



White Lotus  
SW Florida Edition

FREE

JULY/AUG 2016

magazine

*Transcendence  
Transition*

INSPIRATIONS FOR CONSCIOUS LIVING

*L*ive your life that the fear of death can never enter your heart.

Trouble no one about his religion.

Respect others in their views and demand that they respect yours.

Love your life, perfect your life, beautify all things in your life.

Seek to make your life long and of service to your people.

Prepare a noble death song for the day when you go over the great divide.

Always give a word or sign of salute when meeting or passing a friend, or even a stranger, if in a lonely place.

Show respect to all people, but grovel to none.

When you rise in the morning, give thanks for the light, for your life, for your strength.

Give thanks for your food and for the joy of living.

If you see no reason to give thanks, the fault lies in yourself.

Touch not the poisonous firewater that makes wise ones turn to fools and robs their spirit of its vision.

When your time comes to die, be not like those whose hearts are filled with fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way.

Sing your death song, and die like a hero going home.”

- TECUMSEH, Shawnee Chief

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

**- OFFERINGS OF SPIRIT**



PHOTOGRAPHY BY NATE NELSON



WISDOM

FOR JULY & AUGUST

*The*  
**Shaman's**  
*Whispers*

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Prints are available at the Pine Ridge Road  
Farmers Market on Sundays, 9am - 1pm.

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

This month's insight is based  
on Duwamish wisdom.

*Humankind has not  
woven the web of life  
-- we are but one thread  
within it. Whatever we do  
to the web, we do to  
ourselves. All things  
are bound together.  
All things connect.*





# The Tree of CONSCIOUS LIVING



\$3  
a month

Each leaf of this tree represents an individual or a business which has been a supporter of White Lotus Magazine. See details on page 34 or visit [www.WhiteLotusMagazine.com/contribute](http://www.WhiteLotusMagazine.com/contribute).



*"We are spiritual beings having a human experience."*

- Pierre Teilhard de Chardin

The essence of White Lotus Magazine is to inspire positive thinking, natural health, and personal growth. Our intent is to gather information that can help our readers on their path to wellness, improving not only the physical, but also the emotional and spiritual aspects of their lives.

*We attempt to provide guidance for conscious living with useful tips and articles on alternative health modalities, metaphysical topics, nature, exercise, nutrition, green living, and spiritual awareness.*

*We aspire to assist our readers along their spiritual paths -wherever they might be on their journey-, proposing greater knowledge and understanding of our true nature as energetic beings. We aim to offer insight into the dynamics of personal development with practical applications to our everyday life.*

*We don't confine our message to specific religious beliefs, practices or traditions. We welcome and accept any ideas that promote a healthy, content, and enlightened lifestyle, regardless of gender, age, race, or religion.*

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

The infamous summer time in Florida is here: immense heat, humidity, rain, and bugs. That's our summer, folks! Some people flat-out hate it, some just try to survive it, and others genuinely love it. I'm one of the latter. In spite of the inevitable increase in temperature, storms, insects, and humidity, I'm very much enjoying these slower, more relaxed, and quiet summer days. I'm excited to be able to catch up on projects that I had to postpone during the rush of the season. The only rush I have been experiencing nowadays is having to keep up with mowing the lawn – constantly running a race with the incredibly fast-growing grass and the rain. Even so, I am delighted to do some yard work, gardening, and DIY upgrades in and around the house.

While summer might mean recreational time and vacations for many, for some, it brings a major slowing down of business and consequently a decrease in the flow of income as well. Therefore, we have once again adjusted White Lotus Magazine to a 'summer schedule' to give our advertisers a little break by bundling two months into one issue. This not only gave our advertisers an ease, but it also gave the White Lotus Team some well-needed downtime between two issues. For this reason, I am considering the possibility of publishing White Lotus Magazine bi-monthly from now on. Even though we may not go back to our regular month-to-month publishing schedule in the fall, we will make sure that the content and essence of the magazine will remain the same: inspiring conscious living, positive thinking, and spiritual growth.

- *Anna Krecicki*



COVER PHOTO  
BY ANNA KRECICKI

# JULY/AUGUST



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by Carol Glassman

# 8 SIMPLE THINGS

*you can do to stay centered in times of transition*

*Life is a series of constant changes. These transitions are what ultimately shape and create our world. Each new chapter of life offers necessary learning experiences and a wide array of emotions we must go through in order to evolve. Each change may hold ups and downs; happiness and discomfort – all part of our personal growth. Times of transition may be difficult, but when we embrace these inevitable changes rather than dread or fight them, we allow ourselves to be more present and live in the moment. Change is inevitable, and inevitably stressful. But if you make a conscious effort to adjust and go with the flow, it doesn't have to lead to a breakdown.*

## 1. accept change

Growth doesn't come from a place of stagnation. It comes from the ever-changing events and phases of life. Step outside your comfort zone and allow the shift to take place. Replace your fear with trust and gratitude, and embrace the change!

## 2. minimize stress

Good or bad, transition means major adjustment and loads of uncertainty. Even the most level-headed and mindful people can get caught up in the anxiety of change. But the beauty of transition is that it's just that – a transition. It doesn't last forever. So try to remain calm and patient, knowing that "this too shall pass".

## 3. focus on progress

Shifting your focus from perfection to progress allows you to acknowledge your accomplishments rather than the absence of your idea of perfection. It will also help you stay in the moment, instead of worrying about the future.

## 4. stop comparing

When we compare our present to past events, to how our lives used to be, we tend to ignore and forget all of the incredible things we do have now. Stop reminiscing and take a moment to be thankful for the blessings in your life – here and now.

## 5. let go

Times of transition offer a chance for a clean slate and a new start. Fill your life with more of what makes you happy and let go of the things that no longer serve you. Form new habits and leave no room for toxic people, thoughts, and practices that hold you back.

## 6. keep an open heart and mind

Opening your heart and mind to new people, places, and experiences is a key component to embracing transition. Maintaining an open mind and an open heart will, in turn, open new doors and present new opportunities. Trust that everything is as it should be.

## 7. be grateful and compassionate

Consider the many things you hold dear and for which you are grateful. Pay attention to your senses – everything you feel, see, hear, smell, and taste – and see how many things you can find compassion and gratitude for. This is a wonderful way to shift your mood and your focus; to be in the moment; and to handle whatever transition you are going through.

## 8. relax your mind and body

Rest is vital to keeping your mind and body at top function through the turmoil of transition. Take relaxation breaks; meditate; go for a walk in nature; do yoga; and get plenty of sleep. Conscious relaxation will help you become more effective, and it will also help you protect yourself from burning out.

### SOURCE OF INSPIRATION:

*5 Simple Ways To Stay Grounded In Gratitude In Times Of Transition* by Alexandra Leigh  
(<http://ellitedaily.com/life/5-simple-ways-stay-grounded-gratitude-times-transition/798923/>)



Photos from Google Images



# ANIMAL SPIRIT GUIDE FOR JULY & AUGUST:



## Frog



*A symbol of transformation, rebirth, healing, and cleansing*

### "ALL MY RELATIONS"

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

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

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

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

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

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

- **A MESSENGER GUIDE** quickly comes into your life and then leaves once a message is understood.
- **A SHADOW ANIMAL GUIDE** is one that invades you with fear. Its purpose 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.

Frog symbolizes transition and coming into your own personal power. In Native American and Celtic traditions, Frog is recognized as a healer. His medicine can wash away negative physical and mental energies which deny us a balanced and peaceful life. Frog is a reminder of common bonds with all life; a guide to understanding our emotions; and a singer of songs that celebrate the most ancient beginnings.

### When Frog leaps into your life:

- It may indicate that now is the time to find opportunities in transition.
- It may also signal the need to enhance your intuition, and strengthen your connection with the spirit world.

