



White Lotus  
SW Florida Edition

**FREE**  
APRIL 2016

Lotus  
magazine

Enlightenment

INSPIRATIONS FOR CONSCIOUS LIVING

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



PHOTOGRAPHY BY PETER GERESDI





# WISDOM

FOR THE MONTH OF APRIL

## *The Shaman's Whispers*

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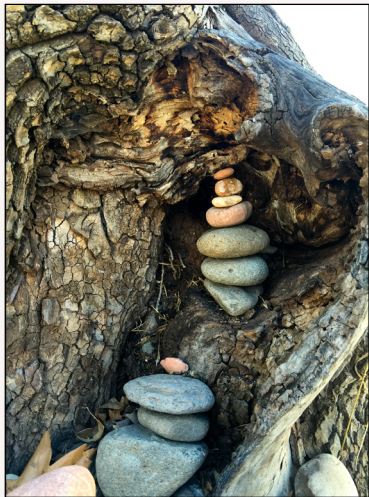
*To heal the world,  
we must first heal the  
individuals, the families,  
and the communities.*

*The  
Shaman  
Lady*

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

This month's wisdom is based on the teachings of Art Solomon, Anishinaabe Elder.

Peter  
Geresdi



Everyone has a **spirit** that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here to realize your inner divinity and manifest your innate enlightenment.

- MORIHEI UESHIBA



**PHOTOGRAPHY BY PETER GERESDI**



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**"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.*

**WHITE LOTUS MAGAZINE**  
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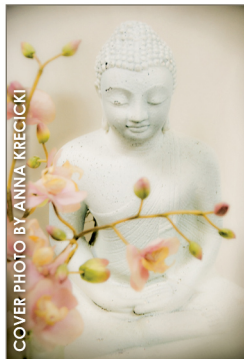
## NOTE *from the Editor*

Although I am the Publishing Editor of this magazine, it is not mine: it is ours. It is not about what I believe, it is about us. The stories, the simple wisdom, and genuine insights I share are not mine, they are ours. I may be the one who puts together the content each month, but I can't take the credit: I simply relay the message. The contributed articles, photos, and quotes are what essentially form the magazine.

White Lotus Magazine is about sharing inspirations for conscious living. So I have invited our readers to share their wisdom and stories, to help me build the content of each issue, and to be an active part of this publication. In the past months I have received excellent articles, helpful content ideas, beautiful photography, and divine bits of wisdom, as well as generous monetary contributions that support the printing.

With each new contributor and every new advertiser, we have also been growing the Tree of Conscious Living (see page 48-49). Our goal has been to fill the Tree with a multitude of leaves to recognize and honor the growing number of our readers and supporters. I am delighted to see how full it has become! And I am grateful for each leaf -- for every submission, for each advertisement, and for each and every individual or business that has been a kind supporter of White Lotus Magazine.

- Anna Krecicki



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# ZEBRA: NATURE'S STRIKING WORK OF ART

by Carol Glassman

One of the most interesting things you might learn about the Zebra, is how to pronounce its name. Some say *Zeb-rah* and some say *Zee-brah*. The difference may be as simple as the way people in the UK and Commonwealth countries pronounce the letter "Z", as contrasted with Americans. In Africa it is definitely known as Zeb-rah, with the short initial vowel.

This live piece of striped modern art in motion is best known for its startling black and white striped coat. Is it black with white stripes, or white with black stripes? Although some of the so-called experts cannot seem to come to a consensus on this, most research scientists claim it is black with white stripes. Some Zebras have white fur on their bellies, which suggests that white could be the background color and the black stripes an added pattern. If a Zebra were shaved, however, one would find a black-skinned animal underneath. As a Zebra embryo develops in the uterus, its entire body is black.

"The white stripes emerge afterwards as the genes that code for the dark pigment melanin are selectively deactivated for the hair follicles that cover certain areas of skin," researchers have found.

The stripes might serve Zebras as a form of air-conditioning that dissipates over 70 percent of incoming heat, helping the animals withstand intense solar radiation. As air moves more quickly over black, light-absorbing stripes than over white stripes, the action would create convection currents around the Zebra to cool it. One study showed that Zebras have more stripes in hotter habitats.

The stripes can also act as camouflage. One might wonder how this works, given the strongly contrasting colors of the stripes: they may help confuse predators by creating 'motion dazzle'. When a herd of Zebras stands or moves close together it may appear as one large mass of flickering stripes, making it more difficult for a lion to pick out a target. Possibly the stripes might confuse observers such as predators and biting insects by two visual illusions: a wagon wheel effect, where the perceived motion is inverted, and a barber pole illusion, where the perceived motion is in the wrong direction.

The stripes could serve as visual cues and identification for the Zebras themselves. Although the striping pattern is unique to each individual, like a human fingerprint, it is not known if Zebras can recognize each another by their stripes. At first glance Zebras in a herd might all look alike, but their stripe patterns are so distinctive that scientists can identify individual Zebras by comparing patterns, stripe widths, color, and scars. Experiments by different researchers indicate that the stripes are effective in attracting fewer flies, including blood-sucking tsetse flies and horseflies. One study showed that black and white stripes disrupt an attractive pattern. Further, attractiveness increases with stripe width, so the relatively narrow stripes of the three living species of Zebras should be unattractive to horseflies.

There are three species of Zebras (and many sub-species as well); the plains Zebra, Grévy's Zebra, and mountain Zebra. All three belong to the genus *Equus*, (horse) along with other living equids.

Although Zebra species may have overlapping ranges, they do not interbreed. In captivity, plains Zebras have been crossed with mountain Zebras. The hybrid foals lacked a dewlap (fold of loose skin hanging from neck or throat) and resembled the plains Zebra apart from their larger ears and their hindquarters pattern. Attempts to breed a Grévy's Zebra stallion to mountain Zebra mares resulted in a high rate of miscarriage. In captivity, crosses between Zebras and other (non-Zebra) equines have produced several distinct hybrids such as the zebroid, zeedonk, zony, and zorse.

The species shown in these photos (see next pages) is likely the plains Zebra which has a wide range in east and southern Africa. They were photographed in Namibia and Zimbabwe, South Africa. Overall, plains Zebras number at around 750,000. They usually live in treeless grasslands and savanna woodlands. This species' habitat is shrinking, however, and plains Zebras are now extinct in parts of Africa. Habitat loss due to human encroachment, agricultural practices, and livestock grazing remains an issue in the ongoing conservation of this species. These problems are especially prevalent in the southern half of their range and account for much of recent population decline.



## PHOTOGRAPHY BY CAROL GLASSMAN



Plains Zebras eat a variety of grasses, bushes, even tree bark, and are very dependent on water.



Zebras often stand head-to-tail so that they can watch for predators.

Unfortunately, hunting for plains Zebras, especially severe in the northern half of their range, poses serious danger to their population. Zebras are hunted for their meat and their distinctive skins.

Lions, cheetahs, hyenas, hunting dogs, leopards, and humans are predators of the Zebra. When a family group is attacked, the members form a semicircle, face the predator and watch it, ready to bite or strike should the attack continue. If one of the family is injured the rest will often encircle it to protect it from further attack.

Different species of Zebra can live up to 40 years in captivity, usually 25 years in the wild. Their stocky bodies weigh between 440 - 990 pounds, depending on the species.

Zebras are avid grazers. Both Burchell's and Grevy's Zebras search constantly for green pastures. In the dry season, they live on coarse, dry grass only if they are within a short distance (usually no farther than 20 miles away) of water sources.

Zebras are social animals that spend time in small harems to very large herds of males. They graze together and even groom each other.

Plains (Burchell's) Zebras, the most common species, live in small family groups consisting of a male (stallion), several females, and their young. These units may combine with others to form large herds of thousands, but family members remain close within the herd.

