



White

SW Florida Edition

FREE

MARCH 2016

Lotus

magazine



INSPIRATIONS FOR CONSCIOUS LIVING

PHOTOGRAPHY BY ANNA KRECICKI

You don't always need a plan. Sometimes you just need to breathe, **trust**, let go, and see what happens.

- MANDY HALE

IT DOES NOT
REQUIRE MANY
WORDS TO
SPEAK THE
TRUTH.

- WISDOM OF THE NEZ PERCE



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

- OFFERINGS OF SPIRIT

WISDOM

FOR MARCH

*The
Shaman's
Whispers*

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

*Calm yourself and grow
quiet for awhile. Allow
the strength and wisdom
of silence to enter your
heart. We can only be
what we give ourselves
the power to be.*

*The
Shaman
Lady*

Silence



PHOTOGRAPHY BY E. NELSON

PEACE - It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of these things and still be calm in your heart.

- UNKNOWN

Happiness is letting
go of what you think
your life is supposed
to look like and
celebrating it for
everything that it is.

- MANDY HALE





"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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NOTE *from the Editor*

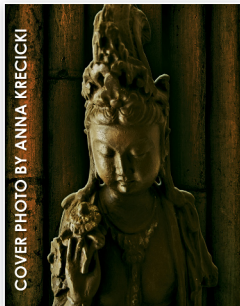
Springtime: the season of renewal. Mather Nature reawakens and blossoms in vibrant colors. We may not notice the changing of the seasons in SW Florida as drastically as others do in the north or in other areas of the world, but we do experience *spring fever* in several ways. For many of us, it is a time for planning new projects around the home that may include necessary repairs, painting, and our annual spring cleaning. We are filled with new energy and a desire to de-clutter and to get rid of things that are no longer needed or wanted. We are full of new ideas and anticipation.

Perhaps, we all come to life, in a manner of speaking, when springtime arrives.

With spring also comes a sense of joy and hope. Regardless of religion, we celebrate rebirth, nature, and life itself – in our own individual ways. Different cultures and different traditions around the world commemorate this time of the year distinctively. Many of them involve gatherings and feasts, like Easter, Spring Equinox, Nawruz, and Passover, just to name a few. But whatever customs we honor, one way or another we all celebrate renewal of life and a promise of hope.

Springtime is here, so let's find joy in this beautiful weather, implement some of those great new ideas, start on some projects we've been planning, and enjoy the delightful spring festivities!

- Anna Krecicki



COVER PHOTO BY ANNA KRECICKI

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MARCH



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Animal Speak by Ted Andrews
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"Our Protectors and Guardians"

ANIMAL SPIRIT GUIDE OF THE MONTH: *Dog*



"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 **MESSANGER 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 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.

Throughout history the dog has been known as man's best friend. In many cultures, the dog symbolizes loyalty, reliability, unconditional love, friendship, protection, and service. According to the Manataka beliefs, the dog is our protector and guardian. Dogs are excellent spirit guides because they are well-attuned to the nature of humans and understand the best ways to guide them.

Psychic gifts have long been associated with dogs because of their ability to detect subtle energy frequencies often unknown to man. Their acute hearing and keen sight forewarned their masters of impending danger. Dogs are intelligent and sensitive. They are able to sniff out dangerous situations accurately and guide us into safety. Dogs are faithful companions and they serve selflessly, never asking for their service to be praised. They hold the energies of unconditional love and teach us its true meaning. Their sense of spirit and the ability to love even when abused is incredible.

When Dog has come into your life:

- Pay attention to your immediate surroundings and let the dog guide your footsteps.
- You may be encouraged to remember that kindness will often get you a lot further than criticism.
- You might need to be more loyal and trustworthy to family and friends.
- You may be reminded that you should always be truthful and kind to yourself, your own best friend.

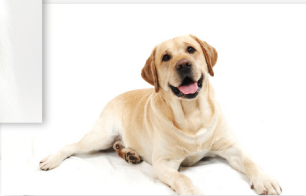
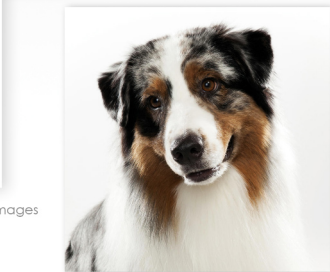
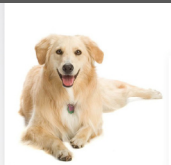
NOTE: Study the characteristics of the dog that has come into your life - e.g. is it a hunter, a protector, a companion or playful? Each of these qualities will give you insight into the qualities that might be needed in your life.

If Dog is your Animal Guide:

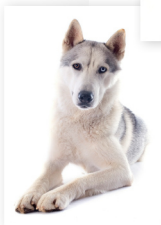
- You have a great spirit and a huge capacity to love.
- You are usually helping others or serving humanity in some way, and have a deep understanding and compassion of human shortcomings.
- You are good at protecting and looking after others. You are devoted to those nearest and dearest to you, feeling content serving others and being there when someone close to you needs you.
- Acts of kindness and love are far more meaningful to you than material things.

Ask for Dogs's help when:

- You wish to learn how to give and receive love unconditionally.
- You need strength to forgive.
- You need assistance to embrace your psychic gifts.



Photos from Google Images



10 SIMPLE THINGS

[Based on Shanna Freeman's *Top 10 Spring Cleaning Tips*]

*you can do to make
Spring Cleaning less of a challenge*

1. make a list

As with all big projects, it's a good idea to start by making a plan. List every room of your home, without forgetting places like the utility room, laundry room, garage, and closets. If it helps you, walk through your house or apartment while making the list. Write down tasks that go beyond your usual dusting, mopping, vacuuming and scrubbing routine -- such as cleaning the baseboards, the windows and window treatments, as well as moving and cleaning behind and under furniture. Basically, things that you probably don't clean on a regular basis.

2. take your time

There's no rule about how long it should take you to finish your spring cleaning. It doesn't have to be finished by the first day of spring! If you can't take time off for your spring cleaning, just break down each task into manageable chunks. Estimate how long each task will take you and where you can add it onto your everyday routine. For example, if you're in the bathroom wiping down the sink and counter, maybe you can also take the time to clean and organize under the sink.

3. stay on task

Do one room, or one area of a room at a time to avoid unfinished jobs and getting overwhelmed. While you are cleaning and organizing your closets and drawers, remember that now is not the time to flip through your old yearbooks, photos, or to reread letters from your loved ones. Don't get sidetracked, you can always spend time with your memories after you are done with the cleaning project you planned for today.

4. stock up on cleaning supplies

Make sure that you have all of the supplies you need beforehand, so you don't run out of anything in the middle of your cleaning frenzy. You will be annoyed if you have to stop and run to the store because you're out of something. Go over your initial spring cleaning plan (with the list of rooms and tasks), then make a shopping list that accordingly.