### If Frog is your Animal Guide:

- You are a great listener and advice giver.
- You have genuine empathy towards others and always know exactly what to say.
- You always do your best to provide healing for those around you by allowing them to release old negative energy in order to help them cleanse and renew their lives.
- You tend to stay close to home. Your family is important to you - especially your parents.
- You will generally do everything you can to help others in need and to maintain close and meaningful relationships.

### Ask Frog's help when:

- You feel like your life is out of balance.
- You need help to get through some tough life changes.

### If Frog has come into your Dreams:

It may suggest that you have a lack of commitment in your life and are leaping from one thing to another. If you are trying to catch a frog in your dream, it could mean that your life is changing rapidly, and you are trying to stop it or prevent the change from occurring. If you swallow a frog in your dream, you are most likely holding back saying something that needs to be said, or you feel that something is preventing you from expressing yourself.

### Did you know?

There are approximately 4,800 recorded species of frogs. Their origins may go back as far as the Permian period, 265 million years ago. Some frogs can lay up to 20,000 eggs at a time. The eggs are usually laid underwater and hatch within a few weeks into aquatic larvae called tadpoles.

### SOURCES:

Animal Speak by Ted Andrews; [www.manataka.org](http://www.manataka.org); [www.spirit-animals.com/frog](http://www.spirit-animals.com/frog); [www.en.wikipedia.org/wiki/Frog](http://www.en.wikipedia.org/wiki/Frog)



Yogis of the  
Cambodian  
Children's Fund

# The First Sustainable Yoga Program in Phnom Penh, Cambodia

by Sonia S. Dickson

Sonia  
Dickson

I lived in Phnom Penh, Cambodia this spring for three months, working with the Cambodian Children's Fund teaching yoga to kids, employees, and "grannies". It was one of the best experiences of my life!

For the last two years I have worked to receive two yoga certifications: a 200-hour and a 300-hour teacher training with YogaWorks in New York City and in Santa Monica, CA. For the last 3 years I have been following the good work of the Cambodian Children's Fund and in early January 2016 I flew to Phnom Penh, where CCF is based, to help create a sustainable yoga program.

CCF was founded in 2004 by Scott Neeson, formerly the President of 20th Century Fox International. CCF currently supports 2,500 children and families in this poverty-stricken community. I was greatly inspired by Scott Neeson and had a desire to move there and volunteer. My personal mission became to share the healing work of yoga with underserved and vulnerable communities.

My journey to Asia also included a few side trips to Thailand, Hong Kong, and Bali, which gave me further opportunities to experience the culture and appreciate the allure. I also traveled to Angkor Wat in Cambodia, where I visited many of the temples that are scattered over the extensive site of Angkor – a truly exceptional and spiritual place!

After three months, I left CCF in the good hands of fellow yogis. I miss and love the kids very much. I am determined to remain connected to CCF and help to the extent that I can.

I feel blessed to have had the opportunity to volunteer and live abroad. It has been a life-changing experience. I came back with a better appreciation for the love and comfort I receive from my own family and friends, for the freedom and opportunities we have living in the USA, and for my good health and general well being.

I learned that we are never too old to try something new; that we never know what can happen if we just give someone a chance; and that sometimes the best we can do is simply try.



During my second visit, I taught an average of 15 yoga classes a week to kids of ages 5-21, to the staff who worked at CCF, and to a group of lively "grannies" which included a 93-year-old lady. The kids were natural yogis, diving into difficult yoga poses on the first try. They seemed to really enjoy every class. We grew close during my stay in Phnom Penh.



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

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Paula Terry, LMT  
Labour Companion MA35358

**LOVE**



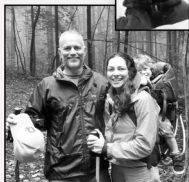
patience



nurture



unconditional  
love



pride

accomplishment



insight



heart  
center

joy



bliss



continuous  
emotional support

trust



**DoulaLove.org**

# Under a Different Moon

by Paula Terry

I find myself with a lovely woman that has been in labor for ten hours. I have just arrived at her home and she is happy to have the additional strength and support as felt from one woman to another. I am a doula and so honored to be.

This birth is slated as "just for labor and delivery", thus for a doula this means spending a little time with the parents during pregnancy and appearing on the scene for just that: labor and delivery.

I walk into a beautiful scene: she is lying on her bed in a simple frock with nothing else; no makeup and no constriction other than in her womb -- that is happening at intervals of three to six minutes.

We talk of a film she saw at a labor and delivery class shown to her and her husband at the birth center two months prior.

"She lied to me!"  
"Who lied to you? I ask."  
"The women in the film were smiling and happy in their contractions!"

I offer her a cool cloth for her head and neck; this comforts her for the short ease of five minutes. She powers through the next contraction and then we try to visualize a gentle walk in a quiet place outdoors. Hers is a white sand beach with little shade from soft-moving palms.

As she walks the stretch, the waves are gently meeting the sand and sea farers are singing. This time the contraction is at the round ligaments close to her pubic bone. We walk further on her path. She is heading for one of the swaying palms to feel the coolness created by the breeze. There she sits, back against the palm for support and enjoys the delay in time.

One hour has passed. She lingers through seven or eight contractions and we settle into a new cadence; she arches and grabs the sheet with tight fists. "Let's go back to the beach under the palm."

There she has a short respite. A prayer is said to the Mother -- her spiritual guide. We pray that she's held in the arms and guided to a place of ease and grace.

An uncommon place to be but what spectacularness comes from letting go and trusting in each other and a higher power!

She takes on a different look, one of a lioness in protection and strength. Another wave caresses her body and I feel this one. "This one was different," she tells me, "I feel my baby coming to us!"

We retreat to the place under the palm several times again and feel the coolness of the earth. Now hours have passed and we are talking about the feeling of her body making the adjustments to prepare for the birth.

As the process reveals, we hold each other; we cry in relief; we sing in unison; and she labors through.

It is a very different experience to be in trust: the mother and I and the grace of a Higher power -- whatever that is for us! It is truly rewarding and celebratory to let go and trust.

I find that the complacency I have taken from being in a hospital setting -- a nurse to check dilation, a monitor for the baby, and all other allopathic applications for both -- provide just that: complacency. A birth in a center with midwives is different in that they ask you to labor at home and come when the dilation has progressed to at least five centimeters.

We have progressed to a very ripened cervix and are now in the car en route to the center -- the husband driving, her still in labor in the passenger seat, and I in the rear holding her arm or her holding mine during contractions, sometimes with a slight hold of a knuckle between her teeth. They pray in a language foreign to me but we are praying together to the same Mother.

As traffic lights come, a sign of the cross is made, and "let the lights be with us" is the unanimous thought -- and they are.

We arrive at the center within thirty minutes and she lies on an exam table to have the midwife check dilation and hear the little one's heart rate. Her waters have yet to break and there beyond the veil is the head to crown. Would this child be born under the veil?

Her waters do break and she is moved to a comfortable bed in a beautiful setting. Some oils are caressed on the baby's crowning head, and a few more contractions... A brand new girl graces the Earth only twenty minutes later! Born on the Day of Children in their traditions, at 11:00pm.

This has been a very exceptional birth. No complications, healthy, and pure. This experience has brought me to a very different place than I have ever had opportunity to be. And I am grateful for that.

To all the mothers of the world, I'd like to say Thank You. Yours is the most important job on the planet! You labor is rewarded with the premier gift. Nothing can compare to this. It is all about the love.

## ABOUT THE AUTHOR

**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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Barbara Cook

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# 60 Trillion Cells - The Human Photonic Being

by Barbara Cook

60 trillion cells - each of their own power, resonating with the surrounding cells at full potential - equal one energy efficient human being that can light up a whole city. Amazing science, right?

Our cells are like trillions of micro-cellular human machines; like ants, all doing their jobs with incredible tolerance and intelligence.