Like horses, Zebras sleep standing up, and only when neighbors are around to warn them of predators. Zebras communicate with each other by high-pitched barks and whinnying.

A Zebra's ears signify its mood. When a Zebra is in a calm or friendly mood, its ears stand erect. When it is frightened, its ears are pushed forward. When angry, its ears are pulled backward. While surveying an area for predators, Zebras will stand in an alert posture with ears erect, head held high, and staring. When tense, they will snort. Upon spotting or sensing a predator, a Zebra will bark (or bray) loudly.

Zebras have four gaits: walk, trot, canter, and gallop. They are somewhat slower than horses but their great stamina helps them outrun predators. When chased, a Zebra will zig-zag from side to side, making it more difficult for a predator to attack. If cornered, the Zebra will rise on its hind legs and kick or bite its attacker.

Zebras have excellent eyesight. It is believed that they can see in color. Like most ungulates, (hooved animals) the Zebra's eyes are on the sides of its head, giving it a wide field of vision. Zebras also have night vision, although not as sharp as most of their predators. Zebras have excellent hearing and have larger, rounder ears than horses. Like other ungulates, Zebras can turn their ears in almost any direction. In addition to excellent eyesight and hearing, Zebras also have acute senses of smell and taste.

Female Zebras mature earlier than males, and may have their first foals by the age of three. Mares may give birth to one foal every twelve months, nursing the foal for up to a year. Males are not able to breed until the age of five or six. Like horses, Zebras are able to stand, walk and suckle shortly after they are born. A Zebra foal is brown and white instead of black and white at birth. Plains and mountain Zebra foals are protected by their mothers, as well as by the head stallion and the other mares in their group.

Attempts have been made to train Zebras for riding, since they have better resistance than horses to African diseases. Most of these attempts failed, however, because of the Zebra's more unpredictable nature and tendency to panic under stress. For this reason, Zebra-mules or zebroids (crosses between any species of Zebra and a horse, pony, donkey or ass) are preferred over purebred Zebras.

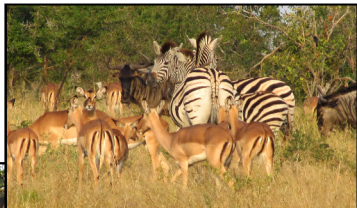
Because of the design of its striking coat, which we often imitate in our clothing and decor, this powerful and beautiful animal is one of the best recognized in nature. Its survival depends on our respect for its wellbeing and habitat.

**Zebras are very sociable animals, mixing well with others as long as they do not feel threatened.**

**Hmmm - how good are those stripes for camouflage?**



**A mother Zebra and her young foal.**



Carol  
Glassman



# DOULA LOVE

by Paula Terry, LMT

*A doula recognizes birth as a key life experience that all in presence will remember for their lives.*



My dream is to see our race think with our hearts and feel with our brains in order to create a peaceful world where we all have the opportunity to live free of ego and depriving behaviors that no longer serve us. I became a doula because I do not have any children of my own and I just love life -- it is all about the love.



A doula is a trained and experienced labor companion who provides a woman and her husband/partner continuous emotional support, physical comfort and assistance in obtaining information before, during and after childbirth. She understands the physiology of birth and the emotional needs of the family; she assists in preparing for and carrying out their plans; and she facilitates communication between the laboring woman, her partner, and clinical care providers. A doula offers emotional support, physical comfort measures, an objective viewpoint and assistance to the woman in getting the information she needs to make good decisions. She perceives her role as one who nurtures and protects the woman's memory of her birth experience and stays by her side throughout the entire labor and delivery process.

*"Paula is love. She is understanding, dedicated, passionate and comforting. Her helping hand is always out stretched. Having the honor of Paula being my doula will forever be incomparable and such a joyful, sacred place in my heart and mind. I would recommend Paula to anyone who is looking for the real deal." - Kati C., Naples, FL.*

*"I am still so thankful to have Paula comfort and support my wife and I through her pregnancy and to walk with us through this journey into parenthood. It was truly helpful to have her knowledge and experience when discussing and experiencing all things pregnancy." - Wesley O., Naples, FL*

*"My husband and I knew in minutes of speaking with Paula that she would be our doula. She supported us mentally, emotionally and physically before and after our son's birth. I believe her presence in our lives helped keep us calm, happy and safe throughout labor and delivery. The emotional support she provided postpartum in the crucial first weeks made all the difference. We love you and look forward to you being our doula again, when the time comes!" - Ashlee O., Naples, FL*

**Paula Terry** is a licensed massage therapist and a doula; utilizing cranio sacral, heart centered, and lymphatic drainage therapies along with love and nurturement to foster the healing your body needs.

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SCAN CODE

# LIGHTWAYS:

## *Aligning Cellular Frequencies with Light for Creating Balance and Wellness in the Intention of the Body*

by Barbara Cook

We are light. Biologically speaking, we are photons\* of energy. In all of today's high-tech medicine, nothing seems to be able to repair the human form in a non-invasive way as light can.

As a pioneer and specialist in the Science of Light Medicine, normalizing cellular tissue in the human, animal and plant body, I have gained extensive knowledge of photobiotics, as well as cell restoration and regeneration. My research has led me to the discovery of safe and effective solutions for today's ills – using light as a non-invasive modality assisting the body to heal itself.

My work in Biolight Medicine of the past 18 years has brought me to a great understanding of the electromagnetic energy that runs through all living things - plants, animals, and humans.

For 6000 years the East has understood how energy regulates the body's harmony. In China this life force energy is called Chi (qi). The Japanese call it Ki; the Eastern Indians call it Prana; the Maya call it Gaia; and Luke Skywalker calls it The Force.

The oriental success in treating the body's health needs by regulating flows of energy is well known and accepted today all over the world. In the teaching and practice of acupuncture we are taught early of the bio-magnetic grid that surrounds the body, the earth, and all living things. Some call it energy field; some call it aura; I call it the God of all things.

The very basis of acupuncture is the understanding of the human energy field and its connection to the completeness of the human being. The greatest part of acupuncture today is identifying these energy points, the entrances to the inner body that networks through our mind, body, and soul. Acupuncture, as you may know, uses needles. It is a much-accepted practice today and, may I add, finally accepted by most health insurance companies in America. You have likely also heard of acupressure which is using pressure on these acupuncture points for stimulating or sedating Chi in the body.

When using Acu-light (or BioRay light), we do not enter the body invasively like acupuncture or acupressure, but with photons of energy, with light. A singular wavelength of light is accepted like the sunshine, harmoniously orchestrating nourishment to the cells – and repair begins.

The energy point entrances allow me as a Light Specialist to reach the meridian system, a network of bio-magnetic pathways that runs through all living things: the life force. These meridians or invisible pathways of energy flow are like photo-optic highways carrying the body's communications and information on the pathway of light allowing the body perfect reception.

What Acu-light can do through acupuncture pathways is to clear the meridians of any non-beneficial blockages and allow an even and intended flow of Chi so that each cell is served.

When the body is perfectly balanced and the flow of Chi is consistently nourishing the cellular makeup of the anatomy, there is wellness in the mind. When this energy is disturbed and becomes off-balance, it manifests as illness in the physical and/or mental form. Quite often this can reflect emotional imbalance: if our emotions are off balance causing anger, unresolved stress, heart ache, ongoing worry, or fear, it will have negative effects on our health.

As a Light Specialist I have learned that if the body becomes balanced but the emotional overload continues unresolved, the dis-ease will return. I understand that there is more to healing the body than just the physical aspect previously thought by medical sciences.