5. go green

Discover new uses for household items like white vinegar and baking soda. You may not have them in the quantities you'll need for cleaning, but buying them will cost you much less than traditional cleaning supplies. Try to go easy on the paper towels if you can. Reusable microfiber cloths are great for dusting, and the washable white cloths from Walmart or Home Depot are excellent for just about everything else.

6. de-clutter

Spring cleaning is not just about cleaning. It's about organizing, freeing up space, and getting rid of stuff that you don't need. There are lots of ways to go about it; find the one that works for you the best. For example, You could dedicate separate bins or boxes for the items you want to keep, get rid of, fix/clean, and donate/sell. With each item, ask yourself what this particular thing is doing for you. If it's still calling to you, keep it. If the answer is nothing, then sell or donate it. If it's not in good enough shape to even donate it, then toss it. Don't let the donate/sell bin stagnate. Make an effort to drop off your donations right away and make time to do a garage sale or to list your items online.

7. ask for backup

Involve your friends and family in the spring cleaning project. Don't be ashamed to ask for help, especially with moving furniture. If you have kids, let them sort through their closets and drawers and motivate them with rewards to stay on task. If you are alone, offer to help a friend with his or her spring cleaning in exchange for help with yours.

8. go from ceiling to floor

Work from the top down, inside to outside, to avoid getting what you just cleaned dirty again. Start with cleaning the ceiling fans, moldings, and the light fixtures. Then clean the windows and window treatments, dust pictures and shelves, and wipe down the doors, light switches, and baseboards. Then move on to the furniture and drawers. Clean the floor last.

9. expired? retired!

When you are cleaning out your fridge, your pantry, and your bathroom/medicine cabinet, don't just pull everything out and put it back in. Check those jars, cans and boxes. Pretty much everything has an expiration date. Expired food and medication can be dangerous. If it looks or smells bad, let it go. When in doubt, throw it out.

10. take it outside

Take the spring cleaning to the next level. Once your home is sparkling clean inside, don't stop there, continue outside! Clean your porch, pressure wash the outside of your house, check the gutter and your roof for leaks and debris. Tidy up the yard before summer comes around, as soon it will be difficult to bear the heat!

SOURCE: *Top 10 Spring Cleaning Tips* by Shanna Freeman at <http://home.howstuffworks.com/home-improvement/household-hints-tips/cleaning-organizing/10-spring-cleaning-tips-1.html>

The Proverbial Train Wreck

by Beth Brown-Rinella

In our lives we are often witness to the proverbial "train wreck" as it is happening to someone we know. The question is: what do we do about it? Suppose the person is unaware of why things are so difficult and is not seeking the larger picture of what his lesson in this situation could be? It is tough to watch him struggle on and on, clueless that he is the very engineer of this train wreck. It can happen anytime, to anyone actually, that he becomes so embroiled in a problem or a pattern that he cannot see the forest for the trees. So what can we do about it?

One option is to do nothing, let him figure it out -- it is, after all, his lesson to learn. This is often a very difficult option!

Another is to ask him if he knows why this is happening. The answer may reveal that he is either a victim or unable to decipher the lesson yet. If he feels as if he is a victim, he hasn't begun to accept responsibility or move towards seeing this as a potential lesson. Our question may be the catalyst that nudges him toward an active role in solving this issue. While we are not acting in a blaming role or pointing the finger, we do open ourselves up to the possibility of his anger or frustration. We should try to see this as him being upset with the situation, not with us! This way we aren't taking his angry behavior personally. We should be there for him, answer questions, and point out patterns where we see he has chosen this same road before with a similar outcome.

We should be detached, so we can play the role of the detective with him, trying to see what the possible lesson in all of this could be and which actions could serve him best to move ahead. We can assure him that we only wish to help. We may find that he is open and willing to find the answers. Hopefully this gives him an "Aha!" moment and he makes shifts in his actions or perceptions that will allow him to travel a new road. Or we may find him to be unwilling or unable to see our questions as helpful, seeing them only as judging or hurtful and truly as interference in his life. At this point, we should back off, for it may become an even trickier scenario to manage with a positive outcome for our relationship.

While it is tough, especially for healers, to walk away and let the train wreck happen, it may very well be the only option. When he sees us as being judgmental of him, he actually cannot see anything of his own doing. We become the problem, period. This is the time to back off and graciously extract ourselves from the situation. We can send him love and healing and hopefully he will come to understand that we simply were trying to help. This is his to work out, and we are just not to be a part of his healing process. We must let it go and allow him his learning. It is now a good time to examine OUR lessons in this.

Namaste!

ABOUT THE AUTHOR

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.



"It is ... my belief that we are all on this Earth to learn different lessons, that when we incarnated into this life, we chose key challenges throughout our life, to help us grow and evolve as souls. If there is any truth to that, then that means that each experience, no matter how painful or difficult, is invaluable and not to be missed. And as much as none of us want to deal with pain or strife in our lives, it is the most valuable tool for learning."

- Jeannie Page

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Introduction to the Healing Art of T'ai Chi

by Marc Meyer

I came to the art of T'ai Chi through the back door in a sense. A dining club my girlfriend and I belonged to offered T'ai Chi lessons on the beach where I live in Naples, Florida as one of the perks of its membership. Having become something of a weekend warrior with my workouts, missing trips to the gym for weeks at a time, I decided to give it a try. I hoped it might at least get me into some kind of routine, maybe even introduce me to a practice I could carry safely into my old age. I had absolutely no clue at the time how much the practice of T'ai Chi would turn out to be a life-saver and a gift for me, from the first class all the way through to my experience as a T'ai Chi Chuan teacher.

When I first started learning T'ai Chi, I had no shortage of friends besieging me with questions about it. Why do the people move so slowly? Is it a martial art? Would it improve my health? Would it help my golf game? (All of this in fact turned out to be true.)

One man told me he thought it was esoteric hooey and advised me to give it up. Thankfully I didn't heed his advice. In all fairness a little explanation is owed to people in this country about T'ai Chi, because even in China it was kept private for centuries and not often discussed. We began to hear about T'ai Chi at a glacier-like pace decades after our American servicemen stationed in Okinawa during World War II brought back with them some forms of Karate and Judo, visible in America only for the first time.

Fortunately for me, though I didn't know it then, both instructors teaching the class I mentioned before on the beach, had excellent lineages so I was in good hands right from the start. Although approaches from T'ai Chi instructors can be radically different, it is my belief that each teacher involved with T'ai Chi has something of meaning and value to contribute to the student. I was lucky enough to have studied and received form correction from first generation students of professor Cheng Man-Ching, who brought the art of Tai Chi Chuan from mainland China to the United States in the 1960s.

