

The cover features a stack of five smooth, light-colored stones. The top stone is the smallest and is inscribed with the word "Love". The second stone is larger and inscribed with "Harmony". The third stone is larger still and inscribed with "Balance". The fourth stone is the largest and inscribed with "Tranquility". The bottom stone is the largest and inscribed with "Peace". In the upper left corner, there is a white lotus flower. The background is a soft, out-of-focus blue and purple gradient.

White Lotus
SW Florida Edition

FREE
SEPT/OCT 2016

magazine

Love

Harmony

Balance

Tranquility

Peace

INSPIRATIONS FOR CONSCIOUS LIVING

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



May you be strengthened by yesterday's rain,
walk straight into tomorrow's wind and cherish
each moment of the **sunshine** today.

-- OJIBWA PRAYER



WISDOM

FOR SEPTEMBER/OCTOBER

The Shaman's Whispers

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

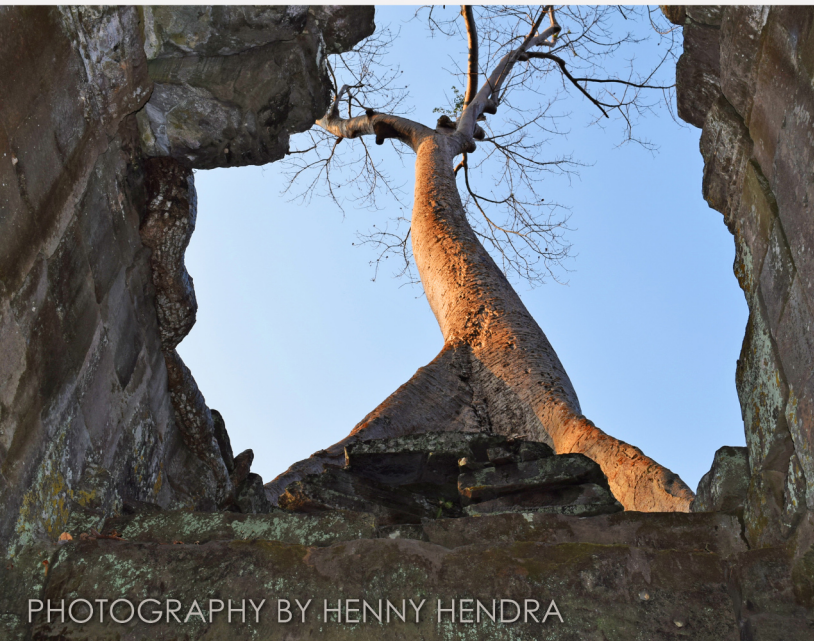
This month's insight is based on Lakota wisdom.

We are earth people on a spiritual journey to the stars. Our quest, our earth walk, is to look within, to know who we are, to see that we are connected to all things, that there is no separation, only in the mind.

*The
Shaman
Lady*

*Trees are the earth's endless effort
to speak to the listening heaven.*

- Rabindranath Tagore



PHOTOGRAPHY BY HENNY HENDRA



If we open a quarrel between past and present,
we shall find that we have lost the **future**.

- WINSTON CHURCHILL



Angkor Wat, Cambodia



PHOTOGRAPHY BY HENNY HENDRA



"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
is a free monthly publication
serving the SW Florida area.

Available at local health food stores, spiritual & healing centers, and other health-related businesses. (See list on our website) If you'd like copies at your location, please contact us. We welcome your comments and suggestions.

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NOTE *from the Editor*

Summer went by fast and it turned out to be much busier than anticipated. The roads and stores somehow seemed more crowded than in past years – which was wonderful for our local businesses – and many of us seemed to be just about as busy and exhausted as we were in season. Summer didn't exactly become the well-deserved break I was looking forward to. I found myself stretched too thin trying to accomplish too many projects I had planned for these past months.

Our contributing writers and photographers have also been active: I have received a great number articles and a large selection of beautiful photography. Therefore I decided to sacrifice the Local Business Directory in this issue and utilize the space for a good deal of articles, photos, and new advertisements instead. Keeping in mind that September and October might still be financially difficult months for many local businesses, I decided that White Lotus Magazine will remain bi-monthly for the time being. But in November, I plan on going back to the month-to-month publishing schedule, due to the increasing inquiries and requests from our readers.

But creating White Lotus Magazine does not always go as planned – often it feels like *it creates itself*. Just like our readers, I often wait in anticipation to see how each issue unfolds time after time. I realize that even though we make many plans, the Universe seems to have plans of its own for us. Life tends to take us into directions we've never dreamed we would go. Therefore, I'm learning to just let go, accept, and go with the flow – both in creating White Lotus Magazine and in my personal life.