There are 60 trillion cells in the human body -- and each one is an entity, a photon of light, a vast energy. Think fiber optics and the communications that travel this universal highway of Light.

But what happens when photons go out of balance, wobble, and lose energy? The cell loses its power; it loses its frequency to stay in the loop. If this continues, then other surrounding cells can weaken and begin to resonate with this frequency, and serious energy loss can take place.

Once the frequency changes from perfect to dis-ease, other cells can also flip to this frequency. If the static being produced is ongoing then the structure of many cells may relate and spiral downward, causing dis-ease within the make up of perfect, and illness then will occur. The mending of the static-causing event may sustain the body's ability to restore and repair.

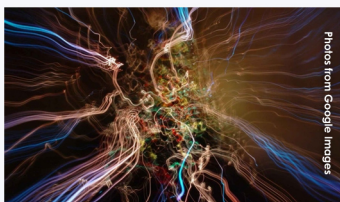
Separating Light from the human mechanics is detrimental to the configuration systems which regulate and update cellular compositions. It will falter, wobble, and fail rather quickly. Just like a plant without the nourishment of the sun: it, too, withers and dies.

The cause of the static in the frequency of perfect comes from the 21st century's fast-paced life with modern conveniences and hurried ways. The fear-based part of the last century accompanied by today's continued daily stresses is the common denominator of the 20th and the 21st century illnesses. This has been digressing healthy thinking that creates health.

Today in the turn of the wheels of Science and Life, there is a train coming, heading for the truth. Are you making new updated decisions, having new understandings of Life and how it replenishes itself? Don't miss the train! Read, investigate. We can no longer count on society's media for the truth in advertising or in paid-for science.

Dig like a miner for the diamonds in the truth. Save your family, educate yourself for longevity. Live long but not in a sick bed. Live your life, breathe deeply, and exhale love in every breath.

We are the new truth and we are creating health in an unhealthy field of Pharma-medicuticals.



Photos from Google Images



## 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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peace

COLOR THERAPY: **GREEN**

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rebirth

nature

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# THE WAYS OF NATURE AND HUMANS



*"There will be no peace until we make peace with Earth."*

by Janet Weisberg

Some of what I share may cause some discomfort or even outrage. However, I've learned that it is better than the alternative 'sleeping state', expressed as a state of denial which is detrimental to all living systems.

I share this truth because we've forgotten one of the simplest basics of life: "A tree exhales and we breathe, we exhale and the tree is nourished." It is a symbiotic relationship. Earth is a co-creative, conscious living organism. A sustainable earth is a collective, cooperative agreement pact! Our problem is that we've forgotten our part of the agreement having been co-opted to think that the human way, independent of nature, would provide a more bountiful existence. We are now suffering the consequences of these beliefs, actions, and inaction. Now, Earth's inherent wisdom is reestablishing its balance. Our collective existence is based on balance. Today humanity is definitely out of balance. The systems that we chose to follow blindly have usurped our power and our true nature, hence creating separation, confusion, fear, and loss.

I sense your wrangler (stories that you grew up with) saying, that's nonsense! Non-sense means without senses and that is what we have been reduced to: a species without senses. We've been systemically forced to reject and deny our real Nature. We believe that we must have outside interventions to survive and thrive. On occasion, that statement may be accurate; however, in the large span of our lives, that statement is untrue! Here's just a few of the truths that we've forgotten:

First, we are a powerful and unique species. Humans have 54 natural senses that guide not only our survival, but our thriving. We are also powerful and unique because we are the only species that has a sense of literacy. To use it sensibly, we must be reasonable and relate through the idea that we have our literate abilities and our innate non-literate "Earth Body". Reconnecting our sensory system to our language center reestablishes wholeness.

Second, without reconnection, we suffer from a lack of whole brain connectivity. Our ancient brain stores approximately 85% of our mentality and is supported by the truth we call Self Evidence. It is our nonverbal way of knowing and thinking that registers non-literate tensions, sensations, feelings and emotions. Our neocortex, approximately 15% of our brain, creates language, abstract thinking, and imagination. It allows us to see the bigger picture.

Third, we've been given a conscience by which to determine what is appropriate and what is not for the collective whole. Yet we use it more for our personal benefit without recognizing the consequences of our self-centric applications.

Igniting our biologically given sensory tools will help us remedy our destructive disconnection from Nature, thereby increasing personal, social, and environmental wellbeing. Reconnecting with Nature, is our birthright and OUR responsibility.

*With Great Respect and Hope for Our Future,*

Janet Weisberg LLC, M.S Applied Ecopsychology, B.S Sociology, C.T. Traumatologist, C.T. Peace Ambassador



## ABOUT THE AUTHOR

*My life's path and purpose are to speak the truths we've forgotten -- the truths of who we are, why we are here now and how we need to accomplish real change together; and to offer opportunities that let Earth teach and bring communities together to learn and share.*

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Live Whole & Thrive,

Janet R. Weisberg LLC, B.S Sociology, M.S Applied EcoPsychology, CT Traumatologist, CT Peace Ambassador, Project NatureConnect Educator, Guide and Facilitator, Ph.D of Philosophy Candidate

# YOGA

## FOR CARPAL TUNNEL SYNDROME



by Henny Hendra, Certified Yoga Teacher

For years, I've had jobs where I would spend long hours in front of the computer, barely leaving my desk, except when I needed to go to lunch or to the bathroom. Over time, I developed tension on my shoulders, forearms, and hands; and my body became tired more easily. As a remedy, I paid frequent visits to a massage place to get rid of the knots on my shoulders and the discomfort in the rest of my body. Before I discovered yoga, those massages saved me from worsening my condition. Once I found yoga and started practicing regularly, not only did I feel fewer tensions, I also cut down on my massage visits, and greatly improved my posture as well.

Many of us find ourselves stooped over the computer for hours or spending long periods of time doing repetitive patterns of movement. As a result, some people could develop a condition called Carpal Tunnel Syndrome (CTS).

If you experience intermittent tingling, numbness and weakness in your hand, particularly on the thumb side, you may have CTS. Some people get pain in the arm and shoulder. Left untreated, compression in the wrist can lead to permanent nerve damage and muscle weakness in the hands.

CTS is caused when the median nerve to the hand gets compressed in the wrist and is often the result of repetitive, forceful movements. Bad posture and poor breathing can also contribute to CTS. Anything that decreases the space in the wrist joint and compresses the median nerve can lead to CTS. Repetitive forceful movements include typing, over-gripping a mouse/steering wheel/kitchen knife, and using a vibrating tool. Bad posture is when you develop a habit of rounding your back and jutting your head (C-shaped slump) while sitting down, leading to compression of the nerves and blood vessels going into the arm, shoulder, and chest. A slumped posture restricts movement of the breastbone and ribcage, making deep breathing difficult.

Yoga can help treat and prevent CTS. A study published in the Journal of the American Medical Association in 1998 concluded that patients who participated in yoga over an eight-week period showed improvement in their condition compared to those who did not. Please consult your physician before using yoga as a treatment.

Here are ten yoga exercises I find effective in reducing symptoms of CTS. They are designed to increase bodily awareness, relieve tension, improve alignment, and can all be done while sitting on a chair.

### 1. Neck Stretches and head rotation

Sit tall on a chair. Gently tilt your head to the right to stretch the left side of your neck. You can place your right palm gently on your head to help deepen the stretch. Hold for 5 breaths. Return your head to the center and repeat on the left side. (Picture 1)

And now, lower your chin towards your chest and start rotating your head gently and slowly clockwise three times, and repeat the rotation counter clockwise three times. Don't forget to breathe! Bring your head back to the center.