The "Form", as it's called, is a slow, almost hypnotic movement often seen practiced in parks, courtyards, malls and beaches throughout the country. The idea of this exercise, from a martial arts standpoint, is to unite body and mind so that, when necessary, both react together.

What is T'ai Chi exactly? T'ai Chi, meaning "Grand Ultimate" is often called by its proper name T'ai Chi Chuan meaning "Grand Ultimate Fist." It is really nothing more than a martial arts exercise that the Chinese turned into an exercise for health. This happened more or less by accident as more and more health attributes began to visibly attach themselves to it over centuries of continuous practice by the Chinese. There is literally a multitude of health benefits attributed to the practice of T'ai Chi which anyone can look up online. Some of these include improved flexibility of the bones and joints, reduction in high blood pressure levels, accelerated healing of disease, increased longevity, relief from stress and tension, improved breathing ability and capacity as well as improved function of the inner organs. Participants in any sporting activities will notice a marked improvement in their performance (and yes, this includes your golf game!).

What fascinates me most, however, is the way T'ai Chi tailors itself individually to the practitioner -- always at hand to help at different stages of your life's journey. Though it may sound like a cliché, T'ai Chi is all about that journey.

ABOUT THE AUTHOR

Marc Meyer is a successful jazz pianist, concertizer, author, and Tai Chi instructor who resides in Naples, Florida. His debut novel *Taichi: The Story of A Chinese Master in America* has earned praise for its addictive storytelling, realistic characters and authenticity. You can purchase Marc's novel at MarcMeyer-books.com.





Trust Your Gut

by Leora Dappen, MS, CNP

Physically and energetically, your digestive tract is an extraordinary channel. The gut is literally the outside of the inside of your body. It senses your internal environment just as the outside of your body senses your external environment.

Your intestines, laid out thin, would cover more area than an entire tennis court. This alone should impress you with the significant role they play in your health! The intestines efficiently digest, absorb, and excrete everything you eat and drink through the 3 mm thick intestinal wall. Even more impressive, though, is their relationship with your immune system and brain. 80% of your immune system is produced in your gut and upwards of 90% of the brain neurotransmitter serotonin, the feel good chemical, is also manufactured in the gastrointestinal tract.

You have trillions of friendly bacteria working diligently throughout your digestive system to produce several intrinsic nutrients including B vitamins and vitamin K to support your physical and emotional health.

The gut has righteously earned the title "second brain." That is if you have a healthy gut.

Many Americans overload on chemically toxic and energetically void processed fast foods, which sterilizes and weakens the intestines and intuition. Yes, you read correctly: poor food choices weaken your intuition. Your "gut reaction" to life gets confused when you don't eat real food because you evolved from 10,000 years of real food and deep intuition.

Cheeseburgers and French fries weren't on the menu then. To add to the confusion, people are prescribed antidepressants to increase serotonin, laxatives for constipation and antacids for heartburn just to name a few. All of these can weaken the digestive system further. I think you can see where I'm going with this.

Hippocrates, Father of Medicine said: "Death begins in the gut."

I believe this to be true; however, I also believe that "health begins in the gut." Recovery from disease and illness including emotional and mental conditions is directly related to the health of your gut! Babies born by cesarean section and were not breast-fed lack healthy immune factors from the mother. Clients always look at me weirdly when I ask if they were breast-fed. Well, now you know why we ask these questions.

Hippocrates also said, "Let food be thy medicine and medicine be thy food".

Hippocrates was a wise man who listened to his gut and followed his intuition. He also stated: "It's more important to know what type of person has a disease than to know what type of disease a person has."

Hmmm... Can you tell I like this guy? But really, this speaks volumes to the belief in the Human Spirit and its inner forces to heal itself.

Here is a short list that can literally change the way you digest food, digest feelings, and react to the world around you, all

while increasing the health and integrity of your gut, your brain, your body, and your belief system.

1. Probably the most important transition you can make is to eat whole, organic foods. Ditch the processed, fast foods completely. If it is advertised on TV, don't eat it! Removing toxic additives and pesticides takes an incredible load off of the digestive system and brain. The best foods in the world don't have an ingredient list. This act alone kicks in a higher sense of intuition and belonging to something greater than you. Also, purchasing certified organic food is the only way to make sure you aren't eating GMO's, which literally burrow holes in your intestines creating a myriad of health issues. An added environmental bonus is you are personally helping to save the bees!

2. Take a high quality probiotic, or better yet, eat traditionally cultured foods like kimchi, cultured vegetables, raw yogurt and kefir, miso, and kombucha. This populates your gut with several strains of healthy bacteria to boost your immune system and brain in primal, intrinsic ways.

3. Be kind to others, and just as important, be kind to yourself. Pay attention to what you say when you talk to yourself. Self-love promotes a desire to take better care of your body and your world.

4. Find a spiritual practice that fits in with your beliefs and personality. Volunteer in your community, meditate, sit with nature, listen to music, or walk with bare feet on the beach. Anxiety and stress are directly correlated with many digestive issues.

5. Listen to your body, which means listening to your gut. The cleaner your diet, the clearer your thoughts and the more positive your emotions will become.

6. And if your body is crying for help, seek out a health care practitioner that resonates with your beliefs and values. You have your own personal, intuitive guide within you but it relies on you to nurture it.

7. And always remember, "Your body is woven from food, so use the strongest fabric you can find".

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.

PLAN AHEAD

by Shemane Nugent

"A goal without a plan is just a wish."

- Antoine de Saint-Exupéry

Do you feel you're always rushing to get everything done and yet you never do? Although you know the holidays are fast approaching, do you still end up scrambling at the last minute to buy gifts? Though I know darn well when I have to travel days or weeks in advance, I often find myself hurrying at the last minute to do the laundry, pay the bills, clean the house, and pack. Usually, I overpack and still forget something. Sound familiar?

Part of the reason I wrote my book, *"4 Minutes a Day, Rock 'n Roll Your Way to HAPPY"* is to learn these lessons myself. So try this with me, won't you?

Spend four minutes today looking at some projects that need to get done in the near future and plan them now. Buy gifts online and schedule their delivery. Buy cards and store them for when you'll need them. My friend Angela gets me cards and puts sticky notes inside to write her messages. That way, she says, I can remove the sticky note and reuse the card. Genius! Of course, there are some cards on special occasions you'll want to save, but why not reuse a few?

Here are a few tips to help you save time:

- Put an entire outfit, including jewelry or ties, on a hanger.
- Plan a week of meals.
- Buy gifts online months in advance.
- Pack early. Pretend your departure date for a trip is a few days earlier than it is.

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

SHEMANE

Nugent



ORDER SHEMANE'S NEW BOOK ON AMAZON.COM
amazon.com/Minutes-Rock-Roll-Your-Happy/dp/11504326059/

"I look forward to spring cleaning and putting things in their place. It's therapeutic for me."