- Anna Krecicki

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BY ANNA KRECICKI



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SEPT/OCT



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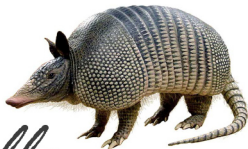
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ANIMAL SPIRIT GUIDE FOR SEPTEMBER/OCTOBER:

SOURCES:
Animal Speak by Ted Andrews
www.manataka.org

Armadillo



"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.

The Armadillo Spirit Animal brings our attention to the meaning of boundaries, protection, and empathy. According to the Manataka American Indian traditions, Brother Armadillo can show us when to let our defenses down and when to let others into our personal space; it can teach us to be always prepared to protect ourselves from potential threats; and it also reminds us to open up and expose our inner selves time to time. Armadillo's medicine includes understanding our personal boundaries, respecting the boundaries of others, understanding our vulnerabilities, and the importance of being grounded and protected.

When Armadillo comes into your life:

- You might be reminded to learn to guard your personal space.
- It may be time to examine your boundaries or artificial limits placed on your abilities, time, or space.
- You may be negligent of a persistent problem or avoiding issues.
- Perhaps you are too paranoid, 'hard-shelled' or could be covering your feelings.
- You may need to work harder at finding sustenance in your life to bring more spiritual awareness.

If Armadillo is your Animal Guide:

- You have clear boundaries and you allow entry into your personal space only when you want to.
- You always sense what is safe and what is not.
- You enjoy solitude but know when to open up to people and join others in social activities.

Ask Armadillo's help when:

- You have difficulty saying 'no'.
- You feel you are being taken for granted.
- Someone is invading your personal space.
- You need assistance to define your emotional and physical boundaries.

Did you know?

The armadillo (Spanish for "little armored one") rolls into a tight ball when threatened to cover its vulnerable underside. Its leathery, armored shell is made up by cartilage and bone, providing excellent protection. As many of us may be painfully aware, the armadillo digs for its food, often tearing up lawns and gardens in its path. It has very poor eyesight, and uses its keen sense of smell to search for insects, grubs, etc. underground. The armadillo makes burrows to sleep and have its young. It is slow but persistent in its daily tasks and ignores most non-threatening activities around it.

SYMPTOMS OF ASCENSION

The Ascension process is the union of our higher and lower levels: the soul, spirit, and body becoming one. This means that we are changing our cellular structure to accommodate a higher frequency within the physical body.

Those who study and understand Ascension believe that we are moving from a 3rd dimensional existence into the 5th dimension. Dimensions are based on frequency; the higher the dimensional level, the higher the frequency. As Sandra Walters explains, the Earth is changing its frequency during this shift, and the physical beings which live on the planet must vibrate at the same frequency in order to exist. Simply put, as the Earth is raising its vibrational rate, so must we.

The Ascension process is unique to each individual. It is a conscious choice to fully engage and support this process. Once we have made the choice to be aware and assist the Ascension, we'll be experiencing major changes in our bodies and lives. According to Walters, these changes in mind, body, and spirit are the "wake-up call symptoms". These symptoms come and go with different levels of intensity. They are aches and pains, strange encounters and sensations that often go misdiagnosed or misunderstood. These symptoms are said to be re-alignments of energy that will eventually stabilize. Simply by becoming aware of these symptoms and by listening to what the body needs at this transformative time, we can embrace the process with less effort and resistance.

It's believed that the Ascension process is accelerating, which means that the energy shifts are arriving more frequently, the energies are more powerful, and the symptoms of Ascension are more intense. For some, these symptoms are a sign of progress; for others, they are a burden. It completely depends upon the journey one chooses to embark on.

Symptoms of Ascension:

- *Changing sleep patterns: restlessness, night sweats, waking up two or three times a night*
- *Feeling tired after you wake up and sleepy during the day*
- *Periods of overwhelming fatigue*
- *Change in eating habits: cravings, occasional increase or decrease in appetite, new allergies to certain foods*
- *Seeing "floating veils", shadowy figures, white objects in your peripheral vision*
- *Blurred or foggy vision, seeing shimmering objects, glittery particles, flashes of light*
- *Seeing auras or vortices of energy around plants, animals, people*
- *Hearing strange voices, ringing in the ears, white noise with beeps, tones, music or electronic patterns, sensing messages within the sounds*
- *"Vibrational Flu": high temperatures, night sweats, aching bones and joints, neck pains, flu-like symptoms*
- *Occasional sinus issues: sneeze attacks, runny nose or sore throat that is not due to a cold or allergy*