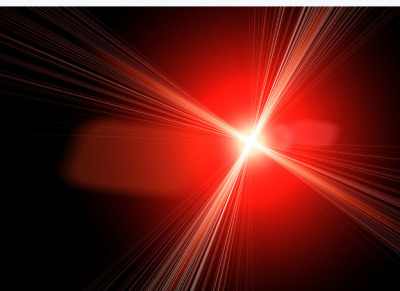
Restoring the altered patterns of energy imbalance can assist the cell's own blueprint for repair, as science states possible. How remarkable the human body functions under its own perfect design!

The light will allow the body's own knowing to either stimulate or to sedate the flow of energy via the aperture used. Once this energy in nanometers, (a measurement of light) enters the body, it is on a meridian pathway that runs on a directed course within the physical body, normalizing the cellular tissue to its perfect DNA blueprint. Being the same perfect frequency as the human cell, it will resonate to surrounding cells and continue on the meridian path reflecting as light will into the water in your body, vibrating at the same healing frequency within to aid in the rescue of surrounding damaged or afflicted cells.

I call this healing frequency *Lightways*. It is the frequency of happiness; it is as all sound and all vibration, recorded as any other high frequency on the levels of joy. Lightways is the blueprint of our cellular self.

The Science of Light Medicine incorporating these Lightways has shown factual results. It is not medicine by way of man (medical pharma), but in the trueness of Earth's sciences. I have found that no blind studies are necessary as positive results consistently and repeatedly occur.

Unlike traditional acupuncturists, Acu-light requires no extended learning. We are merely using God's pathways of light, the same light paths that the sun has used since the beginning of time to mend and repair. It is the purest avenue for human health.



We are a network of photons and molecules vibrating at particular frequencies which affect the cells that properly maintain the body, our carriage for the soul.

Like the radio station that switches frequencies with each selection we make, so do the frequencies in the body switch every time we change our minds, every time we have an emotion, constantly updating the cellular conditioning of the body to correlate with our thoughts and the feelings they bring.

There is an emotion or feeling associated with each experience we have. One portion of that feeling is the actual electrical charge of the thought. As Gregg Braden\*\* explains, a change in our thoughts creates a change in the pH of that particular part of the brain. This charge in turn alters the pH of the cellular fluids within certain portions of the body increasing or decreasing the electrical potential of the fluids separated by the cell membrane. This dynamic relationship governs the rate at which the cell is vibrating (called the cellular frequency).

Knowing this we can understand the value of meditation. As we embrace specific belief systems, the patterns of energy create mirrored experiences of our belief. This may or may not be beneficial for us. In meditation the path of non-beneficial patterns is bypassed, even if for a short period of time during the meditation itself, allowing the introduction of new thoughts, new patterns, and new beliefs.

Our experiences may be thought of as the accumulation and recognition of energy information: light seeking balance. Information is kept incrementally through the matrix of creation into a denser portion of the same matrix, the familiar form of the body. Thoughts and feelings directly impact information within our body matrix through regulating cellular frequency and integration of information (learning and remembering).

The effect of the cellular integration is reflected back through the matrix as balance, signaling a readiness to receive and integrate additional information.

After studying Gregg Braden's extensive work, I have come to the understanding that we cannot reach these high frequencies or find perfect balance from the static of an altered frequency caused by anger, sadness or sorrow, lack of forgiving, and grief. Joy is the balance point.

As we remember that we have access to the subtle energetic blueprints of experience, we grasp the powerful realization that we may change those patterns of life that no longer serve us. The very act of intentional change within is evolution: *conscious evolution*. It is through this science of compassion that a neutral charge (pH 7, a perfect balance) may be achieved regarding a situation or individual. The neutrality does not necessarily condone, agree, or sanction the experience witnessed. Rather it allows for a redefinition of what our experience has shown us. Through our redefinition of hate, anger, judgment and jealousy, as well as love, compassion and forgiveness, we remember the ancient opportunity that allows us to move forward in life as empowered beings of intent.

*\* Photons are light particles without mass. They transmit information within a cell and between cells.*

*\*\* Author, lecturer and guide to sacred sites throughout the world. Gregg Braden has been featured on radio and television programs nationwide and has been a popular guest and keynote speaker for conferences, expos and media specials regarding ancient wisdom, planetary shifts and the role of personal relationships.*

#### **DISCLAIMER:**

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

## **ABOUT THE AUTHOR**

Barbara Cook is a photobiotic specialist, a bio-molecular healer, and a dedicated researcher in photobiotics, the science of Light Medicine. As a sought-after international lecturer on restoring health, she offers classes, courses, and seminars in the study of Nanotechnology, implementing molecular alignment and restoration of cells for complete physical repair. Contact Barbara at Biolightm@gmail.com or at (239) 777-4578.



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Carmen Topper

**BIOLIGHT MEDICINE** and the Science of Health creates safe solutions for today's ills. Barbara Cook, dedicated researcher and pioneer in Light Medicine, offers classes, courses, and seminars in the study of Nanotechnology, implementing molecular alignment and restoration and effecting rejuvenation of cells for complete physical repair. Rediscovered Light brings the future of medicine into your hands. Barbara Cook's 18 years of proven efficacy for non-treatable illnesses and disease creates the new paradigm in the science of Light Medicine. Barbara Cook's work in the field of restoration and regeneration of cellular tissue is unmatched.

*We Create Safe Solutions For Today's Medicine.*



Barbara Cook

## BARBARA COOK

Photobiotic Specialist

Bio-Molecular Healer and Researcher in  
Photobiotics, the Science of Light Medicine

THE SCIENCE OF HEALTH

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energy

COLOR THERAPY: **ORANGE**

independence

harmony

warmth

creativity

fire

orange

optimism joy

prosperity

kindness

success

beauty

cheer







# Big, Black Trash Bags

## or Evicting Unwelcome Mental Tenants

A fantasy based on the dangers of accumulating and failing to manage anger in a healthy way  
by Carol Glassman

I discovered great items that every home should have: big, black trash bags. Not those flimsy bits of plastic you can spit through, but genuine, heavy-duty contractor trash bags with extra large capacity, manufactured from a tougher plastic than usual. That's the good news. (Does there have to be a downside?)

At almost the same time, I discovered a strange breed of person walking around with one of these bags slung over his (generic) shoulder. Each day the bag was fuller and bulkier. Because of the look on this person's face, I was reluctant to ask about the contents, so I decided to follow him.

I began playing detective early one day when the fellow put the large bag in his car and drove over to buy his 'morning caffeine jolt' at a local coffee shop. I didn't want to be detected so I stayed a good distance behind him. As he sped down his street, narrowly missing a few joggers and a couple on bicycles, I could have sworn I saw him put something in the bag. At the shop, when he ordered coffee, I thought I saw him do it again. What could it be?

He headed over to the public courts to meet three other men, and as they played tennis, he left the bag within reach. Every so often his hand moved toward it. Very mysterious indeed!

After the match, the other three men left together, but our bag-toting fellow left by himself, busily adding things to his plastic sack. By now I was beyond curious, but no wiser.

His next stop was the busy supermarket where he seemed to have made several enemies, jockeying for a place in the parking lot and settling (illegally) for a handicapped space. Although I was able to sidle up to him as he shopped, I still couldn't see what he was collecting. However, I noticed his shoulders rising almost to his ears, and a strange shade of red creeping up his neck towards his face. As he maneuvered impatiently through the aisles, his hands clenched the grocery cart as if he were strangling it. The bag expanded.

After shopping for food, he walked over to the pharmacy. There was a long lineup, so after waiting a full two minutes, he left. By now the color of his face was approaching an unhealthy purple.

Back to his car he went. Squealing car tires accompanied his departure from the parking lot. He went to the post office where, still clutching his bag, he stumbled up the steps and confronted yet another long line of waiting customers. After all, it was 'season'.

Huffing and puffing in annoyance, arms across his chest, he began tapping one foot. People ignored him, with the exception of one kindly elderly lady who offered him her spot in line, a few places ahead of where he was. He traded with her -- no thank you or acknowledgement. The bag began to look quite heavy.