- Kimora Lee Simmons

Clean a Closet

by Shemane Nugent

The average American home has doubled in size since 1950, and the number of people living in it has decreased, yet we still have too much stuff. Most people prefer to work and live in neat and tidy places, but few of us have enough time to clean and organize.

According to a 2001 New York Times article, IKEA surveyed customers and found that 31 percent reported they were more satisfied with a clean closet than they were with sex. Regardless of which you prefer most, a clean closet or sex, you'll have a peace of mind and satisfaction knowing you're creating a healthy environment for you and your family.

Set your timer. Clean a closet for four minutes. You might even find a few things you thought you'd lost or could donate to a shelter.

Here are a few categories to help you organize:

- KEEP
- THROW AWAY
- GIVE AWAY
- MEND/ALTER/CLEAN

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

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.rockso

COLOR THERAPY: **RED**

fire

energy

confidence

strength

power

love



red

courage

joy

stability

determination

passion

beauty

health

READ COLOR THERAPY ARTICLE AT
www.whitelotusmagazine.com/color-therapy-red

AN UNSOLVED MYSTERY OF FORCES GREATER THAN OURSELVES

by Angela Passidomo Trafford

[BASED ON A STORY AS RELATED TO THE AUTHOR]

Heather was married to an alcoholic and had been subjugated by guilt and anger for many years. She had often left her husband and returned home to her overbearing mother, who constantly criticized and controlled her. Heather had never received the love and support she needed in childhood in order to end the abusive marriage and have faith that she could find the strength to go on with her life and have a real relationship with a sensitive, loving man. She was constantly in a battle within herself. It was a battle for her life between her heart and mind. She simply could not do what was best for herself. Her conditioning held her back.

It was winter and the roads were icy in the little town in upstate New York. One day in her usual state of anger, guilt and inner turmoil, Heather drove off the highway and crashed into a cement embankment. She lost consciousness and was transported by ambulance to the hospital in a coma.

For a time she lay in repose in a twilight dimension. The doctors were not certain she would survive. After two weeks, unexpectedly she opened her eyes and was conscious.

Her husband was worried and concerned at first, but soon after Heather left the hospital, the old patterns returned and she felt isolated and alone once again. She fought to recover and to have the strength she needed to push forward in her life; however, her loveless childhood sabotaged the healing choices that would free her. She simply lacked the courage and faith she needed to believe in a vision of happiness in life and to believe in love.

A long while later, Heather was grocery shopping in her usual state of conflict and anxiety. She became aware of a couple standing across the store. The man and woman seemed to be staring at her. She tried to brush the awareness aside but as she shopped, the same couple appeared in her field of vision. She stopped not far from where they stood in tandem watching her. A moment later, she plucked up her courage and went over to where they stood gazing calmly at her. In close proximity, she realized that love and compassion filled their faces and that there was nothing to fear.

"Do I know you?", she asked. They both nodded, smiling. "You certainly do," the man replied warmly. The woman touched Heather's hand. Her eyes held tenderness.

"We were in the ambulance with you when you had your accident," she said.

Heather was startled. She hadn't known of their presence.

"We're glad to see you are feeling better," the woman continued. "I hope you are taking care of yourself," she added.

Heather could only stammer and walk away. Her eyes filled with tears as she checked out her groceries. She looked back to absorb once again the couple's compassionate faces but she was startled to see they were no longer there.

Heather drove home. Memories of the car crash and the coma flooded back to her. As soon as she got home she looked for a calendar. With a chill, she realized it was one year to the day of her accident.

She sat down without unpacking the sundries and wept hot tears of pain and grief. Then an inner voice registered the serendipity of events. The compassionate couple had seemed to carry a message for her. "Take care of yourself," they had said.

Heather wanted to thank this couple for their concern. It would not be difficult to find out who they were. It was a small town and she personally knew the ambulance driver. She called his number with a strange sense of urgency.

When he answered she asked him about the drive to the hospital in the ambulance.

"You were pretty bad off," he said. "We didn't know whether or not you'd make it."

"I know," she replied. "Today is one year to the day of the accident. I met the couple at the supermarket today that were with me in the ambulance. Could you tell me their names? I want to thank them for their kindness."

Heather gasped when the driver told her what she already knew: there was no one with her in the ambulance.

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.





Anytime new insight replaces an old assumption or a fossilized perception is the spring. New understandings sprout, new tolerances appear, and new curiosity draws you to previously dark places. Just as the sun shines earlier and longer in the spring, changes that seemed impossible appear to be possible with each new insight into your own health.

- GARY ZUKAV

Angela Passidomo Trafford
Author, Spiritual Teacher

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In Focus: HALOTHERAPY *for* PETS

by Anna Krecicki

*P*ets, just like people, can develop respiratory conditions, skin disorders, and allergies or suffer from pain, stress and depression. Treatment options can often become difficult and expensive. Many pet owners are seeking natural and affordable treatments to help their beloved animal companions.



Halotherapy (or Salt Therapy) has been proven to be a safe and effective modality for the treatment of various health conditions, ranging from respiratory and skin disorders to allergies, infections, and depression. Salt Therapy has been used in Eastern Europe for over a century, and as an alternative modality, it has been gaining popularity in recent years all over the world. Beneficial to adults and children alike, now Halotherapy could provide relief for our pets as well!

Halotherapy -- available locally at the Salt Cave -- is a completely drug-free, natural treatment with no side effects, taking place in a dry, sterile, and hermetic environment. Throughout the therapy, salt aerosol is constantly scattered into the air for the patients to breathe in.

With the help of a halogenerator pumping the atomized salt particles into the air and having literally tons of Himalayan crystal salt covering the floor, the walls and the ceiling of the treatment room, the Salt Cave has recreated the very special, healing microclimate of the ancient underground salt caves, here in Naples!

This curative microclimate was found to be beneficial to those suffering from: asthma, allergies, sinusitis, pneumonia, bronchitis, metabolic disturbances, viral infections, dermal infections, eczema, psoriasis, stress, exhaustion, depression, thyroid problems, cystic fibrosis, and COPD. There is even some evidence that suggests Halotherapy can improve the immune, cardiovascular, and endocrine systems. [1]

Halotherapy is a non-invasive, natural treatment with no discomfort or stressful experience; and it requires nothing more than breathing naturally.

How does it work?