### 2. Seated Staff Pose (Dandasana), with fingers pointing back

Still sitting tall on the chair, arms alongside your hips, have your palms flat with fingers pointing back. This position externally rotates your upper arm bones, and stretches the area in front of your chest, including the upper chest muscles, releasing the muscles that get tight when you type. As you inhale, lift the sides of your torso to lengthen, and as you exhale, relax your shoulders and keep the lift of your torso. Stay here for at least 5 breaths. (Picture 2)

### 3. Eagle arms (Garudasana arms)

This pose stretches your shoulders and upper back, and opens the back lungs increasing breathing capacity. (Picture 3)

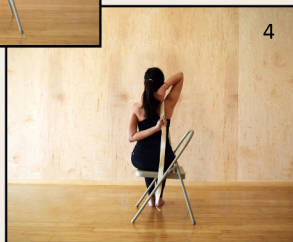
Sit tall. Bring your right arm over your left arm and palms touching. Bring your elbows to shoulder height. Relax your shoulders away from the ears. Inhale, and lengthen the sides of your waist. Stay for 5 breaths. Change the interlace of your arms and repeat.



### 4. Cow face arms (Gomukhasana arms) with a strap

This pose stretches your chest, upper arms and upper back, and opens your shoulders. (Picture 4)

Sit tall. Place a strap on your right shoulder. Raise your right arm, turn your palm facing up, bend your elbow and grab the top part of the strap. Extend your left arm to the side, turn your palm facing back, bend the elbow and grab the bottom part of the strap. Inhale, and lengthen the sides of your waist. Exhale, and relax your shoulders away from the ears. Spread across your collarbones. Stay for 5 breaths. Release both arms. Switch arms and repeat.



5A

*Exercises performed by Henny Hendra*



5B

### 6. Massaging forearm muscle

Next we are going to massage the forearm muscles to increase the circulation and relaxation in the contracted muscle. (Pictures 6A & B)

Press the four fingers of your left hands in to the belly of the tight extensor muscle of your right forearm, and move the fingers along the length of your extensor muscle from elbow to wrist, while gently flexing and extending the wrist back and forth. Repeat on the other arm.



6B



6A

PHOTO CREDIT  
**Bim Aragon**



## 7. Prayer pose (Namaste)

Place your palms together in a Prayer position in front of your chest. (Picture 7A) Lightly touching the skin of your hands together, note the warmth, moisture and other sensations. Then slightly increase pressure until you are aware of the muscles underneath the skin. Then, bring your elbows up to a 90-degree angle with the wrist joint. Press harder until you can feel the bones underneath the muscles. (Picture 7B) This exercise is designed to bring awareness of the different layers of tissue and slowly build your ability to feel them.



## 8. Alternating flexion and extension of wrists, with palms facing down (arms in neutral alignment)

Interlace the fingers and gently pull the wrists apart. You should feel a traction in your wrists, creating space in the joint. (Picture 8A) Maintaining the traction, raise the right arm and lower the left, bringing the right wrist into a forward bend and the left wrist into a backbend. (Picture 8B) Allow your right arm to do all the work while left arm is passive. Be sure that when the wrists bend back, the movement comes primarily from the area between the two rows of carpal bones, not from between the wrist and arm. Maintaining the interlace of your fingers, repeat the movement on the other side, using your left hand to open the right wrist, which now passively receives the action. Go back and forth a number of times.



8B

**REFERENCE:** "Yoga as Medicine" by Timothy McCall, M.D.



9

## 9. Alternating flexion and extension of wrists, with palms facing toward you

Still interlacing your fingers and keeping the traction in your wrists, turn your palms facing toward you. Repeat the arm movements in exercise #8, keeping your palms facing toward you. (Picture 9)



10

## 10. Alternating flexion and extension of wrists, with palms facing away from you

Still interlacing your fingers and keeping the traction in your wrists, turn your palms facing away from you. Repeat the arm movements in exercise #8, keeping your palms facing away from you. (Picture 10)

## ABOUT THE AUTHOR

Henny has been practicing Hatha Yoga since 2004. She completed her 500-hour training with YogaWorks in early 2016. As a certified yoga teacher, her teaching style is alignment-based vinyasa flow. Recently, she has immersed herself in Ashtanga yoga in her daily practice. Based in Los Angeles, her focus is to offer yoga at the workplace (Corporate Yoga).

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

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# TIMES OF TRANSITION

by Beth Brown-Rinella

It is with much amazement that we are all witnessing humanity coming apart in order to put itself back together again. As the Ascension Process deepens, we are all thrown into the turbulent waters of releasing and cleansing those old beliefs, understandings, knowing, conditioning, fears, and memories. It seems it is no longer acceptable to cling to fear-based energies. Moving from Third Dimension into the Fifth is hard work, but we all live on this planet and so we must do the work collectively.

This transition is now bringing a deeper knowledge of what we want to the surface, but we have no map of how to get there intact. I would suggest that we use this time to walk diligently in Compassion.

With so many lives falling apart because of divorce, job loss, or illness, we need compassion more than ever! Even if the difficulties we are personally experiencing aren't so obvious (like a death of a loved one), there will be shifts needing to take place. We are all in the same boat energetically; and we have great opportunities to offer and receive help.

Life has become really tough for a lot of people. If you don't already have treatments with a healer on a regular basis, now is a perfect time to find one. What a healer can do for you is to speed up the process of letting go; getting rid of big pieces; and opening the channels so you can drain out all of the *stuff* you are no longer needing. Because we are Body-Mind-Spirit beings, we need to heal all aspects of ourselves. Seek healers who work at the Soul level; find body workers who help move out stagnant energies stored in the physical; and the emotions can be worked out with the right practitioner also.

When you are getting healing work done, the relief can surprise you because you might not have realized you had so much to let go! Your healing work will benefit not only you, but also those around you. They will feel the shifts, too. It can spur them into moving in a positive direction as well. Have you ever noticed that when one friend begins exercising or losing weight, that others jump on that bandwagon, too? The same also goes here.

Have Compassion for yourself and others while these enormous shifts are happening. Seek companionship and community as we support each other through this time and get help moving that energetic baggage from your Body, Mind, and Spirit.

One last note, I am a Psychic who offers readings, but twice this week I told clients that they need to stop booking Psychic appointments and begin to make Healing appointments. That nagging feeling, that sense of discomfort that often sends you to a Psychic to find out why you are feeling this way, will be better dealt with by going to a Healer. Consider this when making your next appointment.

*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: SERPENTINE

ATTRIBUTES	Connection with Nature, Kundalini Awakening
ELEMENT	Earth
CHAKRA	All, Heart and Crown
MINED IN	Britain, Norway, Italy, Russia, Zimbabwe, USA

Serpentine is a gentle stone that aids meditation and spiritual exploration. It is said to open psychic abilities and to help us understand the spiritual aspect of life. It may assist the retrieval of wisdom and memories of past lives. Serpentine can help us feel more in control of our lives. It enhances communication with Earth and Nature – including the animal, plant, and mineral kingdoms.

### CRYSTAL HEALING

Serpentine is said to be a strong cleansing and detoxifying stone for the body and blood, which could even eliminate parasites. It is beneficial for calcium and magnesium absorption. Serpentine can assist in cellular regeneration and replenishing one's energy.

### MEDITATION

Meditating with Serpentine can help correct mental and emotional imbalances, resolve issues carried over from past lives, and clear emotional baggage from previous relationships. It is excellent for awakening the kundalini energies\*.

### POSITION

Placed on the appropriate spot, it can clear and activate all chakras, especially the Heart and Crown chakras. Placed on the throat, it aids speaking of the past.

\*KUNDALINI: In yogic theory, kundalini is a primal energy said to reside at the base of the spine, coiled up like a serpent, waiting to be awakened. Kundalini awakening is said to result in spiritual enlightenment and bliss.