After completing his business, he didn't quite make it to his car. He stood momentarily at the top of the post office steps, and then toppled like a tree; crumpled like an old rusty chain. Like a rock, he dropped to the ground.

No one moved.

"Call 9-1-1 ..."

"What happened?"

"Who is he?"

I was as stunned as everyone else, frozen in place, watching his motionless body. I had a terrible feeling that he was dead. No one made a move to help him, as there seemed to be an aura around him, a shield, and no one knew what to do. Helplessly we waited and watched.

Distant sirens approached, and soon the crowd increased to include firemen, paramedics, and police. They cautiously shook their heads, but continued to apply their knowledge, shifting the heavy body onto a stretcher, and into an ambulance. The cruiser followed; the fire engine quietly pulled away.

It was then I saw it, the large black trash bag. It was lying where it had fallen, unnoticed by all but me. Slowly I moved towards it, wondering if anyone would stop me. No one paid attention.

"I'll just take this over to the hospital emergency," I thought, even as I knew I would examine its contents thoroughly as soon as I got the chance.

Nonchalantly, I picked up the heavy bag and carried it carefully. How was it possible to feel such terrible emanations and scary vibes from a bag? But I did. I even thought I noticed a putrid odor coming from it. Should I open it in my car? I dared not.

I drove to a deserted beach and carried the bag to the water's edge, where I emptied it upon the sand. Can you imagine what was in it?

A pile of imagined insults; a heap of negative thoughts; misdirected anger; harsh words; evil intentions; meanness; impatience; rumors; slander; cheating; lying; cruelty; poor self esteem. Oh my! This dreadful pile of reeking horror that fell out of the bag resembled what one finds in a cow pasture! And that's exactly what it was.

Some people go through life, collecting negativity, imagined slights and insults, putting them in a big trash bag to fester as anger, while they carry them around. That bag fills up, and then what? Carrying it is bad enough, because as we saw, no good can come of toting a load like that. But I'd hate to be around when the bag is full, for here's what could happen: the first unfortunate soul who looks at this person sideways, will receive the full impact. It will be dumped on him -- all the preserved garbage that has been saved, bagged and carried, renting space in the aggrieved person's head /bag. That's what injustice is all about, folks.

Beware of bag carriers (and don't become one yourself) -- they're loose cannons who don't know how to channel anger. They're just waiting for a dumping ground, and it could be you.

Fill those trash bags, but don't carry them around! Evict your negative mental tenants and pay special attention to trash pickup day before it's too late!

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# Happy Spring, Beautiful Souls!

by Beth Brown-Rinella

*I* love the potential that spring brings us. Nature says it is time for procreation and birth. Buds are coming out on tree branches and bulbs are pushing their stems up through the earth.

Here in Southwest Florida it is the last bit of time to fully enjoy the outdoors before the heat sets in. Plan and create your garden now to enjoy veggies and herbs all summer long. Go explore Freedom Park, Corkscrew Sanctuary, or a greenbelt near your home. Visit the Botanical Garden on Bayshore: a place of true beauty and bliss that combines delightful tropical gardens with beautifully restored natural habitats. This is an excellent time to get outdoor projects done.

Spiritually, spring offers us a time to reflect, gather our thoughts, and make plans. Reflect on the first months of the year and move forward in a way that satisfies your plans. It is a good time to begin a new practice -- maybe meditation, yoga, or journaling. Think possibly of a challenge: a 30-day yoga challenge, or a 90-day meditation challenge. You could begin a cleanse to rid your body of toxins and/or heavy metals. Make a point to eat healthier, adding a green drink to your diet or new recipes to your repertoire. Be kind to this wonderful miracle we call our body!

The bottom line is, use this time of the year to refocus on yourself and set yourself up for success. With the energy of unlimited potential upon us, what will you do to make the best use of spring?

*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.





# Crystal Therapy: DESERT ROSE



Photo from Google Images

"Desert Rose" is the popular name given to crystalline concretions, which grow in sediments during the process of turning into rock. The crystals grow from a central point, and when the rock weathers, the "roses" emerge. Desert Rose has many different names, such as Sand Rose, Rose Rock, Selenite Rose, Gypsum Rose, and Gypsum Rosettes. Desert Rose is formed from the combination of water, wind, and sand. It is found in desert regions all over the world.

ELEMENT	Wind, Water, Earth, Fire
CHAKRA	Root/Base and Crown Chakras
SIGN	Capricorn, Scorpio, Taurus
MINED	Mexico, Morocco, Spain, Tunisia, Arizona
ATTRIBUTES	Protection, Prosperity, and Purification

Desert Rose is said to bring mental clarity and perception of all kinds, including intuitive perception. It is believed to increase creativity as well as psychic abilities. Desert Rose is a powerful purifier of energy: it can neutralize negative energy and clear stagnant or disruptive energies from objects, even people, and send that energy to Mother Earth, if needed, for healing. It is also helpful for strength in meditation and affirmation. Desert Rose is often used for past life recall. It is a wonderful stone for intuitive work because it quiets the mind from distractions and disruptions and ensures that our worries do not interfere with the work. Also, it clarifies visions so that we may interpret the messages more clearly and effortlessly. It can aid in decision making and bring out inner potential.

#### POSITION

Place Desert Rose in your home or office to help remove energy blockages, to promote mental acuity, and to bring prosperity to your business. Carry a piece in your pocket for protection.

#### HEALING

Desert Rose is used in crystal healing to quiet worries and still the mind. It can be used to dissolve emotional programs we have put upon ourselves that are unhealthy or no longer serve us. It is said to be helpful for the spine and the skeleton in general, and for aligning the spine properly. Desert Rose can also be used for relieving nausea brought on by stress or anxiety. It may also help to calm anxiety and panic attacks.

SOURCE: [www.mindbodyspirit-online.com/desert\\_rose](http://www.mindbodyspirit-online.com/desert_rose)

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# 22 SIMPLE THINGS

*you can do to find peace of mind and emotional freedom*

## (GUIDELINES FOR A FULFILLED LIFE)

### 1. be positive

Be positive with your words, your thoughts, and actions. Approach everything with a positive and enthusiastic attitude. Even when things seem to be less than ideal, try to keep a cool head and trust that everything is as it's supposed to be. Being positive and not allowing other people or situations to get to you is a conscious choice we all can make.

### 2. don't take things personally

The way others treat you is a statement about who *they* are, not about who *you* are. Sometimes things just happen. Don't see yourself as the victim. What others say and do is merely a projection of their own reality. When you become immune to the opinions and actions of others, you won't be the victim of needless drama, resentment, and pain.

### 3. choose your words carefully

Words have great power: they have the ability to make someone happy or to destroy them. Use the power of your words in the direction of truth and love. Say only what you mean. Avoid using your words to speak against yourself or to gossip about others.

### 4. be honest

Be truthful to yourself and others. That is the most precious gift you can give and receive. It's the foundation of all human relations. It takes the same breath to tell the truth or to tell a lie. But lies can create distrust and damages that will last a lifetime.

### 5. don't judge

Be accepting of yourself and others, and the situations you find yourself in. There is a reason for everything that happens. You just may not know it at this moment.

### 6. don't make assumptions

When we don't have all the information or we don't see a clear picture, we tend to fill in the cracks and make assumptions. Assumptions can lead you down on a dangerous path of false realities, unnecessary pain, anger, and regret. Find the courage to ask questions and communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama.

### 7. do your best

Do your best in everything you do. Give a 100%. Do everything with your whole heart. Your best is going to change from moment to moment; it will be different when you are healthy and happy as opposed to when you are down or sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse, and regret.