Salt in its microcrystalline form has anti-septic, antibacterial, antifungal, and antiviral effects. The halogenerator crushes salt into dry, micrometer-sized particles and releases them into the air. These tiny salt particles are able to escape the natural defenses of the upper airways and penetrate into the deepest corners of the lungs, destroying bacteria and fungi. [2] The aerosolized microparticles of salt also help our cells consolidate inflammation and mucus, so the body can get rid of it easier. The atomized salt particles deposited on the surface of the skin can soothe irritated skin and help fight infections. In addition, the Himalayan salt rocks emit negative ions. By inhaling the salt particles, the negative ions in the bloodstream will speed up the delivery of oxygen throughout the body, providing an energized and uplifting feeling, restoring ionic balance within the body, while also revitalizing tissues and cells. Injured and diseased cells are electron-deficient, so submitting the body to an electron-rich environment benefits and heals the cells by absorption. [3]

Halotherapy (*halos* in Greek means "salt") is derived from Speleotherapy, one of the oldest methods of arotherapy treatments. Historical records of Speleotherapy (from the Greek word *speleo*, meaning "a cave") can be traced back to ancient Greece, as well as to Roman and medieval times.

However, it wasn't until the 1840s when Speleotherapy became widely recognized as a treatment for respiratory diseases. A Polish physician, Dr. Feliks Boczkowski at the Wieliczka salt mine, noticed that while coal miners were plagued with all kinds of respiratory problems, salt miners did not suffer from lung disorders or other health complaints. His successor set up a spa in the salt mine based upon these observations.

Modern use of this therapy started in Germany when Dr. Karl Hermann Spannagel noticed improvement in the health of his patients after they hid in a salt cave to escape heavy bombing. Many salt caves in East European countries still remain in operation today, offering medical treatment for respiratory diseases.[4]

According to recent findings, the health benefits of salt therapy are not only tremendous for humans, but also for animals! Veterinary applications are showing great results on smaller domestic animals and even horses. [5]

Like us, our pets are prone to disease, stress, and depression. They are susceptible to their surroundings, their genetic buildup, the food we feed them, and the way they are treated. Also, animals are exposed to the same air we breathe, which could contain pollutants, pollen, allergens, and air borne diseases. They often develop respiratory problems and experience the same issues humans do including inflammation, extra mucus, and restrictive breathing.

For example, "Most of the lower airway conditions in cats are due to non-infectious causes, with inflammatory airway disease associated with allergies or unknown triggers being the most common. Reactive airways result from ongoing irritation. These reactive airways tend to narrow the airways (bronchoconstriction) and produce excess mucus, leading to difficulty breathing, fast breathing, and sometimes, cough and nasal discharge. Feline Lower Airway Disease (FLAD) is an umbrella term to describe the conditions that lead to lung airway pathology."^[6]

Just like their owners, pets can get relief by simply breathing in the salt air and enjoying the many health benefits that Halotherapy provides, with no significant change in their routines and no nervous trips to the vet.

The Salt Cave has been helping children and adults for over 6 years with Halotherapy, providing a natural approach to preventing illness, cleansing the airways and lungs, and supporting the body's natural defense system. Now Andrea Geresdi, owner of the Salt Cave is planning to expand her facility and create a separate salt room dedicated to the treatment of animals.

She said she has seen people with asthma, bronchitis, allergies, sinusitis, cystic fibrosis, psoriasis, skin inflammation and other conditions show major improvement after just a few sessions and hopes to see wonderful progress with animals as well in the near future. She is planning to start Halotherapy treatments for pets in a separate space this summer.

In the meantime Andrea opens the Salt Cave doors to our four-legged friends after hours, offering private sessions for pets by appointment.

The Salt Cave is located at 4962 Tamiami Tr. N. Naples. For more information call (239) 410-2669 or visit www.saltcavenaples.com.

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REFERENCES:

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PHOTOGRAPHY BY E. NELSON



T'AI CHI ROULI: PHILOSOPHY IN MOTION

by Alfred Cormier, Doctor of Oriental Medicine

Tai Chi Rouli was invented in 1991 by Professor Bai Rong at the Shanxi Medical University in China. He observed his boxing students throwing a boxing glove back and forth with cooking woks after practice for fun. The movements inspired him to invent Tai Chi Rouli. The sport is becoming increasingly popular in Asia and Europe, but is not well known in America.

My journey with Rouli started by watching it on a YouTube video. In 2012, I went to Beijing with the express purpose of learning the sport. I arrived in Beijing on a Sunday night and purchased the equipment at the famous Wangfujing Mall. Monday morning I was practicing with world class teachers of the sport at the Temple of Heaven. The older people in the park did amazing routines and were very friendly and happy to teach me for free. Later that day, I went to the world headquarters of Tai Chi Rouli and bought thousands of racquets and balls. There I was referred to Master Tong Bao Min, their main instructor. I met with him that night and started my certification program. He taught me privately for two hours every night at the Temple of Earth. For two weeks I trained for five hours every morning at the Temple of Heaven, and for two hours every night at the Temple of Earth. At the end of two weeks, I was certified as an international certified coach in Tai Chi Rouli.

The Rouli racquet face is imbued with Chinese philosophy. In the center is the yin yang symbol of Taoism. When performing Tai Chi, one tries to become this symbol, always moving and flowing in a balanced way. The yin and yang are the basis for Chinese medicine, and are best explained by Lao Tzu's book, *Tao Te Ching*. Around the yin yang symbol are the eight trigrams from the *I Ching*. A straight line represents yang, the male aspect. A broken line represents yin, the female aspect. When gathering these lines in groups of three, there are eight possibilities. By stacking the trigrams together, there are 64 possible hexagrams of six lines. The hexagrams are a mathematical formula which inspired Leibniz to create calculus, and helped decipher the human genome project. The oldest book, the *I Ching*, explains all this with commentary from Confucius. I would consider the *Tao Te Ching* and the *I Ching* to be required reading for one to understand Tai Chi Rouli. The main benefits of reading these books would be a love for humanity, nature, self respect and a feeling of contentment.

Tai Chi Rouli is an excellent physical and cardiovascular workout. It can be played on a pickle ball court, or in your living room while watching TV. Basically, it can be done anywhere, alone or with a group. The sport will teach you about gravity and centrifugal force, which is excellent for balance and prevention of falls. It has become part of my daily life and I love Tai Chi Rouli.

On July 2nd, I am scheduled to perform a 10-minute demonstration of Tai Chi Rouli for the fans at the Fort Myers Miracles baseball stadium. Please come to enjoy the game and to see some Tai Chi Rouli in action. At my office, you can buy a set of two racquets, two balls, a specialized bag, and my training DVD for \$60.

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. Office: 239.530.3997 Cell: 239.272.1644



Dr. Alfred Cormier

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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.



SEE PAGE 48-49

The Tree of CONSCIOUS LIVING



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

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ON *The Tree of* CONSCIOUS LIVING

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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 each month with a FREE gift at the White Lotus Studio (see address and hours on page 40) as soon as the new issue comes out.

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PHOTOGRAPHY BY E. NELSON



Happiness held is the seed.
Happiness shared is the flower.