### SOURCE:

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



# AMAZING PLACES

*Near & Far*

**ANGKOR WAT**, the largest religious monument in the world, was originally constructed as a Hindu temple for the Khmer Empire, gradually transforming into a Buddhist temple toward the end of the 12th century. It was built by the Khmer King Suryavarman II in the early 12th century in *Yaśodharapura* (present-day Angkor), the capital of the Khmer Empire, as his state temple and eventual mausoleum. The modern name, Angkor Wat, means "Temple City" or "City of Temples" in Khmer.

SOURCE: [en.wikipedia.org/wiki/Angkor\\_Wat](http://en.wikipedia.org/wiki/Angkor_Wat)



PHOTOGRAPHY  
BY SONIA DICKSON

## *Angkor Wat and Beyond* [PART 2]



Sonia  
Dickson

PHOTOGRAPHY BY SONIA DICKSON



## **namasté**

[nah-mas-tay]

My soul  
honors  
your soul.  
I honor the  
place in you  
where the  
entire  
Universe  
resides.  
I honor the  
light, love,  
truth, beauty  
and peace  
within you,  
because it is  
also within me.  
In sharing  
these things we  
are united, we  
are the same,  
we are one.

**Angkor Wat, Cambodia**

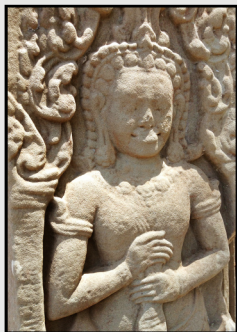
Model: Henny Hendra



# Angkor Wat and Beyond CONT.



PHOTOGRAPHY BY SONIA DICKSON



Angkor Wat is famous for having more than 3000 beguiling *apsaras* (heavenly nymphs) carved into its walls – described by archaeologist Charles Highman as “the greatest known linear arrangement of stone carving”.



There are nearly 4000 square feet of carved bas reliefs at Angkor Wat, representing different Hindu stories.

# Essential Oil for July/August: *Cypress*

by Bethanny Gonzalez, Certified Aromatherapist

The Essential Oil of Cypress is obtained through steam distillation of young twigs, stems and needles of the cypress tree. Cypress comes from a Greek word *sempervivens* meaning "live forever". The cypress tree is known as the sacred flame of life. It symbolises long life, and the immortality of the soul.

- AROMA:** Fresh, herbaceous, spicy with balsamic undertones
- PROPERTIES:** Calming, relaxing, sedative, astringent, antiseptic, antispasmodic, deodorant, diuretic, hemostatic
- ELEMENT:** Air
- PLANET:** Saturn
- CHAKRA:** Third Eye and Crown
- SPIRITUAL ASPECTS:** Transition, Protection, and Longevity

*Transition  
Blessing  
Peace*



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- Tones up the respiratory system and increases the efficiency of the lungs
- Causes perspiration, therefore helps quickly remove toxins & excess water

## EMOTIONAL USES

- Helps relieve nervous tension, stress, and anxiety
- Stimulates a happy feeling in case of anger or sadness
- Eases feeling of loss and effects of trauma
- Provides grounding and feelings of security
- Helps to connect the human spirit with the wisdom of the universe
- Brings structure and collection of thoughts

## SPIRITUAL USES

- An Angelic fragrance that can be used to assist in the transition and release from the earthly plane
- Provides comfort, healing, and protection
- Cleanses the aura, raises energy levels, and creates feelings of security

**Pet Friendly:** Have your pet smell it directly from the bottle, or place a few drops in your palm, then pet the animal head to toe.

## CAUTION:

Only use on skin when well diluted and combined with other soothing oils. Cypress essential oil should be avoided by pregnant women. 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.

### RECIPE

*for Oil Blend in Times of  
Transition & Grieving*

- 2 tablespoons of Coconut Oil
- 4 drops of Cypress Essential Oil
- 2 drops of Vetiver Essential Oil
- 2 drops of Lavender Essential Oil

Blend all ingredients together and place in small glass container. Place a small amount on the hands and then breathe in the aroma. This blend can also be massaged into feet or desired area of body before and during transition.

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Bethanny  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	<b>INDEPENDENCE DAY</b> NEW MOON 11:01 UTC	4	5	6	7	8
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
PARENTS DAY				 Delta Aquarids Meteor Shower	 Delta Aquarids Meteor Shower	
31						

**4TH OF JULY FIREWORKS** -- A wonderful Naples tradition on July 4th! After the sun sets, the annual firework display from Naples Pier will start. Grab a spot anywhere along the beaches of Naples and enjoy this half-hour of magic! Fireworks start at 9pm. Naples Pier West end of 12th Ave. S., Naples, FL 34102. See more at [www.paradisecoast.com/listings/events](http://www.paradisecoast.com/listings/events).

Sandor Geresdi



DEEP SPACE PHOTOGRAPHY BY SANDOR GERESDI

Messier 82, aka **CIGAR GALAXY**, about 12 million light-years away

SOURCE:  
[www.seasky.org](http://www.seasky.org)  
[www.cafeastrology.com](http://www.cafeastrology.com)  
[www.mindbodygreen.com](http://www.mindbodygreen.com)  
[www.manspurpose.com](http://www.manspurpose.com)  
[www.wincalendar.com](http://www.wincalendar.com)



July 4  
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 11:01 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.*



July 19  
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 22:57 UTC. This full moon was known by early Native American tribes as the Full Buck Moon because the male buck deer would begin to grow their new antlers at this time of year. This moon has also been known as the Full Thunder Moon and the Full Hay 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.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 NEW MOON 20:44 UTC	3	4	5	6
7	8	9	10	11 Perseids Meteor Shower	12 Perseids Meteor Shower	13
14	15	16	17	18 FULL MOON 09:26 UTC	19	20
21	22	23	24	25	26	27 Conjunction of Venus and Jupiter
28	29	30	31			



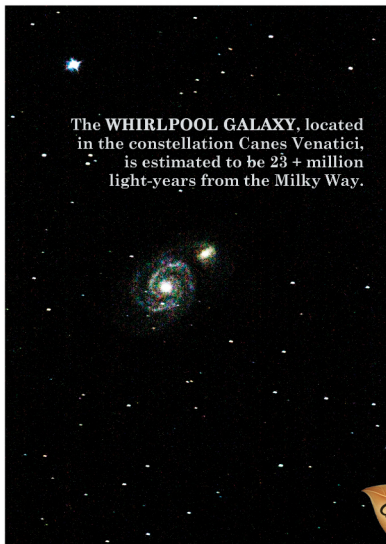
August 2  
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 20:44 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.



August 18  
FULL MOON

The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This phase occurs at 09:26 UTC. This full moon was known by early Native American tribes as the Full Sturgeon Moon because the large sturgeon fish of the Great Lakes and other major lakes were more easily caught at this time of year. This moon has also been known as the Green Corn Moon and the Grain Moon.



The **WHIRLPOOL GALAXY**, located in the constellation Canes Venatici, is estimated to be 23 + million light-years from the Milky Way.