### 8. forgive

Be forgiving of yourself and others. That's the most profound way to establish peace of mind. Without forgiveness our life will be filled with resentment, pain, and vengeance.

### 9. be compassionate

Be patient, understanding, and kind to everyone you cross paths with: you never know what kind of pain someone is going through, unless you take the time to find out. Don't forget, compassion always goes further than criticism.

### 10. love unconditionally

Love without expectations and conditions. We don't have to expect others to change in order to truly love them.

### 11. be happy for other's success

Don't envy someone else's accomplishments. Be happy for them and be motivated by their success.

### 12. be caring

Cherish your loved ones. Protect and take good care of the ones you love. Hold your friends and family close. Listen and hear when people are talking to you. Pay attention.

### 13. be generous

By giving with no limits or expectations, you'll experience the joy of sharing and connecting. The instant you give all, all is given to you. Help those who are in need. "Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them." -Dalai Lama

### 14. be grateful

Be thankful for what you already have. Express your gratitude always. Thank the people in your life and tell them how much you appreciate them.

## 15. be faithful and reliable

Be loyal in any relationship. It's the key to inner peace and trust. Be trustworthy and responsible. Keep your promises. Don't let your words become empty and meaningless.

## 16. don't have regrets

Be courageous and bold. Trust yourself, trust your instincts. When you look back on your life, you'll regret the things you didn't do more than the ones you did. It is better to have tried and failed than to not have tried at all. There are no mistakes, just learning experiences. View every person in your life as a teacher and every experience as a lesson.

## 17. take responsibility

Don't blame others or the circumstances. Take responsibility for your actions and decisions, and accept that you have to live with the consequences.

## 18. live in the now

Don't contemplate and replay your past. Let go of past hurts, and don't ponder on what was -- it has already passed. Don't fear the future -- it is uncertain. Only this present moment matters. Let go of your fears. Nothing holds you back more than your fears, your insecurities and regrets. Face them and let go of them: they do not serve you. Live in this present moment.

## 19. don't stress

Stressing never makes anything easier or better, but it can make you sick. If you find yourself in a stressful situation, step back and breathe for a moment. Fill yourself with love; remember that you are strong and capable. You are never given something you can't handle.

## 20. meditate regularly

The practice of meditation can help you stay centered and calm regardless of your surroundings and circumstances. Quiet your mind regularly so that you can focus your awareness on the present moment.

## 21. don't give up

Be persistent. Never lose hope. Many great things in this world have been accomplished by those who kept on trying, even when there seemed to be no hope.

## 22. Treat everyone the way you wish to be treated

Treating everyone the way you would want to be treated is the fundamental principle of a happy, fulfilled life.

### SOURCES OF INSPIRATION:

*The Four Agreements: A Practical Guide to Personal Freedom*  
by Miguel Ruiz; [www.21suggestions.com](http://www.21suggestions.com)



Always keep your mind as bright and clear as the vast sky, the great ocean, and the highest peak, empty of all thoughts. Always keep your body filled with **light** and heat. Fill yourself with the power of wisdom and enlightenment.

- MORIHEI UESHIBA





PHOTOGRAPHY BY PETER GERESDI



*The Shaman's Cave, Sedona, AZ*





PHOTOGRAPHY BY PETER GERESDI

# In Focus: CRYSTAL BOWL SOUND HEALING

by Connie Myers



Photography by Anna Krecicki

## SOUND HEALING

Sound has been utilized in most ancient cultures for thousands of years as a tool for healing. In the West, however, it wasn't until the late 1920s that the healing properties of sound were recognized when acoustic researchers discovered ultrasound and its medical possibilities. With this discovery, research has expanded and today the ancient art of sound healing is rapidly developing into a new science. There is now a mass of research into the healing benefits of ultrasound, including its use in breaking up kidney stones and even shrinking tumors. In addition, infrasound and audible sound are now recognized and accepted as having immense healing properties. [1]

The Aboriginal people of Australia are the first known culture to heal with sound. Their *yidaki* (modern name, *didgeridoo*) has been used as a healing tool for thousands of years. The oldest records date back 2000 years in the form of cave and rock paintings, but some believe it has been used for as long as 40,000 years. It is said that the Aborigines healed broken bones, injuries, and illnesses of every kind using their enigmatic musical instrument. Interestingly, the sounds emitted by the *yidaki* are in alignment with today's modern sound healing technologies. [2]

We can suspect that some of the healing wisdoms of the ancients were based on sound principles.

Resonance may be the most important principle of sound healing and has various definitions. In the context of healing humans or animals, it can be described as the frequency of vibration that is most natural to a specific organ or system of the body. This innate frequency is known as the prime resonance. [1]

All cells emit sound as a consequence of their metabolic processes. There is an interaction between the cells' own sounds and those imposed by the environment, including those produced by the crystal singing bowls or applied by any sound healing devices. *The resonance principle relates to the cellular absorption of the healing sounds and/or their harmonics. In sound healing, resonance principles are employed to re-harmonize cells that have been imprinted with disruptive frequencies.* These altered imprints may have been a result of toxic substances, emotional traumas, pathogens, or long-term exposure to noise pollution. [1]

Sound also helps to facilitate shifts in our brainwave state by using entrainment. *Entrainment synchronizes our fluctuating brainwaves by providing a stable frequency which the brainwave can attune to.* By using rhythm and frequency, we can entrain our brainwaves which allows us to 'down-shift' our normal beta state (normal waking consciousness) to alpha (relaxed consciousness), and even reach theta (meditative state) and delta (sleep; where internal healing can occur). [3]

In this age of awakening, as our understanding of frequencies expands, we realize that the universe and everything in it resonates with specific vibrations and tones. As we are embracing our innate abilities to tune into the frequencies, we recognize not only the purity and clarity of energy contained in a given frequency, but also how it affects us mentally, emotionally, and spiritually. The crystal bowls are wonderful tools to assist with this process.

## ALCHEMY™ CRYSTAL BOWLS

The entire human body, down to our very DNA is crystalline in structure, causing it to respond to the extraordinary frequencies associated with quartz crystal. The specific harmonic energy that emanates from the crystal singing bowls is determined not only by the bowl size and shape, but the combining of pure quartz with other elements including precious metals, gems, and minerals. The resulting "alchemy" tones are nothing short of incredible! The Alchemy Crystal Bowls are indeed powerful tools for transformation and healing. [4]

Sound healing through crystal bowl meditation is both a passive and active experience. The passive aspect is that you become more relaxed by lying down and slowing your breath. By doing this, you actively prepare yourself to become the receiver of sound. It is in this place of stillness that you participate by becoming more open and aware of each sound that comes in. Sound helps create the pathway to this state of stillness – a state where genuine healing and enlightenment can take place.

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

#### REFERENCES:

- [1] [www.cymascope.com/cyma\\_research/soundhealing.html](http://www.cymascope.com/cyma_research/soundhealing.html)
- [2] [www.aboriginalarts.co.uk/historyoffheadligeridao.html](http://www.aboriginalarts.co.uk/historyoffheadligeridao.html)
- [3] [www.mindbodygreen.com/0-17515/what-you-need-to-know-about-sound-healing.html](http://www.mindbodygreen.com/0-17515/what-you-need-to-know-about-sound-healing.html)
- [4] [www.crystalsingingbowls.com](http://www.crystalsingingbowls.com)

## THE CHARCOAL ALCHEMY™ CRYSTAL BOWL



The Charcoal Alchemy Crystal Bowl is an incredible grounding tool for today's rapidly accelerating energies. It is said to be *the ultimate sound portal for clarity, personal vision and release of physical, emotional, and spiritual toxins.* Quartz crystal infused with charcoal creates neutralizing ions in a waveform that the body can easily accept and respond to. Highly prized in ancient Egypt as early as 1550 BC, and for centuries in Japan, bamboo charcoal has often been used in physical and spiritual healing because of its ability to absorb toxins and impurities. An antidote for poisons in the body and the environment, charcoal can help uplift and remove negative states of being.