- JOHN HARRIGAN

*The most precious gift we can offer
anyone is our attention. When
mindfulness embraces those we
love, they will bloom like flowers.*

- THICH NHAT HANH



Photography by E. Nelson

Crystal Therapy: CALCITE

Calcite is calcium carbonate mineral that forms in water. It is one of the most varied and abundant crystals on the planet. Calcite is one of the constituents that make up a large number of sedimentary rocks, including limestone and marble.



Photo from Google Images

Calcite is a strong amplifier and cleanser of energy. It is spiritual stone that can help speed up personal development and growth, facilitate the opening of higher awareness and psychic abilities, while calming the mind and stimulating insights.

ATTRIBUTES	Insight, Clarity, Forgiveness
ELEMENT	All (depending on the variety)
CHAKRA	All (depending on the variety)
MINED IN	U.S., Britain, Belgium, Brazil, Czech Republic, Slovakia, Peru, Iceland

CALCITES have powerful attributes, and they are very easy to use. By simply holding one in your hand, you can create an amazing flow of energy through your body. Calcites help to clear negative energy and bring an increase in the good vibrations present. Whatever color you choose, these stones are excellent assets to have in your home, business or in your healing area, as they can assist in cleansing your environment.

POSITION

Hold or wear as appropriate. Simply place a specimen of Calcite in a room to remove stagnant energy and increase energy levels in the space.

HEALING

In Crystal Healing, Calcite is said to be beneficial for cleansing the organs of elimination, strengthening the skeleton and joints, for tissue repair, and also for the treatment of skin conditions. As an elixir, it can be applied to ulcers, warts, and wounds.

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

A FEW VARIETIES OF CALCITE:

RED CALCITE is an energizing and detoxifying stone. It can bring stability to one's will and increase inner strength. It can also assist with problem solving. Red Calcite is believed to attract love. It is a stone that eases and releases fear. It calms adrenaline rush caused by fear. This is particularly helpful for those who constantly "battle" in their daily lives. Red Calcite is associated with the Root/Base Chakra.

ORANGE CALCITE can be used to get positive energy moving in the areas of sexuality and creativity. It has strong energizing and cleansing properties. It can help balance emotions, remove fear, overcome depression, and dissolve problems standing in the way of achieving our best potential. Orange Calcite is associated with the Sacral Chakra.

YELLOW CALCITE stimulates the intellect. It can help us organize intellectual thoughts and information. It can also boost our general energy levels, increasing personal power and sense of self-worth. Yellow calcite is said to be helpful with psychic abilities and meditation. It can assist with channeling, intuitive awareness, shamanic work, and other psychic activities. Yellow Calcite is associated with the Solar Plexus Chakra.

GREEN CALCITE can assist in dissolving old rigid belief systems and restoring balance to our mind. It is said to aid any transition from a stagnant to a positive environment. It can also be used to stimulate the immune system and absorb negative energy. Green Calcite is believed to be beneficial for arthritis and bacterial infections. Associated with the Heart Chakra.

PINK CALCITE is a stone of forgiveness. It helps release fear and grief. It is an excellent stone to use for increasing self-worth. It has a soft, loving energy that will dissolve resistance. Pink Calcite is a stone of deep emotional healing. It is said to help one tap into the vibration of Divine Love, to facilitate self-love, and to be a comfort in times of loneliness. It is believed to heal nervous conditions, alleviate anxiety, grief, trauma and tension, and help prevent nightmares. Associated with the Heart Chakra.

BLUE CALCITE is a gentle stone that can help soothe the nerves and lift anxieties. It may also facilitate physical healing by clearing negative emotions and encouraging rest and relaxation. Used on the Throat Chakra, Blue Calcite aids clear communication. Placed on the Third Eye Chakra, it could enhance intuition and inner sight. Blue Calcite absorbs negative energy and can help cleanse your space. Blue Calcite also aids memory and learning.

HONEY CALCITE is a stone that gently amplifies energy. It can assist in the challenges associated with change. It is said to enhance psychic abilities, astral projection, and higher consciousness. It can also stimulate the intellect and memory. Associated with the Third Eye, Sacral and Solar Plexus Chakras.

CLEAR CALCITE (Iceland Spar) increases and amplifies energy. This makes it an excellent stone for distance healing, as well as other types of healing. It is believed to amplify learning abilities; therefore it is a beneficial stone for students. Clear Calcite is said to bring inner peace. It can also enhance creativity and imagination. Clear Calcite can be used to open and balance all the chakras.

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Essential Oil of the Month: *Thyme*

by Bethanny Gonzalez, Certified Aromatherapist

Thyme Essential Oil is extracted through steam distillation of the fresh flowers and leaves of the plant. Thyme is a common herb and is generally used as a condiment or spice. In addition, thyme is broadly used in herbal and domestic medicines.

(*Thymus Satureioides* Coss)

AROMA:	Warm, sweet, exotic, floral with herbaceous notes
PROPERTIES:	antiseptic, bactericidal, antispasmodic, tonic, anti rheumatic, cardiac, carminative, and diuretic
ELEMENT:	Water
PLANET:	Mercury and Venus
CHAKRA:	Heart
SPIRITUAL ASPECTS:	Clarity, Wisdom, and Purification

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- Keeps away insects and pests

HEALTH BENEFITS

- Provides relief from coughs and colds by helping drain congestion
- Safeguards wounds and sores against infections
- Kills bacteria and worms
- Boosts the immune system
- Stimulates the circulatory system, digestive system, nervous system, muscles, and skin
- Relaxes the arteries and veins, and reduces blood pressure and stress on the heart
- May give relief to those women who suffer from irregular, obstructed, or painful menses or an untimely menopause
- Beneficial for those who are suffering from low blood pressure

EMOTIONAL USES

- Boosts memory and increases concentration
- Helps to fight depression
- Brings clarity at times of confusion and uncertainty

SPIRITUAL USES

- Helps to clear the mind and to open psychic awareness
- Can be used to bring energetic healing to the body, mind, and soul
- Aids spiritual purification

CAUTION

It is an irritant to some people, as well as a hypertensive substance that increases blood pressure.

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

for Scar Cream

- 1 tablespoon Coconut Oil
- 1 tablespoon Aloe
- 12 drops Thyme Essential Oil

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With Love and Light,

Bethanny

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 INTERNATIONAL WOMEN'S DAY Jupiter at Opposition	9  NEW MOON TOTAL SOLAR ECLIPSE	10	11	12
13 DAYLIGHT SAVING STARTS	14	15	16	17 ST. PATRICK'S DAY	18	19
20 MARCH EQUINOX FIRST DAY OF SPRING NOWRUZ	21	22	23  FULL MOON PENUMBRAL LUNAR ECLIPSE	24	25 WORLD WATER DAY	26
27 EASTER	28	29	30	31		



March 9
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 01:54 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

METAPHYSICAL ASPECTS

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

SOURCE:

www.seasky.org
www.caleastrology.com
www.mindbodygreen.com
www.wincalendar.com
www.timeanddate.com/time/change/usa



March 23
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 12:02 UTC. This full moon was known by early Native American tribes as the Full Warm Moon because this was the time of year when the ground would begin to soften and the earthworms would reappear. This moon has also been known as the Full Crow Moon, the Full Crust Moon, the Full Sap Moon, and the Lenten Moon.