DEEP SPACE PHOTOGRAPHY  
BY SANDOR GERESDI



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# The Tree of CONSCIOUS LIVING



SEE PAGES 4-5

*Our goal is to fill the Tree of Conscious Living with a multitude of leaves to recognize and honor the growing number of our supporters. At the same time, with the help of our supporters' contributions we'd like to increase the number of copies printed in order to connect with more people.*

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



\*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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**GAIA'S HEALING GIFTS (See ad on p.50)**  
Bethany Gonzalez  
(239) 253-3303  
www.gaiahealinggifts.com

## ART & JEWELRY

**ANDREA BELOFF FINE ART**  
Gallery/Studio/Healing Tru Art  
(305)773-0358  
5760 Shirley St. #20 Naples  
www.andreabelloff.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

## ART & JEWELRY CONT.

**MEMORIAL GLASS ART AND JEWELRY**  
BEVERLY'S TROPICAL GLASS DESIGN  
Elissa George/Consultant  
(239) 877-4616  
4711 Pine Ridge Rd, Naples  
www.tropicalglassdesign.com

**PINE RIDGE ROAD FARMERS MARKET**  
(239) 200-4401  
Sundays, 9AM - 1PM  
3370 Pine Ridge Rd., Naples  
www.naplesmarketplace.net



**(239) 228-6949**  
600 Goodlette Rd. Naples  
[www.GoddessIAM.com](http://www.GoddessIAM.com)



**GreenMedInfo**  
EDUCATION EQUALS EMPOWERMENT

An extensive, evidence-based resource site, supporting natural and integrative health modalities



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

# Local Business Directory

## 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

### KELLY BONE, CBS, LSHC

(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  
(614) 581-8703  
[JourneyofWisdom.com](http://JourneyofWisdom.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-1pm)  
(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 MEDICINE

### SUSAN WINTERS, MMQ (China)

Specializing in the healing arts of Qigong  
(239) 340-1036  
[panguswf@gmail.com](mailto:panguswf@gmail.com)

## CHIROPRACTORS

### CHIRO CARE EXPRESS

(239) 330-3830  
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

CHIROPRACTIC  
(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**  
www.earthsaura.com

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

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

**THE MYSTICAL MOON**  
(239) 301-0655  
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**  
(239) 687-0667  
5555 Taylor Rd., Unit C, Naples  
(See ad on p40)

## DREAM WORK

**LEIGH RANDOLPH, DDS, MS, HC, VCSW**  
Holistic Dream Coaching  
Visionary CranioSacral Work  
(614) 581-8703  
JourneysOfWisdom.com

## DOULA SERVICES

**PAULA TERRY, LMT (MA35358)**  
(239) 821-3088  
www.doulalove.org

## EAR CANDLING

**LISA PILSNER**  
(239) 298-1545  
By appointment at the White Lotus Studio  
5555 Taylor Rd., Unit C, Naples  
OnTheGoFitness@gmail.com

## EDUCATION

**EVERGLADES UNIVERSITY**  
Online Classes  
(855) 723-9087  
www.evergladesuniversity.edu

**HOLISTIC HEALING ARTS**  
(732) 266-5276  
3323 Olympic Dr., #722 Naples  
www.HolisticHealingArts.info

## ENERGY HEALING

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

**BETHANNY GONZALEZ (See ad on p50)**  
(239) 253-3303  
600 Goodlette Rd. Naples  
www.gaiahealinggifts.com

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

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

**CSONGOR DANIEL, B.S., L.M.T., C.P.T.**  
(901) 391-3527  
North Port  
www.csongordaniel.com

**HARMONIZING AMBIENT ENERGY**  
(239) 910-6576  
mariahubbuch@ol.com

**HEALING ARTS CENTER**  
(239) 262-6828  
1065 5th Ave. N., Naples  
www.HACNaples.com

**JOHN MCMULLIN, H.C., CHT**  
(614) 975-5433  
Practicing locally and globally  
JourneysOfWisdom.com

**KATHY HALL**  
Soul Awakening Energy Healing  
www.HiddenWholeness.com

**LORRAINE FRONGILLO, CFMW, LMT, MFT**  
239-841-HEAL (4325)  
www.lorrainefrongillo.com

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

**NANCY SANTANA**  
(239) 895-4476  
Lehigh Acres  
www.nancysantana.com

## ENERGY HEALING CONT.

**SUKYO MAHIKARI**  
(239) 300-1633  
Naples  
www.sukyomahikari.org

## ESSENTIAL OILS

**CONNIE MYERS (See ad on page 44)**  
(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  
Sundays, 9AM - 1PM  
3370 Pine Ridge Rd., Naples  
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**  
(239) 273-2350  
Saturdays, 7:30AM - 12PM  
2355 Vanderbilt Beach Rd., Naples

## FITNESS

**EMILIE BROMLEY - A BOUTIQUE FITNESS STUDIO**  
(239) 404-8127  
www.emiliebromley.com

**FERRARI FITNESS**  
(239) 300-0039  
431 Bayfront Pl, Naples

## GLUTEN FREE FOOD

**EPIPHANY**  
(239) 398-4428  
Saturdays at the Vanderbilt Farmers Market  
www.epiphanyglutenfree.com

**FORGETABOUTIT BAKERY**  
(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.forgoodnesssake123.com

F

G

# Local Business Directory

## HEALTH FOOD STORES

### FOOD & THOUGHT

(239) 213-2222  
2132 Tamiami Tr. N, Naples  
[www.foodandthought.com](http://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](http://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](http://www.ciderpresscafe.com)

### FOOD & THOUGHT

(239) 213-2222  
2132 Tamiami Tr. N, Naples  
[www.foodandthought.com](http://www.foodandthought.com)

### HAPPINESS HEALTHY CAFÉ

(239) 362-2075  
3332 Cleveland Ave, Fort Myers  
[www.happinesshealthycafe1.com](http://www.happinesshealthycafe1.com)

### JANE'S GARDEN CAFÉ

1209 3rd Street S, Naples, FL 34102  
239.261.2253  
[JanesNaples.com](http://JanesNaples.com)

### KITCHEN 41

(239) 263-8009  
2500 Tamiami Tr. N., Naples  
[www.kitchen41.com](http://www.kitchen41.com)

### THE LOCAL

(239) 596-3276  
5323 Airport Pulling Rd N, Naples  
[www.thelocalnaples.com](http://www.thelocalnaples.com)

### LOVING HUT

(239) 254-9490  
975 Pine Ridge Rd., Naples  
[www.lovinghut.us](http://www.lovinghut.us)

### M WATERFRONT GRILLE

(239) 263-4421  
4300 Gulf Shore Blvd N, Naples  
[www.waterfrontgrille.com](http://www.waterfrontgrille.com)

### PIZZA FUSION

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

### THAI BASIL

(239) 262-8777  
2616 Tamiami Trail N, Naples  
[www.thaibasilnaples.com](http://www.thaibasilnaples.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](http://www.prolopuncture.com)

### CATHY'S HERBS AND BOTANICALS

(239) 595-0586  
281 9th St. S., Naples  
[www.cathysherbsandbotanicals.com](http://www.cathysherbsandbotanicals.com)

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

(941) 255-1979  
Port Charlotte  
[www.dr.morsesherbalhealthclub.com](http://www.dr.morsesherbalhealthclub.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](http://www.aholisticapproachcenter.com)

### AXIS NATURAL MEDICINE

(239) 288-0900  
7680 Cambridge Manor Pl., Fort Myers  
[www.acupunctureclinicfortmyers.com](http://www.acupunctureclinicfortmyers.com)

### EYES WIDE OPEN CENTER

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

### HEALING ARTS CENTER

(239) 262-6828  
1065 5th Ave. N., Naples  
[www.HACNaples.com](http://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](http://www.insight2HW.com)

### INTEGRATIVE LIFE INSTITUTE

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

### INTEGRATIVE MINDFULNESS

(239) 590-9485  
3372 Woods Edge Cir. #102, Bonita  
Springs  
[www.integrativemindfulness.net](http://www.integrativemindfulness.net)

### MONARCH THERAPY LLC

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

## HOLISTIC/NAT. HEALING CENT. CONT.

### RB INSTITUTE, INC.

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

### SALT CAVE

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

### SHANGRI-LA SPRINGS

(239) 949-0749  
27750 Old U.S. 41 Rd., Bonita Springs  
[www.shangrilasprings.com](http://www.shangrilasprings.com)

### WELLBRIDGES, INC

(239) 481-5600  
9200 Bonita Beach Rd., #113, Bonita Spr.  
[www.DebPost.com](http://www.DebPost.com)