The charcoal infused crystal bowl can help dissipate confusion and achieve balance. As we move through life's crossroads, this crystalline-infused energy offers guidance for problems or situations that are arising. With intention, this bowl can be a helpful tool for removing negativity, and bringing about hope, unconditional love, nurturing, grounding, appreciation of the feminine and nature.

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

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# Essential Oil of the Month:

by Bethanny Gonzalez, Certified Aromatherapist

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(Citrus Bergamia)

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<b>AROMA:</b>	Refreshing, sweet, spicy, floral, citrusy, top note
<b>PROPERTIES:</b>	Antibiotic, antiseptic, antispasmodic, sedative, analgesic, antidepressant, disinfectant, digestive
<b>ELEMENT:</b>	Air
<b>PLANET:</b>	Mercury
<b>CHAKRA:</b>	Third Eye and Heart
<b>SPIRITUAL ASPECTS:</b>	Balance, Joy, and Strength

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

## BENEFITS for Massage & Skin Care

- Protects against germs, infections, and fungi
- Excellent for psoriasis by applying directly to the skin
- Helps to make scars, surgical marks, and blemishes vanish
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- Can be used topically for tumors caused by fungal infection
- Promotes fast healing of wounds, cracks, ulcers, eczema, and itching
- Often used as an insecticide to protect the body against lice and other parasites

## HEALTH BENEFITS

- Reduces fever and lowers body temperature
- Safeguards wounds and sores against infections
- Kills bacteria and worms
- Stimulates the circulatory system, digestive system, nervous system, muscles, and skin
- Can help relieve headaches

## EMOTIONAL USES

- Soothes the nerves and reduces nervous tension, anxiety, and stress
- Helps fight depression and creates a feeling of freshness and energy
- Lightens the heart and mind to bring joy and laughter into your life

## SPIRITUAL USES

- Brings peace and light to the soul
- Clears the foginess of the mind, allowing the higher spiritual self to become attuned to guides and helpers

**TIP:** Place 3 to 5 drops on your wallet or purse to attract money.

**CAUTION:** As with all essential oils, never use undiluted in eyes or mucus membranes. Do not take internally unless working with a qualified and expert practitioner. Keep away from children. If applying it to your skin, always perform a small patch test to an insensitive part of the body, after you have properly diluted the oil in an appropriate carrier.

**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 Deodorant Crème

- ¼ cup Baking Soda
- 5 tablespoons Coconut Oil
- 2 tablespoons Cornstarch
- 2 tablespoons Bentonite Clay
- 30 drops Bergamot Essential Oil

Blend all ingredients together and place in small container. If the recipe is too soft, you can refrigerate after mixing to help solidify. Use as a crème and apply to underarms with fingertips. Make sure your skin is clean and dry before application to get the most out of the deodorant.

*With Love and Light,*

*Bethanny*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> APRIL FOOL'S DAY	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> NEW MOON WORLD HEALTH DAY	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> EARTH DAY <small>Lytids Meteor Shower</small>	<b>23</b> FULL MOON PASSOVER STARTS <small>Lytids Meteor Shower</small>
<b>24</b> PASSOVER	<b>25</b> PASSOVER	<b>26</b> PASSOVER	<b>27</b> PASSOVER	<b>28</b> PASSOVER  <small>Mercury in Retrograde</small>	<b>29</b> ARBOR DAY PASSOVER  <small>Mercury in Retrograde</small>	<b>30</b> PASSOVER ENDS  <small>Mercury in Retrograde</small>



April 7  
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at at 11:24 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



April 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 05:24 UTC. This full moon was known by early Native American tribes as the Full Pink Moon because it marked the appearance of the moss pink, or wild ground phlox, which is one of the first spring flowers. This moon has also been known as the Sprouting Grass Moon, the Growing Moon, and the Egg 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.



April 28 - May 22  
MERCURY IN RETROGRADE

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

#### METAPHYSICAL ASPECTS

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

Mercury's retrograde period can cause our plans to go awry. During this time, remain flexible and allow time for extra travel. Decision-making is challenged during Mercury in retrograde. It is not advised to sign contracts, engage in important decision-making, or launch a new business.

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\$20 weekend admission. Kids 12 and younger get in for FREE! Proceeds from this non-profit community event will be donated to the Florida Organic Growers Association and The Frank Oakes Scholarship for Organic Horticulture at the University of Florida. See event details at [www.foodandthought.com](http://www.foodandthought.com).

FOOD & THOUGHT WILL BE OPEN FOR BUSINESS DURING THE ENTIRE EVENT, INCLUDING SUNDAY.

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# APRIL

 Local News & Events

## EVERY MONDAY

**YIN YOGA w/ Crystal Bowl Healing** at Goddess I AM Healing & Art Center. 11AM - 12PM. \$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. \$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. \$10. 600 Goodlette Rd. N. Naples. 239-228-6949.

## EVERY FRIDAY

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

## APRIL 8 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 Mediumship readings as well. 600 Goodlette Rd. N., Naples. 239-228-6949.

## APRIL 9 SATURDAY

**ASTRAL TRAVEL** w/ Samantha Banks at the Life Enrichment Center. 10AM - 3PM. Learn to expand one's consciousness to purposefully travel outside the Physical Body, learn to travel safely with all precautions (including Protection Prayer). Practice 3 preliminary exercises to "Prepare for Astral Travel" and experience actual journeys during this class. Leave the class with skills of safe Astral Travel. \$125. 8359 Beacon Blvd, Suite 403, Ft Myers. Call 239-272-5168 or email [info@mysticsjourney.com](mailto:info@mysticsjourney.com)

## APRIL 14 & 28 THURSDAY

**ALCHEMICAL 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.

## APRIL 16 SATURDAY

**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.

## APRIL 16 & 17 SAT & SUN

**ADEPT INITIATION** w/ Samantha Banks at the Life Enrichment Center. 10AM - 5PM. Are you interested in a true path of Light and spiritual development? Are you ready to quit dabbling and step into true self mastery and learn what the ancients and the masters of Light knew? These teachings hail from the halls of King Solomon and are over 3000 years old, these are the teaching THAT WILL enable YOU to overcome your challenges and master your energy. Are you ready to embrace your highest and best version of yourself? \$500 each day. 239-272-5168 or [info@mysticsjourney.com](mailto:info@mysticsjourney.com).

## APRIL 22 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.

See all events at Goddess I AM Healing and Art Center online at [www.goddessiam.com/calendar.html](http://www.goddessiam.com/calendar.html)

## APRIL 23 SATURDAY

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






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**ACUPUNCTURE CARE OF NAPLES**  
(239) 877-2531  
501 Goodlette-Frank Rd, Naples  
www.napleslacupuncture.net

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

**ACUPUNCTURE FACELIFT**  
(239) 430-6800  
3811 Airport Rd., Naples  
www.DrTerriEvans.com

**ALFRED CORMIER, D.O.M.I., B.S.**  
Doctor of Oriental Medicine  
(239) 530-3997  
4947 Tamiami Tr. N., #206, Naples, FL  
www.proloppuncture.com

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

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

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

**JOHN E. PATTON, A.P., M.A., LMHC**  
(239) 262-6828  
1065 5th Ave. N., Naples  
www.HACNaples.com

**PATRICIA ACERRA, Lac, Dipl Ac. CChT**  
(239) 659-9100  
2335 Tamiami Tr. N., #303B, Naples  
www.HealthAndBeautyClinic.net

## ALTERNATIVE MEDICINE

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

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

**JOHN E. PATTON, A.P., M.A., LMHC**  
HEALING ARTS CENTER  
(239) 262-6828  
1065 5th Ave. N., Naples  
www.HACNaples.com