METAPHYSICAL ASPECTS

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



March 20
MARCH EQUINOX

The March equinox occurs at 04:30 UTC. The Sun will shine directly on the equator and there will be nearly equal amounts of day and night throughout the world. This is also the first day of spring (vernal equinox) in the Northern Hemisphere and the first day of fall (autumnal equinox) in the Southern Hemisphere.



March 13
DAYLIGHT SAVING
TIME STARTS

When local standard time is about to reach Sunday, March 13, 2016, 2:00 AM clocks are turned forward 1 hour to Sunday, March 13, 2016, 3:00 AM local daylight time instead.

Sunrise and sunset will be about 1 hour later on Mar 13, 2016 than the day before. There will be more light in the evening.

Also called Spring Forward and summer time.

SAMANTHA BANKS, CELTIC SHAMAN AND METAPHYSICIAN HAS JOINED GODDESS I AM

She is available for shamanic healing, Reiki, crystal healing and channeled readings. Samantha is highly trained in the mystery tradition and in Mindfulness techniques. She brings over a decade of wisdom, experience, and knowledge in the art and science of metaphysics to Goddess I Am. Store hours are Tuesday to Saturday 11am-6pm, on Sundays from 11am-5pm. Samantha is available daily for appointments. 600 Goodlette Rd, Naples, 239-228-6949.

Mindfulness and Stress Reduction Course a six-session bi-weekly class

On **March 24th** Samantha Banks starts a bi-weekly series of 6-session Mindfulness practice. The class is created to assist participants eliminate stress and anxiety from everyday lives and develop healthy habits of positive thinking and mindfulness practice.

Life is busy and all too often people forget to stop and relieve the pressure. As busy parents, grandparents, business owners, employees we can give ourselves the gift of mindfulness and be present, peacefully to all that we experience.

By learning the simple practice of mindfulness techniques, one can learn to effectively and joyfully deal with life. Living life in the present moment without judgment leads to appreciation and acceptance of life & relationships. There will be six bi-weekly meetings starting March 24th 6PM-7:30PM. Six classes for \$250, early bird sign up by March 5th \$210. Goddess I Am, 600 Goodlette Road, Naples. For more information, call 239-228-6949 or visit www.goddessiam.com.

Local News & Events MARCH 2016

EVERY MONDAY

YIN YOGA w/ Crystal Bowl Healing at Goddess I AM Healing & Art Center. 11AM - 12PM. Yin yoga is a meditative, slow practice that allows students to access deep areas of the body that may be suffering from lightness or stagnant energy. Isabel adds the power of sound healing through the playing of the crystal bowls. The resonance and vibrations of the bowls heal at a cellular level and aid in the process of wellness and connection to our body, mind, and soul. The practice will end with a crystal bowl meditation. **\$10**. 600 Goodlette Rd. N. Naples. 239-228-6949.

EVERY WEDNESDAY

MEDITATION w/Bethany Gonzalez at Goddess I AM Healing & Art Center. 6 - 6:30PM. These soothing and powerful Guided Meditations are open to beginners and advanced practitioners alike. Bethany 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 THURSDAY

YIN YOGA w/ Crystal Bowl Healing at Goddess I AM Healing & Art Center. 10 - 11AM. Yin yoga is a meditative, slow practice that allows students to access deep areas of the body that may be suffering from lightness or stagnant energy. Isabel adds the power of sound healing through the playing of the crystal bowls. The resonance and vibrations of the bowls heal at a cellular level and aid in the process of wellness and connection to our body, mind, and soul. The practice will end with a crystal bowl meditation. **\$10**. 600 Goodlette Rd. N. Naples. 239-228-6949.

EVERY FRIDAY

MEDITATION w/Beth at Goddess I AM Healing & Art Center. 10 - 10:30AM. 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

PINE RIDGE ROAD FARMERS MARKET at the Marquesa Plaza (corner of Pine Ridge & Livingston Rd). 9AM - 2PM. 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 products. 3370 Pine Ridge Rd. Naples. 239-200-4401.

MARCH 10 THURSDAY

ALCHEMY CRYSTAL BOWL MEDITATION at the White Lotus Studio. 6:30 - 7:30PM. 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 Connie Myers at (239) 404-8892. 5555 Taylor Rd. Unit C.

MARCH 11 FRIDAY

EVENING PSYCHIC FAIRE at Goddess I AM. 5 - 8PM. 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 Meditation readings as well. 600 Goodlette Rd. N., Naples. 239-228-6949.

BREATH OF LIFE - Music of the Spheres with Dana House at Prana Yoga. 6:30PM 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**, 1065 5th Ave. N., Naples. RSVP. 239-571-5234.

MARCH 12 SATURDAY

THE HIDDEN MESSAGES IN DREAMS w/Leigh Randolph at the White Lotus Studio. 2-4PM. Explore the deeper meaning of your dreams. Are you curious to learn what these nightly messages are saying to you? 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**. White Lotus Studio, 5555 Taylor Rd. Unit C, Naples, FL 34109 RSVP at (614) 581-8703

MARCH 13 SUNDAY

SOARING SACRED SOUNDS w/Dana House at the Arthur Murry Vortex Center. 6:30 PM. 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.

MARCH 18 FRIDAY

SACRED SOUND SACRED SPACE AWAKE! w/Dana House at Shangri-la Springs. 6:30 PM. 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. Shangri-la Springs, 27750 Old US 41 Rd., Bonita Springs, FL. RSVP. 239-949-0749.

MARCH 19 SATURDAY

FREE SMUDGING FEATHER MAKING CLASS at the White Lotus Studio. 4PM - 5PM. Learn to make your own Smudging Feather. All materials and tools are provided. Love offerings appreciated. Limited availability, only 5 people per class. RSVP at (239) 687-0667. 5555 Taylor Rd, Unit C., Naples

MARCH 22 TUESDAY

EMBRACING YOUR AUTHENTIC SELF CLASS w/Beth at Goddess I AM Healing & Art Center. 6:30-8PM. An on-going class for people who seek to uncover their own magic within - your own special brand of awesomeness! \$20. 600 Goodlette Rd. N., Naples. RSVP at 239-228-6949.

MARCH 24 THURSDAY

SACRED SOUNDS FULL MOON w/Dana House at Prana Yoga. 6:30PM. 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 immersion into blissful remembrances of unity with all creation. \$20. 1065 5th Ave. N., Naples. RSVP. 239-571-5234.