- *Mental confusion, difficulty concentrating*
- *Itching, vibrating, prickling, tingling, stinging or crawling sensations*
- *Energy rushes or sensations of electricity circulating the body*
- *Involuntary bodily movements: muscle spasms, jerking, tremors, shaking*
- *Feeling the whole body vibrate (similar to earthquake sensations, especially at night or in a relaxed state)*
- *Headaches, pressure in the skull*
- *Numbness or pain in the limbs*
- *Loss of muscular power in hands, caused by changes in circulation*
- *Heart palpitations & fluttering (opening of the Heart Chakra)*
- *Flutters in high center of chest (opening of the High Heart Chakra)*
- *Enhanced senses of smell, touch, or taste*
- *Occasional breathing difficulties*
- *Immune and Lymphatic system changes, glandular flare-ups*
- *Digestive system changes*
- *Depression for no reason, feelings of loss or isolation*
- *Tension, anxiety, or stress*
- *Dizziness, losing balance, feeling like your body is swirling*
- *Vivid dreams, violent or dramatic dreams*
- *Emotional outbursts or mood swings*
- *Weight gain, typically around the belly (Buddha belly)*
- *Triple digits: every time you glance at a digital clock it has triple digits (1:11, 2:22, 3:33, 4:44, etc)*
- *Breaking free from restrictive jobs, lifestyles, disharmonious people or situations*
- *Desire to simplify belongings, lifestyle, and habits*
- *Heightened awareness, mystical experiences, increased synchronicity*
- *Feelings of tremendous joy, love, and compassion (the lower and higher chakras begin to unite)*
- *Skin eruptions: occasional unusual rashes and bumps (purification of emotion, toxins, imbalances)*
- *Episodes of clairvoyance, clairaudience, clairsentience*
- *Creativity bursts: receiving creative inspirations at an overwhelming rate*
- *Impatience (you want to get on with the process faster than your body can adjust)*
- *Teachers and Guides appearing (people, movies, books, events, beings) to assist you on your journey*
- *Consuming interest in self-knowledge and creativity: expressing your true nature in work and play*
- *Deeper understanding of spiritual truths*
- *Higher perspective becoming habitual: compassion for all journeys, honoring all paths*
- *Akashic access: understanding your past journeys, seeing the lessons*
- *Journeys in meditation becoming intense and purposeful (crystalline cities, geometry, gridwork, stargate travel)*
- *Feeling the Observer or Witness consciousness*
- *Desire to serve from the heart*
- *Deep understanding of Mother Earth and humanity's journey*
- *Desire for mastery of your consciousness*

SOURCE:

Ascension Symptoms: changes in mind, body and spirit by Sandra Walters
www.sandrawalter.com/ascension-symptoms/
www.sandrawalter.com/accelerated-ascension-symptoms/

YOGA & MEDITATION

at the White Lotus Studio
with Megan Healey



Each week we will focus on cleansing and balancing our energetic bodies, finding our heart center, and grounding our physical bodies while also connecting with our mind and spirit. Many healing modalities will be offered and each practice will be different for everybody every week. We will incorporate gentle asana, meditation, breath work, crystals, essential oils, smudging herbs, and chanting. There will be a crystal gift with each class. There will also be time before/after class for shopping if you desire!

Class is love donation based - I'm happy if you just show up and I get a hug.
PLEASE don't let finances stop you.
Everybody needs time for self-love!

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The Tree of CONSCIOUS LIVING



SEE PAGES 48-49

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 or scan this QR code with your smartphone.



**Certain guidelines 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.*



Alaska Appeals to a Variety of Tastes

by Carol Glassman

In the past few years my vacations have taken me to some interesting places in the world – perhaps not terribly unique or out-of-the-way to seasoned wanderers, but for a not-so young single woman traveling alone I found them pretty exciting. I also discovered that although I had always thought I preferred big, busy cities, I am actually more at home surrounded by silence and the beauty of nature.

These days there are many reality TV shows that can introduce you to Alaska, “The Last Frontier”. Alaska can be just as wild and remote as it looks, but it also offers grand and majestic scenery in more accessible areas with running water, inside plumbing and deodorant if you’re not quite ready to strap on the hiking boots, shoulder a rifle and take off with a backpack full of dried pemmican for weeks of unwashed outdoor living.

My late husband and I took our first cruise to Alaska nine years ago. Since it was his first cruise experience and we had never met anyone who didn’t like Alaska, we figured it was a safe bet. We enjoyed it tremendously. Since then, I have visited places such as Milford Sound in New Zealand and the Chilean

Fjords in South America, and lovely as they were, I came away a little disappointed. What were they lacking? I finally decided they simply didn’t affect me the way I recalled Alaska.

Now you know we all carry memories with us of Mom’s apple pie and huge homes where we grew up, and when we finally revisit these events we find Mom’s pie is very good but not really unique, and either the old homestead has shrunk or we simply got bigger; romance and Nostalgia for the past can play tricks on us! So it was with a little hesitation that I planned a return cruise to Alaska on my own.

