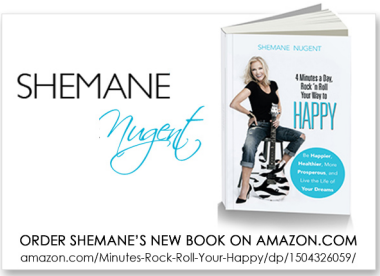
2. Keep your back in a neutral position, and keep your knees centered over your feet.

3. Slowly bend your knees. Look in a side mirror to make sure your knees stay centered over your feet while you press your hips toward the back of the room.

4. Lower your hips as if you were about to sit into a chair.

Try doing four minutes of squats today and at least once a week. Check your progress in sixty days! How many squats can you do in four minutes?

(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.

INSPIRED ACTIONS:

Sonia Dickson on Bringing the First Sustainable Yoga Program to Phnom Penh, Cambodia

I am honored and blessed to have had the opportunity to create the first Sustainable Yoga Program for the Cambodian Children's Fund (CCF) in Phnom Penh, Cambodia. I was so inspired by the CCF organization and its founder; I volunteered to create a sustainable yoga program for them. Yoga has been a wonderful healing and empowering tool in my life. I believe yoga can be beneficial for anyone and wanted to work to make it accessible to underserved communities like the children and teachers at the CCF organization.

These pictures are from my first visit to CCF in Phnom Penh in early January 2016. The children seemed to love the asanas they learned so far! I committed to returning to Cambodia at the end of February 2016 to continue teaching these very inspiring and wonderful children and teachers at CCF more yoga, and plan to continue contributing to the organization in others ways on a longer term basis.

Sonia S. Dickson

[CONTENT IDEA BY GUY CERRITO]

Guy Cerrito

SOURCE: www.cnn.com

On January 16, 2016, astronaut Scott Kelly tweeted a photo of one of the zinnia flowers he grew aboard the International Space Station, writing: "First ever flower grown in space makes its debut! #SpaceFlower #zinnia #YearInSpace".

"To boldly grow where no man has grown before" has been the mission of astronauts aboard the space station for nearly two years, where they have tried to cultivate edible plants in microgravity, writes Lin Taylor for CNN.

Taylor reports that although NASA's Veggie plant growth facility, which was installed on the orbiting laboratory in early May of 2014, had several setbacks, it seems the team's efforts are finally blossoming: their first ever zinnia flowers are now blooming in space!

Zinnias are colorful, long-lasting flowers that are also edible. According to Kelly, they were showing signs of stress early on, but he brought the flowers back to life after mold started growing on some of the leaves possibly because of high humidity. He joked on Twitter that he needed to channel his "inner Mark Watney" – referring to the fictional character in the movie called "The Martian" who successfully grew potatoes on Mars.

Growing these plants aeroponically (that is, in an air or mist environment without soil) aboard the space station hasn't been without challenges. But with each failure, NASA hopes to understand more about watering schedules and adjusting fan speeds in microgravity, and gain knowledge about growing edible plants in these extreme conditions.

"Plants grown aeroponically require far less water and fertilizer, don't need pesticide, are much less prone to disease, and grow up to three times faster than plants grown in soil", Taylor quotes a NASA report.

Based on a statement by Alexandra Whitmire from NASA's Human Research Program, Taylor explains that the Veggie project will also produce crucial information for a future Mars mission. In addition, growing plants in space also offers psychological benefits for astronauts, "particularly in combating feelings of isolation and loneliness." NASA hopes Veggie will become a regular facility for ISS astronauts to grow fresh food in space.

The first edible space flower blooming in an orbiting laboratory is a huge accomplishment for NASA and in fact for humankind. Kudos to NASA and astronaut Scott Kelly for this achievement.

SOURCE: www.cnn.com/2016/01/18/world/first-space-flower-iss

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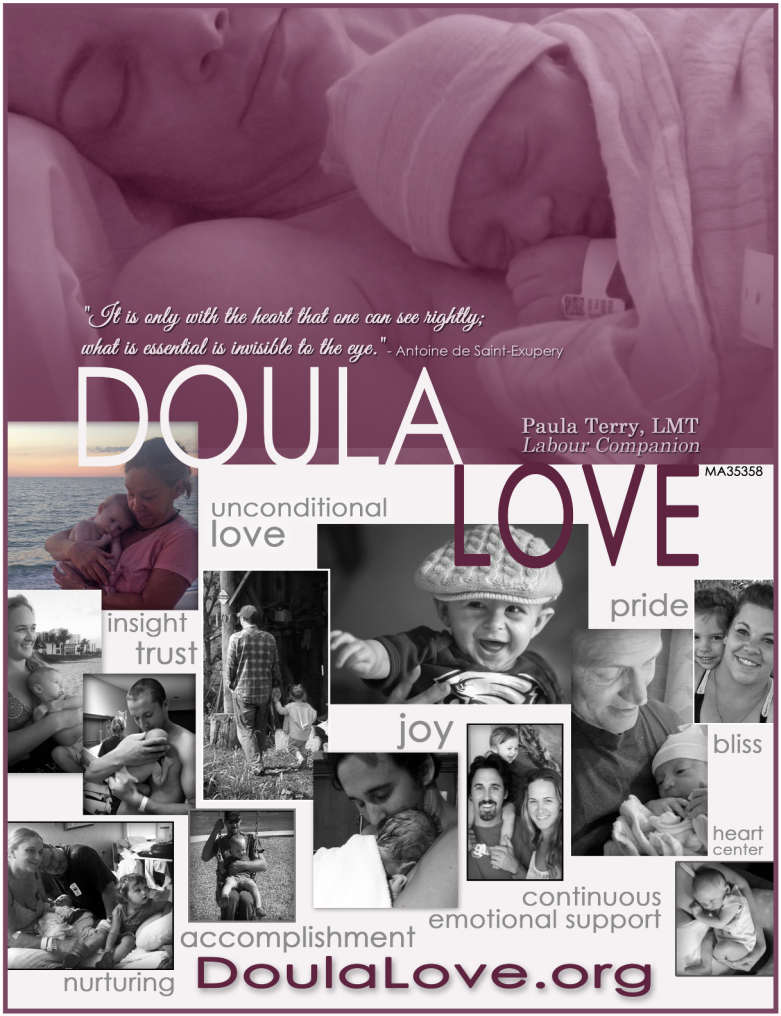
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