## ALTERNATIVE MEDICINE CONT.

**INSIGHT TO HEALTH AND WELLNESS**  
Nancy J. Vance, MD, FAARFM  
(239)-261-0074  
1500 5th Ave. S., Suite A2-104, Naples  
www.Insight2HW.com

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

## ANIMAL HEALTH / PET CARE

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

**MICHELE'S PET SITTING**  
(347) 622-6157  
Naples - Bonita Springs  
www.michellespetsitting.com

## ANTI-AGING

**BRAD FERRINGO, ND HD**  
Balanced Health Concierge  
(239) 248-0455  
info@balancedhealthconcierge.com  
www.balancedhealthconcierge.com

## AROMATHERAPY

**GAIA'S HEALING GIFTS** (See ad on p50)  
Bethanny Gonzalez  
(239) 253-3303  
www.gaiashealinggifts.com

## ART & JEWELRY

**EARTH'S AURA**  
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www.earthsaura.com

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

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

**MEMORIAL GLASS ART AND JEWELRY**  
BEVERLY'S TROPICAL GLASS DESIGN  
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(239) 877-4616 Elissa George/Consultant  
(239) 289-5561 Lennart Caspersen/Consultant

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## ART & JEWELRY CONT.

### ROSEN GALLERY & STUDIOS

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

### SILVER EAGLE GALLERY

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

### VINO'S PICASSO

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

## ASTROLOGY

### ANGELIÉA

(239) 289-8602  
[www.angeliea.com](http://www.angeliea.com)

### BOB MULLIGAN

(239) 261-2840  
[www.theastrologycompany.com](http://www.theastrologycompany.com)

### CAROL BELLIS, CSC, CPLC

(508) 728-4680  
Bonita Springs  
[www.CarolBellis.com](http://www.CarolBellis.com)

### PENELOPE SMITH

(239) 403-3061

## AYURVEDA

### AYURVEDA CLINIC

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

### KISHOR'S KITCHEN

Michael Zimbelman  
Ayurveda Lifestyle Consultant  
(239) 564-0892  
1042 Summerfield Dr., Naples  
[kishorskitchen@aol.com](mailto:kishorskitchen@aol.com)

## B BIOFEEDBACK

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(239) 209-7786  
Ft. Myers - Bonita Springs - Naples  
[www.indigoforwellness.com](http://www.indigoforwellness.com)

### LEIGH RANDOLPH, DDS, MS, HC, VCSW

Biofield Scanning for Stress Relief  
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[JourneysOfWisdom.com](http://JourneysOfWisdom.com)

### SALT CAVE

(239) 403-9170  
4962 Tamiami Trail N., Naples  
[www.saltcavenaples.com](http://www.saltcavenaples.com)

## BODYWORK

### DR. STUART WRIGHT, ND

Certified Advanced Rolfer  
(239) 272-6443  
Naples - by appointment

### JENNIFER HUNLOCK (MA#13379)

(239) 287-9113  
Naples/Bonita Springs by appointment

### HARMONIZING BODYWORK

Erik Nelson at the Salt Cave  
(239) 403-9170  
4962 Tamiami Trail N., Naples  
[www.saltcavenaples.com](http://www.saltcavenaples.com)

### LAURA BARNES

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

### LORRAINE FRONGILLO, CFMW, LMT, MFT

239-841-HEAL (4325)  
[www.lorrainefrongillo.com](http://www.lorrainefrongillo.com)

### PAULA TERRY, LMT (MA35358)

(239) 821-3088  
[www.doulalove.org](http://www.doulalove.org)

## BOOKS

### GODDESS I AM

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

### UNITY OF NAPLES

(239) 775-3009  
2000 Unity Way, Naples  
[www.naplesunity.org](http://www.naplesunity.org)

### THE MYSTICAL MOON

(239) 301-0655  
8951 Bonita Beach Rd, Ste. 255, Bonita  
(239) 939-3339  
8890 Salrose Lane, Unit 107, Fort Myers  
[www.TheMysticalMoon.com](http://www.TheMysticalMoon.com)

### USED BOOKS - at the Pine Ridge Road

Farmers Market on Sundays (9am-2pm)  
(239) 200-4401  
3370 Pine Ridge Rd., Naples  
[www.naplesmarketplace.net](http://www.naplesmarketplace.net)

## C CHELATION

### CHELATION CENTER OF NAPLES

(239) 594-9355  
975 Imperial Golf Course Blvd., #107., Naples

## CHINESE ENERGY MEDICINE

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## CHIROPRACTORS

### CHIRO CARE EXPRESS

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15205 Collier Blvd., #105, Naples  
[www.ChiroCareExpress.com](http://www.ChiroCareExpress.com)

### CHIROPRACTIC PHYSICIANS

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

### LIVING WELL CHIROPRACTIC

(239) 498-2225  
10020 Coconut Rd., #134, Bonita Springs  
[www.livingwellfl.com](http://www.livingwellfl.com)

### NAPLES ABUNDANT HEALTH

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(239) 287-7450  
2310 Immokalee Rd., Naples

### NETWORK CHIROPRACTOR

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

### NORTH TRAIL CHIROPRACTIC CLINIC

(239) 261-5222  
4530 Tamiami Tr. N., Naples  
[www.northtrailchiropractic.com](http://www.northtrailchiropractic.com)

### RIEBESSELL CHIROPRACTIC CENTER

Dr. Robert Riebesell & Dr. Brad Fisher  
(239) 592-0304  
1001 Crosspointe Dr #1, Naples  
[www.riebesellchiropractic.com](http://www.riebesellchiropractic.com)

### THRIVE CHIROPRACTIC

(239) 325-8226  
5644 Tavilla Cir., #104, Naples  
[www.thrivenaples.com](http://www.thrivenaples.com)

### TOTAL HEALTH OF NAPLES

(239) 260-1426  
10661 Airport Pulling Rd. N. #11, Naples  
[www.totalhealthnaples.com](http://www.totalhealthnaples.com)

## COLON THERAPY

### CLEANSING SPRINGS, INC.

(239) 596-1110  
6714 Lone Oak Blvd, Naples  
[www.Cleansingsprings.com](http://www.Cleansingsprings.com)

### RB INSTITUTE, INC.

(239) 939-4646  
13601 McGregor Blvd., Ft. Myers  
[www.robynberry.com](http://www.robynberry.com)

## CRANIOSACRAL THERAPY

### JENNIFER HUNLOCK (MA#: 13379)

(239) 287-9113  
Naples/Bonita Springs by appointment

### PAULA TERRY, LMT (MA35358)

(239) 821-3088  
[www.doulalove.org](http://www.doulalove.org)  
(See ad on page 51)

## CRYSTALS & MINERALS

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

**EARTH'S AURA**  
*at the Pine Ridge Road Farmers Market  
on Sundays*  
www.earthsaura.com

**GODDESS I AM** (See ad on p31)  
HEALING & ART CENTER  
(239) 228-6949  
600 Goodlette Rd. Naples

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

**THE MYSTICAL MOON**  
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8951 Bonita Beach Road, Ste. 255, Bonita  
(239) 939-3339  
8890 Salrose Lane, Unit 107, Fort Myers  
www.TheMysticalMoon.com

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

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

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

**WHITE LOTUS STUDIO** (See ad on p40)  
(239) 687-0667  
5555 Taylor Rd., Unit C, Naples

## DREAM WORK

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Holistic Dream Coaching  
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OnTheGoFitness@gmail.com

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www.evergladesuniversity.edu

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www.HolisticHealingArts.info

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600 Goodlette Rd. Naples  
(See ad on p31)

**BETHANNY GONZALEZ** (See ad on p50)  
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600 Goodlette Rd. Naples  
www.gaiahealinggifts.com