## HOLISTIC / NATURAL HEALTHCARE PRACTITIONER

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

(239) 649-7400  
800 Goodlette Rd. N., Naples  
[www.PearlHealth.com](http://www.PearlHealth.com)

### CHRISTINA CARLIN

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

### DEBORAH J. POST, MSN, ARNP

(239) 481-5600  
9200 Bonita Beach Rd., #113, Bonita  
[www.debpost.com](http://www.debpost.com)

### DR. STUART WRIGHT, ND

(239) 272-6443  
Naples – by appointment

### GRACE BARR, BA, LMT (See ad on p39)

(239) 293-7711  
958 2nd Ave N, Naples  
[www.integrativelifeinstitute.com](http://www.integrativelifeinstitute.com)

### LEORA DAPPEN MS, CNP

(239) 262-6828  
1065 5th Ave. N., Naples  
[www.HACNaples.com](http://www.HACNaples.com)

### NANCY SANTANA

(239) 895-4476  
Lehigh Acres  
[www.nancysantana.com](http://www.nancysantana.com)

## HOMEOPATHY

### BRAD FERRINGO, ND HD

Balanced Health Concierge  
(239) 248-0455  
[info@balancedhealthconcierge.com](mailto:info@balancedhealthconcierge.com)  
[www.balancedhealthconcierge.com](http://www.balancedhealthconcierge.com)

### DAVID A. DANCU, JD, ND

(239) 434-2497  
851 Fifth Ave. N., Suite 303., Naples  
[DDancu@gmail.com](mailto:DDancu@gmail.com)

## HOMEOPATHY CONT.

**LEIGH RANDOLPH, DDS, MS, HC, VCSW**  
 (614) 581-8703  
 Cape Coral  
 JourneysOfWisdom.com  
 (See ad on page 47)

**NEW DAWN EASTERN MEDICINE**  
 (239) 362-0668  
 16317 Tamiami Trail S, Fort Myers  
 www.fortmyersacupuncture.com

## HYPNOSIS / HYPNOTHERAPY

**CAROLYN BEAUCHAMP**  
 Certified Clinical Hypnotherapist  
 (239) 300-1633  
 carolynbeauchamp@gmail.com

**GODDESS I AM (See ad on page 31)**  
 HEALING & ART CENTER  
 (239) 228-6949  
 600 Goodlette Rd, Naples  
 www.GoddessIAM.com

**JOHN MCMULLIN, H.C., CHT**  
 (614) 975-5433  
 Practicing locally and globally  
 JourneysOfWisdom.com

**LYNN D. THOMAS, R.N., CHT.**  
 (239) 494-1363  
 www.HypnosisBasics.com

## INTUITIVE

**ANNE DANCU**  
 Intuitive Medium  
 (239) 272-2583  
 HealingWordsCreativeSpirit@gmail.com  
 www.HealingWordsCreativeSpirit.com

**BETH BROWN-RINELLA**  
 (239) 228-6949  
**GODDESS I AM HEALING & ART CENTER**  
 600 Goodlette Rd, Naples  
 www.GoddessIAM.com

**BETHANNY GONZALEZ (See ad on p50)**  
 (239) 253-3303  
 600 Goodlette Rd, Naples  
 www.gaiahealinggifts.com

**JOHN MCMULLIN, H.C., CHT**  
 (614) 975-5433  
 Practicing locally and globally  
 JourneysOfWisdom.com  
 (See ad on page 47)

**KATHLEEN MCGREGOR**  
 Medium Clairvoyant  
 (239) 687-8122  
 kbemcgregor@hotmail.com

**SUSANNA TOCCO**  
 Intuitive Readings  
 (239) 262-0811  
 1100 6th Ave. S, Suite 229A, Naples  
 www.SusannaTocco.com

## IRIDOLOGY

**DR. MORSE, N.D., D.Sc., M.H.**  
 (941) 255-1979  
 Fort Charlotte  
 www.drmosherherbalhealthclub.com

**EVERWELL**  
 Cheyne Goulden  
 (213) 590-0694  
 Naples - by appointment  
 www.facebook.com/everwellhealth

**SACRED SPIRIT YOGA & WELLNESS**  
 (239) 675-9777  
 5385 Park Central Ct, Naples  
 www.sacredspirityoga.com

## KINESIOLOGY

**GOLDMAN CHIROPRACTIC**  
 (239) 254-0003  
 1001 Crosspointe Dr., Naples

**OLD NAPLES CHIROPRACTIC HEALTH CENTER**  
 (239) 262-0606  
 689 Tamiami Tr. N., #D, Naples  
 www.drdebs.com

## LIFE COACHING (HOLISTIC)

**INNER PEACE RESOLUTIONS, LLC**  
 (239) 537-8248  
 2900 14TH ST. N., #2, Naples  
 www.innerpeaceresolution.com

**JOHN MCMULLIN, H.C., CHT**  
 (614) 975-5433  
 Practicing locally and globally  
 JourneysOfWisdom.com

**KEN FRIED**  
 (316) 633-1576  
 Serving clients locally and globally  
 www.kentried.me

**LEIGH RANDOLPH, DDS, MS, HC, VCSW**  
 (614) 581-8703  
 Cape Coral  
 JourneysOfWisdom.com

## MEDITATION

**GODDESS I AM (See ad on page 31)**  
 HEALING & ART CENTER  
 (239) 228-6949  
 600 Goodlette Rd, Naples

**INNER PEACE RESOLUTIONS, LLC**  
 (239) 537-8248  
 2900 14TH ST. N., #2, Naples  
 www.innerpeaceresolution.com

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

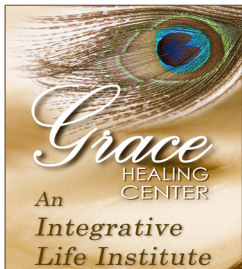
## METAPHYSICAL CENTERS

**ALTERED ELEMENTS**  
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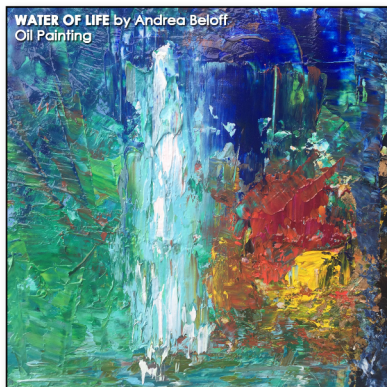
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**ANDREA BELOFF** is an American-born artist with a unique background of Argentinean, Brazilian, Russian and Italian influences. She spent 28 years in California, graduated from UCSB and attended L'Accademia di Belle Arti in Venice, Italy. She fully developed her career as a Papermaker during this time specializing in a very creative collaging process in a tropical genre. Before moving to Miami in 2012, she began a Sabbatical which set her off exploring and combining other mediums along with her handmade papers and this led to the beautiful LOVE and Abundance Series which can be seen in her Gallery. This was an artistic as well as a spiritual rebirth that then took her onto her new path and here to Naples, painting abstract expressionism using palette knives with spiritual undertones.

Andrea welcomes you to her new Gallery/Studio space in the Naples Art District, 5760 Shirley St. #20. Gallery hours during the school year are Monday through Friday, 8-3pm, Saturday by appointment and also at the Art Gallery Co-Op at the Vanderbilt Shoppes. Summers are more relaxed.

# Healing thru Art

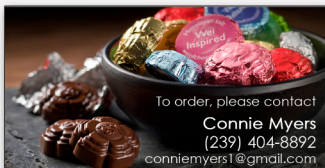
with Andrea Beloff

Can we find hope, strength, motivation and healing through the arts? Andrea invites you to use painting to promote emotional healing, set intentions into motion, address soul wounds and find alternate ways to nurture these through the creative process of art, an interactive process, because it is in sharing that we find healing.