Let me say at the outset that I am a big fan of cruising as I enjoy the freedom of traveling alone on a medium size ship (under 900 passengers) where I can take advantage of all the amenities, great dining, and have as much or as little company and entertainment as I choose. I don’t believe in roughing it when I am on vacation and clearly understand that not everyone will share my views. I also don’t enjoy sharing a cabin or feeling obligated to eat, sleep or live by another’s idea of fun when all I may want to do is relax and read all day

on the deck. However, I do like to assure mature women who may be nervous about solo travel, that a cruise is a great choice where you can eat alone and read a book, or share a table with others and possibly enjoy a lively conversation with new friends.

This time I chose to spend a few days sightseeing in Seattle before boarding the cruise which took me north along the Inside Passage to Ketchikan, Wrangell, Juneau, Haines, the Hubbard Glacier, Icy Strait Point and Hoonah, Sitka, Victoria and Vancouver, British Columbia (Canada) and back to Seattle. One can also begin the trip in Vancouver, as both Seattle and Vancouver offer a variety of different-priced cruises and itineraries.

One of the best things about cruising on a medium size ship, is that most of the time you find yourself docked at the pier which is usually right in the center of the town. If you don't want to pay extra for an excursion, you can walk off the ship and sightsee on your own.

While sailing, binoculars might enable you to see diving whales, sea otters, and a wide variety of birds. The Inside Passage is pretty smooth sailing for a novice and if there is any rougher weather at all, it will be on the return south as the ship heads outside for Victoria and Vancouver. It's an experience to have lunch in Victoria, Canada one day and Vancouver the next.

Rather than give a travelogue of each and every location, I suggest an Internet search before you go to discover what each town offers, and your ship will provide a lot of information about land excursions that are available at each port. These vary widely from guided historical and cultural walks through the town to helicopter rides, salmon fishing, whale watching and zip lines for the adventurous.

When we visited the first time, almost every town was full of souvenir stores where everything one picked up was 'Made in China'. Recently Alaska seems to have attracted a lot of excellent artisans and these days many items are proudly handcrafted in Alaska, from pottery to ulu knives, jewelry, cosmetics, fine art, and handwoven fabrics. Of course you can also purchase and ship Alaska smoked salmon.

Hubbard Glacier, Photography by Carol Glassman



For me, the highlight of the trip and worth every dollar, was the day spent at the Hubbard Glacier. Most cruises spend hours either here or in Glacier National Park. Hubbard Glacier is about seven miles wide where it ends at Disenchantment Bay, and the bluish ice you will see there is about 400 years old as that's how long it takes for it to travel from its source. Every so often there is a thunderous roar and crackle as pieces of ice the size of a ten-storey building calve - break off and fall into the water, while visiting ships carefully keep their distance. A photo cannot possibly communicate the awesome majesty and grandeur of one of the largest glaciers in the world. The sun may shine but you would be wise to pack a down jacket, as even in June and July the weather, just standing on the ship's deck, can be quite frosty. Most ships anchor offshore and turn slowly for hours so that everyone gets a 360° view of the glacier. The glacier and the breathtaking views of snow-capped mountains are what I came for and I was not disappointed.

I have not experienced that kind of peace and silence since I skied -- the moment when the ski lift drops you at the top of the hill and you are alone in the ice cold air and sunshine -- it's a moment you would like to freeze in time and revisit at will.

This is just the tip of the Alaskan iceberg in more ways than one. I would encourage you to go and experience the rest - by land, rail, or sea. It may be the last frontier but it offers a first-class experience.

PHOTOGRAPHY BY CAROL GLASSMAN



Icy Strait Point - Hoonah



Statue in Ketchikan Harbour - first settlers



Seattle skyline



peace

COLOR THERAPY: **BLUE**

tranquility

understanding

honor

infinity

sky

loyalty

transition

blue

truth

water

patience

harmony

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calmness

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THE IMPACT OF EMOTIONS ON OUR HEALTH

by Barbara Cook

For centuries, much attention has been given to the influence of the mental and emotional processes on health and disease. Today, we believe with certainty that the mind (the consciousness) can affect our physical health.

Emotions are what unite the mind and body. In a study, published online in *Psychological Science*, researchers suggest that positive emotions bring us better health — and good health generates more positive emotions. “Recurrent momentary experiences of positive emotions appear to serve as nutrients for the human body,” they write, “increasing feelings of social belonging and giving a needed boost to parasymphathetic health, which in turn opens people up to more rewarding positive emotional and social experiences.” [1]

Aristotle was among the first philosophers to suggest a connection between mood and health — a link between the soul and the body. For Aristotle, the *soul is to the body as form is to matter*; they are inseparable. “Soul and body, I suggest, react sympathetically upon each other,” he is credited with saying. Hippocrates, the father of Western medicine taught that good health depends on a balance of mind, body, and environment.

Many ancient healing systems emphasized the interconnection between mind and body in healing. Ayurveda and Traditional Chinese Medicine have a long history of focusing on the mind–body–spirit connections and the effects of emotional/energetic imbalances on health.