**CONCERNED HEALTH ALTERNATIVES**  
Lynn D. Thomas, R.N., CHL.  
(239) 494-1363  
Naples  
www.HypnosisBasics.com

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Jim Crabtree  
(239) 597-7372  
www.CoreStarEnergyHealing.com

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www.csongordaniel.com

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mariahubbuchi@ol.com

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www.lorrainefrongillo.com

**MAUREN SANDERS**  
THE HORSE SHAMAN  
(239) 253-9008  
www.TheHorseShaman.com

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Lehigh Acres  
www.nancysantana.com

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Naples  
www.sukyomahikari.org

## ESSENTIAL OILS

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(239) 404-8892  
Naples area - by appointment

**GAIA'S HEALING GIFTS** (See ad on p50)  
Bethanny Gonzalez  
(239) 253-3303  
www.gaiahealinggifts.com

## FARMERS MARKETS

**PINE RIDGE ROAD FARMERS MARKET**  
(239) 200-4401  
3370 Pine Ridge Rd., Naples (SUN)  
www.naplesmarketplace.net

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

**VANDERBILT FARMERS MARKET**  
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Saturdays, 7:30AM - 12PM  
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www.emiliebromley.com

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www.epiphanyglutenfree.com

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(239) 250-0842  
www.ForgetbouditBakery.com

**FOR GODNESS SAKE**  
(239) 353-7778  
7211 Radio Rd, Naples, FL 34104  
(239) 992-5838  
9118 Bonita Beach Rd, Bonita Springs  
www.forgodnesssake123.com

F

G



# Local Business Directory

## HEALTH FOOD STORES

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2132 Tamiami Tr. N. Naples  
www.foodandthought.com

### FOR GOODNESS SAKE

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

### NATURE'S GARDEN

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

## HEALTHY DINING

### THE CIDER PRESS CAFÉ

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

### FOOD & THOUGHT

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

### HAPPINESS HEALTHY CAFÉ

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

### JANE'S GARDEN CAFÉ

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

### KITCHEN 41

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

### THE LOCAL

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

### LOVING HUT

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

### M WATERFRONT GRILLE

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

### PIZZA FUSION

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

### THAI BASIL

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

## HERBS/ HERBAL MEDICINE

### ALFRED CORMIER, D.O.M., B.S.

Doctor of Oriental Medicine  
(239) 530-3997  
4947 Tamiami Tr. N. #206, Naples, FL  
www.prolopuncture.com

### CATHY'S HERBS AND BOTANICALS

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

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

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

### GODDESS I AM (See ad on page 31)

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

## HOLISTIC / NATURAL HEALING CENTERS

### A HOLISTIC APPROACH CENTER

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

### AXIS NATURAL MEDICINE

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

### EYES WIDE OPEN CENTER

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

### HEALING ARTS CENTER

(See ad on back cover)  
(239) 262-6828  
1065 5th Ave. N., Naples  
www.HACNaples.com

### INSIGHT TO HEALTH AND WELLNESS

Nancy J. Vance, MD, FAARFM  
(239)-261-0074  
1500 5th Ave. S., Suite A2-104, Naples  
www.insight2HW.com

### INTEGRATIVE LIFE INSTITUTE

Grace Barr, BA, LMT  
(239) 293-7711  
958 2nd Ave N, Naples  
www.integrativelifeinstitute.com  
(See ad on page 39)

### INTEGRATIVE MINDFULNESS

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

### MONARCH THERAPY LLC

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

## HOLISTIC/NAT. HEALING CENT. CONT.

### RB INSTITUTE, INC.

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

### SALT CAVE

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

### SHANGRI-LA SPRINGS

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

### WELLBRIDGES, INC

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

## HOLISTIC / NATURAL HEALTHCARE PRACTITIONER

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

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

### CHRISTINA CARLIN

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

### DEBORAH J. POST, MSN, ARNP

(239) 481-5600  
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# 5 Things I Learned From Being Sick

by Shemane Nugent

It started out with the typical symptoms of sneezing, stuffy nose, runny nose, headaches and fatigue, but I was too busy to listen to my body. I had been doing a lot of interviews to promote my new book, "4 Minutes a Day, Rock 'n Roll Your Way to Happy," in addition to producing our TV show, "Ted Nugent Spirit of the Wild", and chores like cooking, cleaning, laundry, paying bills, etc. On several interviews, I even bragged that "I never get sick". But God had other plans, and here's what he taught me when I discovered I had a sinus infection:

1. It's ok to rest. Sometimes you have to put your life on pause and that usually happens when you are stressed and overworked. Give yourself permission to have some downtime without the guilt. It's a perfect opportunity to catch up on TV series. My favorites are Orphan Black and House of Cards.
2. Resist the urge to use social media. It's fine to post occasional pictures, but you should give your eyes a break and cutback immensely when you don't feel good.
3. Essential oils are your friend. While there are many different kinds, I use Young Living Essential Oils. I diffuse them day and night and even travel with individual packets. Thieves is good for killing germs so no one else in your house get sick. Lavender helps with relaxation. Peppermint and eucalyptus are good during the day to open up your sinuses.
4. Resist the urge to work out. This was a tough one for me. When you're used to some sort of physical exercise every day, it's hard to take a day off - let alone a week. Listen to your body. When you're tired just rest. I would take the laundry out of the washer and put it in the dryer then go lie down.
5. Evaluate your life. This is a good opportunity for you to take a look at how effectively you spend your time. Chronic stress weakens the immune system. In my book, (available on amazon.com) I have chapters on reducing stress, getting better sleep, and slowing down. Now it's time for me to take a dose of my own prescription.

SHEMANE NUGENT

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# SHEMANE NUGENT

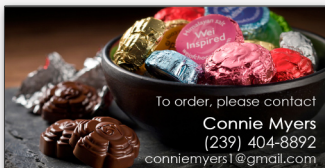
An ambassador for healthy living, Shemane Nugent has been a group fitness instructor for more than 30 years. She is a best-selling author, award-winning TV producer and host, motivational speaker, filmmaker, and is passionate about helping people make a positive impact on their health and overall well-being.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

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

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

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

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



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# INSPIRED THOUGHTS: *The Oneness of All*

by Barbara Cook

The outer layer of us, we, the people are lingering on the brink of greatness. There is strength in knowing that what is to tumble is not strong. We shall not grieve the loss of things or old ways, but rejoice in what is being renewed.

It is those who are authentically divine that will be the happiest. What is it that we are always looking for, searching for, traveling the world over to find and secure? Happiness. Oh yes, happiness.

I found it. It was right where it is said it would be. Inside, there within, where the crystal spark is. Where the current of God DNA lies. In the all oneness.

We are not only the Earth and our solar system of conscious, but the entirety. The whole thing. Infinity. It does not stop, it is impossible. What it does is change. It cannot disassemble; it can only change, as the collective consciousness does.

These spaces and places will remain unknown to us for many thousands of years and yet they are accessible to us by faith alone, and are being used by metaphysicians everywhere.

So, as we play in that arena and enjoy the majestic qualities of the omnipresent (or at least as much as we dare to understand), we become one. The one within.

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Earth at this time is experiencing a healing that can balance the harshness of her times. We heal ourselves, each other, the lands, and the waters -- which is a purposeful healing for the planet.

*"It is said we are one. If you see that as truth, you are called."*

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*As the magic of Spring comes shining through,  
the new blossoms open to the morning dew.  
The growth of flowers from April showers,  
leaves us singing and dancing through the hours.  
Jump up with the freedom of you,  
know you are the greatest at what you do.  
Remember every day to begin anew.*

*Faerie Darlin and Little Green Man  
laugh and celebrate in the forest green  
with their sparkling rays of light  
through the veils unseen.  
Do come join them today,  
as they sparkle and sheen.*



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