ALCHEMY CRYSTAL BOWL MEDITATION at the White Lotus Studio. 6:30 - 7:30PM. Please bring a yoga mat and pillow. Love offerings are welcome. RSVP. Connie Myers at (239) 404-8892. 5555 Taylor Rd, Unit C.

MARCH 25 FRIDAY

RED TENT GATHERING at Goddess I AM. 6PM - 9PM. 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.

MARCH 26 SATURDAY

TRUSTING INTUITION WORKSHOP w/John McMullin at the White Lotus Studio. 2PM-4PM. 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 phenomenon 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. 5555 Taylor Rd, Unit C. Naples, FL 34109. RSVP at (614) 975-5433.

PSYCHIC FAIRE at Goddess I AM Healing & Art Center. 11AM - 4PM. 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.

See all events at Goddess I AM Healing and Art Center online at www.goddessiam.com/calendar.html

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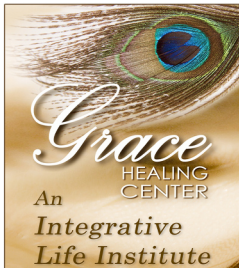
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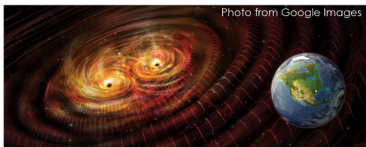


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**SCIENTISTS HAVE DIRECTLY
DETECTED, FOR THE FIRST
TIME, RIPPLES IN SPACETIME**



[CONTENT IDEA BY GUY CERRITO]

"A century after being proposed by physicist Albert Einstein, scientists have made the first detection of gravitational waves -- massive celestial objects on the move causing spacetime itself to ripple -- a historic discovery that opens up an entirely new way of studying the cosmos", reports Discovery.com.

In the wake of the historic announcement, British physicist and black hole theorist Stephen Hawking was quick to congratulate the US-led collaboration, sharing his excitement for the historic news.

"These results confirm several very important predictions of Einstein's theory of general relativity," Hawking said in a BBC interview. "It confirms the existence of gravitational waves directly."

As it is becoming clear, the direct detection of these ripples in spacetime not only confirm Einstein's famous theory of general relativity, they open our eyes to a previously "dark" universe. Astronomy uses the electromagnetic spectrum (such as visible light, X-rays, infrared) to study the universe, but objects that do not radiate in the electromagnetic spectrum will go unnoticed. But now we know how to detect gravitational waves, there could be a paradigm shift in how we detect and study some of the most energetic cosmic phenomena.

"Gravitational waves provide a completely new way of looking at the universe," said Hawking. "The ability to detect them has the potential to revolutionize astronomy."

[EXCERPT from *Hawking: Gravitational Waves Could Revolutionize Astronomy* by Ian O'Neill]



Read full article at
www.space.com/31960-hawking-gravitational-waves-could-revolutionize-astronomy.html#sthash.6ugcaQqx.dpuf

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*Clover faeries, I love you.
Clover faeries, yes I do.
Clover faeries shine your grace, in my life and in my space.*

*Clover faeries, help me grow.
Clover faeries, I love you so.
Send me golden opportunities.
Open me to financial prosperity.*

*Clover faeries, launch me fast.
Clover faeries, make it last.
Clover faeries, move me quick.
Light the flame of my heart's candle wick.*

*Clover Faeries
Clover Faeries, dance with me today.
Clover Faeries
Clover Faeries, in your magical way, dance with me today.*

*Clover faeries, I love you.
Clover faeries, through and through.
Clover faeries, leprechauns and all.
Hear my song and hear my call.*

*Clover Faeries
Clover Faeries, dance with me today.
Clover Faeries
Clover Faeries, in your magical way, dance with me today.*

Sparkle through love, light, miracle and magic.

Did You Know?

Botanically speaking, the banana is an herb.



Bananas are the world's most popular fruit after tomatoes. In western countries, they could account for 3% of a grocer's total sales. Approximately 44 million tons of bananas are produced annually.

Bananas consistently are the number one compliant of grocery shoppers. Most people complain when bananas are overripe or even freckled. The fact is that spotted bananas are sweeter, with a sugar content of more than 20%, compared with 3% in a green banana.

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SOURCE: www.colliergov.net

Household Hazardous Waste Program



[CONTENT IDEA BY SHAMAMA]

The Solid and Hazardous Waste Management Department's (SHWMD) mission is to provide an efficient, safe and convenient programs for the collection and proper disposal of household materials for residents and small businesses in Collier County.

Households often use and store many chemical products that are hazardous. Products such as paints, cleaners, oils, batteries, and pesticides contain potentially hazardous ingredients requiring special care when being disposed of. Improper disposal of these chemical products include pouring them down a drain, on the ground, into storm sewers or, in some cases, putting them out with the trash. The dangers of such disposal methods might not be immediately obvious, but improper disposal of these wastes can pollute the environment and pose a serious threat to human health.

All SHWMD Recycling Drop-off Centers collect used oil, antifreeze, gasoline, diesel fuel, used oil filters, electronics, fluorescent bulbs and latex paint. These items are removed from our facilities by certified hazardous waste management vendors for final disposal, promoting a safe and healthy environment for our residents.

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3730 White Lake Blvd. [off of Collier Blvd./951, north of I-75 Overpass] Naples, FL 34117
Phone: 239-252-8489
Open Monday through Saturday 7:00am to 5:00pm

CARNESTOWN RECYCLING DROP-OFF CENTER

31201 Tamiami Trail East Naples, FL 34114
Phone: 239-695-4331
Open the 2nd Saturday of each month 9:00am to Noon, and 12:30pm to 3:30pm.

IMMOKALEE TRANSFER STATION

700 Stockade Road, Immokalee, FL 34142
Phone: 239-252-4145
Open Monday through Saturday 7:30am - 11:30am, 12:30pm - 4:00pm (3:15pm for Hand Unloading)

MARCO ISLAND RECYCLING DROP-OFF CENTER

990 Chalmer Drive [corner of Chalmer Drive and East Elkcam Circle] Marco Island, FL 34145
Phone: 239-252-5153
Open Tuesday through Saturday 8:30am - 11:00am, 12:00pm - 4:30pm.

NAPLES RECYCLING DROP-OFF CENTER

2640 Enterprise Ave West [off Airport Road on north side of Naples Airport] Naples, FL 34104
Phone: 239-643-3099
Open Tuesday through Saturday 8:30am - 4:30pm.

NORTH COLLIER RECYCLING DROP-OFF CENTER

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what is essential is invisible to the eye."* - Antoine de Saint-Exupery

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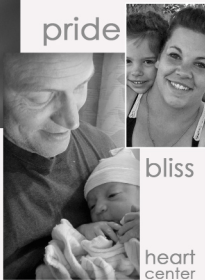
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