Since the early twentieth century, numerous scientific studies and experiments were conducted to show the correlation between physical health and the conditioning of the brain.

In the 1920's and 30's pioneering Russian scientists conducted studies showing that the classical Pavlovian conditioning* could both suppress and enhance the immune system. They performed repeated trials with small animals trained to activate their immune systems without stimulus. First they gave the guinea pigs and rabbits an injection that stimulated the immune system every time they honked a horn. Eventually the animals became so conditioned, that they could activate their own immune system without the injection as the horn was honked.

American scientists continued the research on the communication links between the brain and the immune system. Psychologist Robert Ader of the University of Rochester School of Medicine and his colleague Nicholas Cohen did a series of groundbreaking experiments in the 1970's. They trained rats to associate certain stimulus with an event. In the studies rats were given an immune-suppressing drug flavored with sweet tasting saccharin. Eventually the rats became so conditioned to this drug that the saccharin taste alone, separated from the drug, caused a suppression of the immune system — demonstrating that mental cues can alter physiology.

While the study showed that the immune system could be conditioned at the autonomic level, or subconscious level, Howard Hall in 1990 demonstrated that the immune system could be consciously controlled. In his research, he instructed his human subjects to use several self-regulatory techniques (self-hypnosis, guided imagery, relaxation training) to consciously increase the stickiness of their white blood cells, which then was measured by saliva and blood tests. Hall was the first to show that psychological factors (conscious intervention) could directly affect cellular function in the immune system.

In the 1940's Wilhelm Reich proposed the unorthodox idea that cancer is the result of failure to express emotions, especially sexual emotions. Reich was not only ridiculed by the medical and scientific establishment, he was actually persecuted. The United States government held an official book burning, calling for all available copies of Reich's work to be rounded up by the FDA and incinerated.

In the 80's Lydia Temoshok, a psychologist at UCSF showed that cancer patients who kept their emotions such as anger under the surface, remaining ignorant of their existence had slower recovery rates than those who expressed emotions. Temoshok found that another trait common to cancer patients was self-denial, stemming from an unawareness of their own basic emotional needs. Her study showed that the immune system was stronger and the cancerous tumors smaller for those in touch with their emotions.

Can suppressed anger and other negative emotions cause cancer?

It is a fact that every one of us has a number of tiny cancerous tumors in our bodies growing every moment. Candace Pert Ph.D., author of *Molecules of Emotion* explains that the part of the immune system that is responsible for the destruction of the errant cells consists of natural killer cells whose job it is to attack these tumors, destroy them, and rid the body of any cancerous growth. In most of us most of the time, these natural killer cells do a good job, a job coordinated by various brain and body peptides and their receptors, therefore these tiny tumors never grow large enough to cause us to be ill. [2]

Is it possible that we could learn to consciously intervene to make sure our natural killer cells keep doing their jobs? Is emotional health essential to physical health?

All honest emotions are healthy emotions. Anger, fear, and sadness can be as healthy as peacefulness, courage, and joy — as long as they are expressed. According to Pert, repressing these negative emotions and not letting them flow freely “is a set up to dis-integrity in the system, causing it to act at cross-purposes rather than as a unified whole.” The stress caused by holding in negative emotions takes on the form of blockages and insufficient flow of peptide signals that maintain function at the cellular level. [2]

Health is not just a matter of thinking happy thoughts. Pert suggests that sometimes the biggest impetus to healing could come from jumpstarting the immune system with a burst of long suppressed anger. How you do it is up to you. Scream into the pillow or in a room by yourself. Let it out in group therapy. Or have a heartfelt, spontaneous exchange with a family member or friend for venting and expressing how you feel. The key is to express it, so it can stop poisoning you and your cells.

DISCLAIMER:

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

REFERENCES:

- [1] *How Positive Emotions Build Physical Health*, *Psychological Science*, May 6, 2013 (<http://ps.sagepub.com/content/early/2013/05/06/0956797612470827.abstract>)
- [2] *Molecules of Emotion* by Candace Pert Ph.D.

In Focus: BIOFEEDBACK

- A natural approach to energy balancing with a non-invasive bioenergetic body scan



Photos from Google Images

Anxiety, constant worry, and the stress of living in today's demanding and environmentally complicated world can result in many pressures upon the body. These stresses often lower the immune system and cause degenerative conditions, chronic pain, low performance, depression, insomnia, and emotional turmoil. The EPFX/QXCI Biofeedback system, available at the Salt Cave in Naples, offers natural and effective solutions to your health concerns.

EPFX/QXCI is an extraordinary device -- a computerized system that can help assess your current health situation and balance your over-stressed body at the subtle energy level.

Quantum physics and quantum biology merge in this fascinating technology. Since biochemical processes are fundamentally electrical in nature, this state-of-the-art system can measure the subtle information in your body, correlating it to thousands of health indicators, quantifying imbalances, and locating precursors to disease, allergies, and environmental sensitivities with computer accuracy.