While still in California, Andrea used her art for emotional and spiritual healing and developed her first and very popular workshop, PAINT YOUR HEART OUT. Here you go within and bring out some of the more pressing matters of the heart, be that the loss of a loved one, emotional pain, rejection, abandonment to name a few and we work through them so they do not remain buried. The goal is to become more self aware and heal along the way. When we are clear what needs to be addressed, the artistic and energetic process begins. You do not need to know how to paint. The art is a take home project that can be worked on more and that is a continuous reminder of what stage of healing you are at. There are projects for children as well such as the PEACE OUT workshop which promotes inner and world peace. DANCE AWAY for women enhances self esteem issues. NURTURING the SOUL for uncovering recurring triggers and healing these soul wounds in the process. Andrea recommends an initial 30 minute consultation for determining the best approach for each person in healing through art.

Andrea is also available to lecture on this process. If you are interested or if you have a group, Andrea is ready. She also offers 6 week Workshops from Rick Warren's video studies on 40 Days of Love (We are Made for Relating) and The Six Stages of Faith. These particular ones are her favorite and also include painting the different themes so the inspiration is built in for the artwork. This has been a fascinating journey for Andrea and she is thrilled to share it with the community.

CARESSING THE PAIN by Andrea Beloff



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# A HOLISTIC APPROACH TO BALANCED LIVING

by John McMullin and Leigh Randolph

What is balanced living for you? Some of us apply this concept to balancing our food, exercise, lifestyle, or adventures we haven't yet experienced. Sometimes we are out of balance but because we are caught in the middle of it, we can't see it. A way of holistically balancing our life is to explore where we are out of balance through obsessions about work, food, body sculpture, hidden anger, shame or fear, money, addictions or compulsions, or our relationships. As we take inventory where our life is in or out of balance, how do we find the awareness to know where we are out of balance, and then what do we do about it?

Many life coaches begin the process through a timeline creating calendars with goals and objectives as a method to affirm accomplishing what we set out for the day. This gives us emotional rewards for meeting our self-defined agenda. By creating priorities from a life mission statement we begin to experience the gratification of accomplishing the beginning of what we desire. However, many people sabotage this process to feed their hidden addiction to fear and shame, and then return to the frustration of feeling out of balance. Once again we return to our life coach to give new resolve and attempt the journey again. Many folks find themselves repeating this cycle until they become so frustrated they return to old habits and just simply give up.

What is the secret we keep from ourselves that creates this agenda of self-sabotage and frustration? Sometimes our behavior seems really functional, like the ethic of hard work, which can look great, but can indicate a life out of balance. What if we discovered that a part of our childish dominant ego allows us to set up an adult plan of self control from our mission statement, and then retains control by disrupting our plans? What if we could find the part of our ego that is frightened or angry and owns the illusion of power from retribution and then sabotages our adult agenda? How do we find the conflict in these ego parts and ask them to help us rather than oppose us? This process is especially difficult if the revengeful child within also knows the power to camouflage and hide while it inflicts its message of "just wait and see, then you'll be sorry". Finding this ego part often requires the use of intuition since old beliefs and memories of life events hide, and we cannot reclaim those experiences to heal them.

The holistic approach to balancing life begins with finding and then asking help from this angry part of our ego. Since the ego hides itself from its own destruction, the process requires acceptance and compassion to realize there is a part of our ego conflicted and defiant with our adult ego purpose. Using intuition we discover the conflicted ego part that owns the illusion of power through revenge. We can teach this childish ego part how to negotiate its existence with other ego parts through verbal gestalt and the connection of mind and heart. The defiant ego part is often not influenced through the rationalization of goal setting and willfulness. The ability to speak to this childlike ego with reward and validation is often the path to liberating the whole self from this dominant ego part.

If you have discovered that affirmations to bring balance are not working in your life, try this holistic approach to bringing balance into your life through the following techniques:

- **Notice what issues your mind is conflicted about.**
- **Ask how part of your mind benefits through the illusion of power from revenge.**
- **Imagine the positive and negative consequences of experiencing a new balanced life.**
- **Ask how you might reward that defiant ego part that is resisting change.**
- **Guess what age you learned the illusion of power from revenge through fantasies or life experiences.**
- **Talk to that ego part and ask if you nurture that child, and how that child part can help you.**
- **Notice in what ways the resistance is reduced and how you are empowered to balance your life through this holistic approach.**

## ABOUT THE AUTHORS

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

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

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# Are you trapped in the 'Coulda-Woulda-Shoulda' Syndrome?

by Carol Glassman

A few days ago an old friend, I'll call him Jeff for now, took me aside to confide that he has stage 4 liver cancer. It has spread to some other major organs, he said, and although he is going to have chemotherapy, "It's too late for me -- I waited too long", he confessed. He was going out to purchase a burial plot the next day.

Although I knew Jeff hasn't been well and had been battling some odd symptoms with home remedies for a while, I had no idea he was this ill, and neither did he or his wife Sally, it seems. Otherwise we would have nagged until he sought medical advice sooner. But you know how it is with leading horses to water even when they are thirsty. His true condition wasn't apparent until he ended up in the hospital one weekend with what they originally thought was an attack of diverticulitis. After a few scans, he was told the bad news.

What do I say now, I wondered, and what do I do? For a moment I was speechless and I am sure the distress and shock I felt registered on my very readable face.

Being very careful not to say something really insensitive like, "Are you kidding?" or "Are you sure?" or "Did you get several opinions?" my main goal of the moment was that Jeff and Sally, both of whom just celebrated their 90th birthdays, knew I'm not just a fair-weather friend and that they could depend on me through thick and thin. I would do whatever they needed.

I briefly conveyed how stunned and shocked I was, but since it was not about me and how I felt, I quickly asked what I could do. Since both of them are very independent and private people, part of my shock was that they told me at all. As I presumed, they didn't want me to do anything, just listen, know, and share.

As I heard Jeff describe months of 'Coulda-woulda-shoulda', I managed to hold my tongue from saying that recognizing the gravity of his vague symptoms might not have ensured him of a miraculous cure anyway. Who wants to hear that!

I admit, I also wondered why at this stage of his life, he would subject himself to chemo, wondering if I would do the same in his shoes, or would I just try to enjoy what quality of life I had left by hiring a handsome young stud of a nurse, filling myself with pain-killers and going on a gourmet cruise around the world. We all face things differently and as we age we become even more possessive of the gift that is every day, and how we spend it.

After I left them, I began to think of the 'Coulda-woulda-shoulda' syndrome, but in another way: pitching it forward and forcing myself to think about a world without Jeff, how desolate it will feel without him, without his acceptance of my less-than-perfect ways, his wisdom and advice to rely on, and if I had ever told him how very important his friendship is to me. I love that man!

Aside from all the obvious reasons that we walk the earth, and without giving ourselves some kind of magical, religious, and esoteric powers, did you ever think that perhaps one of our most basic and simple reasons for existing is to make other people feel good? I know that sounds as if I have just ingested an overdose of candy floss, but don't judge it until you think about it.

Do you really want to live a life of wondering how things might have turned out 'if'? I personally am not comfortable living with doubt.

I sat for hours staring into space, alternately smiling over situations I have shared with Jeff and Sally over the years and how we had come to each other's aid more than once, and weeping to think that Sally will soon share that hated 'widow-word' with me. That's the reality.

Some people have difficulty visiting with the terminally ill, not knowing what to say or do, and some act almost as if they are afraid they will catch the critical disease. Just being there is often more than enough, after all, and keep reminding yourself it's not about you.

We don't know how long Jeff's road ahead is going to be, and all we can do is make it as smooth as possible. I feel much better when I can do something, so I thought for a moment about what might make Jeff happy, even briefly. I sent him some white chocolate dipped strawberries. Tomorrow, and the tomorrow after that, I know I'll think of something else. And I'll tell him often how I feel about him.



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