Throughout the therapy, this device can identify your stresses, re-harmonize your body, and balance your mind, in order to bring you back into your natural resonance. The EPFX/QXCI system works as preventative therapy and to assess emotional and physical risks. The program can help you gain more insight into yourself and your current state of health. This energy therapy system can also set new patterns to bring your whole self into a state of balance and well-being.

WHAT IS BIOFEEDBACK?

Biofeedback is a widely used technology in many areas of health care. Oversimplified, it is the measurement of minute electrical signals in your body via an electrode, a patch, or a point probe. It is non-invasive, very safe and in most cases you cannot feel anything at all.

There are many applications of biofeedback throughout western medicine and holistic health modalities. The most common example of biofeedback application is ECG (Electrocardiography), a cardiology test performed in hospitals, monitoring the electrical activity of the heart using electrodes placed on the skin. We've all seen real-life events or TV scenes of someone lying in a hospital bed with patches attached to his chest, where the doctors watch his heartbeat on the monitor. This specific cardiac application is only one of the many health applications for which biofeedback is used.

BIOFEEDBACK THERAPY

Biofeedback therapy has emerged as a new field of energy medicine that addresses the electrical properties of the body through stress reactivity testing of the entire energetic body field. Once tested, biofeedback therapy can help to re-harmonize the body and to relieve stress by neutralizing imbalances caused by physical and emotional trauma. The therapy works by stimulating the self-healing capacity of the body.

Biofeedback therapy takes into account that many health imbalances could be caused by emotions. These emotional aspects of health are deeply rooted in long-term reactions to experiences that have happened over a lifetime. Underlying emotional conflicts and traumas can affect you deeply and can have a cumulative effect on your health. Biofeedback therapy can clear negative emotional patterns. Emotions have specific frequencies and this system looks to identify what is causing your energy imbalances. It works to bring you into a balanced state of health and harmony within your body, mind, and soul.

A biofeedback therapy session starts with a non-invasive 3-minute test procedure, where upon completion we get feedback on over 9,000 items in your body! Once it has measured vitamin levels, amino acids, nutrients, food substances, minerals, enzymes, natural sugars, toxins, hormone levels, muscle tone, disease, bacteria, moulds, fungi, viruses and the health and balance of internal organs, it then compares these figures against the norm. It shows anything that is affecting your health. For example, if you have digestive trouble, the machine may show that you had salmonella as a child, which is still causing you problems.

During treatment, the EPFX/QXCI machine measures the body's resonance/reactance pattern and determines what benefit has occurred in the time period since the last measurement (less than a second earlier). If there has not been an improvement, the input resonance is altered. It maintains each beneficial setting as long as it is helping and changes it as soon as it is no longer useful.

All ailments from acne to warts and from allergies to water retention can reputedly benefit from this biofeedback device. The machine does not magically cure diseases: in reality, the EPFX/QXCI is an effective stress reduction tool. It can reduce the stress that a pathogen, or nutritional deficiency, or a weak immune system is causing in your body. It is effective at helping to reduce the stressors that affect the body – the potential causes of ill-health. When these frequencies are balanced properly, the body is raised to a state where it can perform its normal functions and heal itself!

THE EPFX/QXCI MACHINE

EPFX stands for Evoked Potential Feedback Xroid. QXCI stands for Quantum Xroid Consciousness Interface (used in Europe). Both names are used for a state-of-the-art biofeedback system that was developed by Dr. William Nelson, former NASA scientist.

The EPFX/QXCI is a safe and powerful biofeedback device designed for simplicity of use and the initiation of self-healing. It works naturopathically to stimulate and harness the tremendous capacity of the human system for self-healing. This technology is based on over 20 years of research in bio-energetic and bio-resonance medicine.

The EPFX/QXCI is one of the most advanced systems of analysis and therapy available in energetic medicine today. It is capable of processing over 60 million bits of data to help detect stressors in the body and all within 3 minutes to save the practitioner valuable time to develop your analysis and therapy plan. The EPFX/QXCI machine combines the best of biofeedback, stress reduction, homeopathic medicine, electro-acupuncture, computer technology, bioresonance, and quantum physics.

It works by measuring minute electromagnetic signals of our bodies down to the cellular level. In essence, it reduces stress and stressors in our bodies, like toxins and pathogens, which can therefore remove energy blockages and boost immune function. Simply by freeing up these energy blockages and boosting immune function, you unleash the body's natural power to heal itself.

The EPFX/QXCI machine is used by a wide assortment of allopathic (western) and holistic health professionals alike such as medical doctors, oncologists, naturopaths, homeopaths, dentists, chiropractors, psychologists, acupuncturists, veterinarians and nutritional consultants.

EPFX/QXCI is especially useful in helping the following health conditions: menopause, weight loss, emotional issues, diabetes, allergies, anxiety, back pain, chronic fatigue, chronic pain, injuries, depression, digestive problems, food sensitivities, headaches, high blood pressure, insomnia, migraines, skin disorders, stress, viruses and much more.

The device scans the patient's body like a virus-scan on a computer, looking for everything from viruses, deficiencies, weaknesses, allergies, abnormalities and food sensitivities. It reports on the biological reactivity and resonance in the body and indicates dysfunctions, vulnerabilities and needs.

The EPFX/QXCI machine is a computerized system, and is connected to the patient via a headband as well as ankle and wrist straps, sending cellular-level electromagnetic signals into the body. It is painless, non-invasive and very safe. In fact, you might put your body at a thousand times greater risk by taking an over-the-counter NSAID or holding an AA battery in your hand.

HOW DOES IT WORK?

Every substance, inert or organic, emits its own electromagnetic energy waves (like radio signals). The EPFX/QXCI can register the frequencies and then check them against a database. The frequencies are also checked for compatibility with the patient, when testing food allergies, for example.

The ionic exchanges of reaction that take place in your body and brain (at 1/100 of a second) are measured as energetic components in your body. With a feedback loop, the device measures your resonance pulse and sends back an alternate pulse to which your body responds. In turn, your body alters its own reactance pulse, thus creating a change.

The EPFX/QXCI is an Evoked Potential Bio-Feedback Device. This function eliminates the need for expert knowledge about rife, bio-com and electro-acupuncture. The system is calibrated to measure the subtle electrical and subspace reactions to a group of biological and medical substances. The sensitivity is set so finely it can pick up the earliest sign of disharmony and distress. Therefore, the results might be below the patient's recognition.

EPFX/QXCI has a built-in mechanism that monitors the patient during the session. This ensures the individuality of each test and therapeutic session.

Constant feedback features allow the EPFX/QXCI's settings of amplification and frequencies to be changed during any of the therapies to ensure that the needs of the patient are taken into consideration at all times. This allows the device to cease therapy automatically as soon as the patient's reactions show that maximum effectiveness has been achieved, thus providing maximum safety.

CHILDREN

The EPFX/QXCI is ideally suited for children, as they are often unable to verbally communicate what they are suffering from. Children with behavioral problems have experienced considerable improvements, as the system can identify contributing factors, such as food intolerance, or early childhood traumas.

PETS

Animals are unable to communicate with us in the most obvious of ways, although it may be apparent that they are suffering both from physical and psychological problems. Pet owners have seen vast improvements in behavior and increased vitality of their pets.

HOW MUCH THERAPY IS NEEDED AND HOW FREQUENTLY?

That depends on many factors like: What is the condition? How chronic or acute is it? What is the patient's health history and current state of health? Some situations only require a few sessions. If the issue is very serious, more sessions may be needed. In terms of frequency of appointments, the general rule of thumb is 2 weeks between appointments. Every case is different. We know that everyone responds differently to Biofeedback — just as any other procedures and modalities have varying degrees of effectiveness.

If you are intrigued and would like to test and balance your body naturally with this non-invasive body scan, call or visit the Salt Cave to make an appointment for Biofeedback today.

DISCLAIMER:

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

SOURCE:

www.bhbiofeed.com/qxci.html

“
My son Michael was so calm after the Biofeedback session. For three days he was his old relaxed self. He is better over all and I feel that Biofeedback is exactly the help we need. Michael's slow lymph system and inability to rid his body of toxins has caused his body so many problems including the cancer. The information we received at the Salt Cave through Biofeedback was powerful. Andrea, the owner of the Salt Cave, showed us how to begin effectively treating my son's very compromised system at the cellular level and holistically. Andrea is very knowledgeable and genuinely concerned. We are so thankful for her help.

Diane Presto

OTHER SERVICES:

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BIOFEEDBACK - A non-invasive bioenergetic body scan

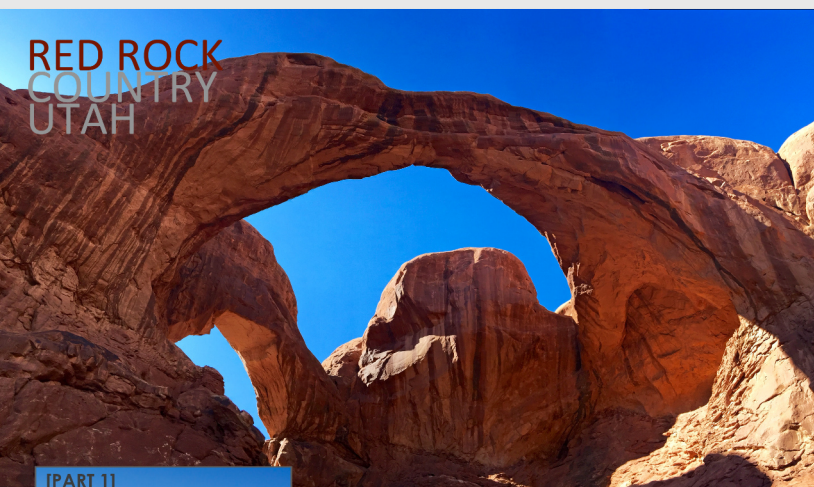
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**PRIVATE & LONG-DISTANCE BIOFEEDBACK SESSIONS ARE
AVAILABLE AT THE SALT CAVE BY APPOINTMENT!**

RED ROCK COUNTRY UTAH



[PART 1]



Peter
Geresdi

NOTE *from the Editor*

Upon my brother's return from his backcountry trip in Utah, I immediately regretted that I didn't join him for this year's off-road adventure. His stories and astonishing photos assured me that I would have absolutely loved Utah's Red Rock Country. The main reason holding me back from joining him this summer was the idea of such a long ride: an approximately 6000-mile roundtrip!

Anyone who knows me well enough knows that I can't stand long-distance traveling. My limit in the car before I get fidgety and uncomfortable is about an hour – and this adventure involved a two-day driving time there and another two days back! After our trip to the Big Bend National Park in Texas last summer, I was certain that Utah was just way too far for me by car.

Surely, my brother and his travel companions didn't mind the long drive and they had a blast off-roading throughout Utah's Red Rock Country. The parks they visited (Canyonlands and Arches National Parks) offered diverse terrain for backcountry driving; opportunities for exploring and hiking; and breathtaking views of canyons, mesas, arches, and the Colorado River.

My brother described the trip as a truly remarkable experience. He explained that being out there in the wilderness even for a short time made him appreciate the simplest things, and that he realized how little it takes to fully enjoy life when we are in nature.

I followed their journey online via a GPS/satellite service on a real-time topographic map and I also received occasional texts and photos. I knew that they were safe and I knew that they were having a great time. I just wished that I had been there with them. I was upset with myself for missing the opportunity to witness thousands of square miles of untamed wilderness and to explore and photograph some of the most incredible wonders of nature.

On the next off-road trip my brother is planning on going, I am most definitely joining him! I'll just have to find an airport nearby to fly into.

AMAZING PLACES

Near & Far

UTAH'S RED ROCK COUNTRY is one of the most scenic and inspiring places on the planet. It features some of the most unique and beautiful landscapes in North America with much of it sculpted from the distinctive red sandstone that covers this part of the continent.

The five national parks across Southern Utah, including Canyonlands, Arches, Zion, Capitol Reef, and Bryce Canyon, offer thousands of natural arches, miles of breathtaking canyons, and towering buttes and rock faces that have become sacred natural treasures.

SOURCE: www.discovery.com



PHOTOGRAPHY BY PETER GERESDI



PHOTOGRAPHY BY PETER GERESDI

We live, we die, and like the grass and trees, we **renew** ourselves from the soft earth of the grave. Stones crumble and decay, faiths grow old and they are forgotten, but new beliefs are born.

- Chief Joseph, Nez Perce (1840-1904)





The wilderness is healing,
a therapy for the **soul**.

- NICHOLAS KRISTOF



Peter
Geresdi



PHOTOGRAPHY BY PETER GERESDI

Essential Oil for September/October:

by Bethanny Gonzalez, Certified Aromatherapist

Clove is an exceptionally versatile essential oil that has many medicinal and spiritual properties. The oil is steam distilled from the bud, stem, and leaves of the evergreen clove tree. The most common use of clove oil is in dental care. Numerous toothpastes, mouthwashes, and oral care applications contain clove oil as a significant ingredient. Clove has a long history in Indian and Chinese cuisine, and has also been extensively used for centuries in both Chinese and Ayurveda medicines.



- AROMA:** Spicy, warm, woody, with slightly fruity top notes
- PROPERTIES:** Antioxidant, anticoagulant, anti-inflammatory, anti-aging, antifungal, antiseptic, antiviral, antimicrobial
- ELEMENT:** Fire
- PLANET:** Jupiter
- CHAKRA:** Root
- SPIRITUAL ASPECTS:** Prosperity, Love, Protection, Inspiration

BENEFITS for Massage & Skin Care

- Provides relief from pain and stress
- Reduces the effects of aging (wrinkles, sagging skin)
- Can be used topically for fungal infection and athlete's foot
- Beneficial for wounds, cuts, scabies, and bruises
- Helpful for problem skin, especially for acne
- Can also be used for treating insect bites and stings

HEALTH BENEFITS

- Improves circulation and increases metabolism
- Useful for boosting the immune system
- Can be beneficial for respiratory disorders including coughs, colds, bronchitis, asthma, sinusitis, and tuberculosis
- Effective for treating hiccups, indigestion, motion sickness, and flatulence
- Helpful in reducing nausea and vomiting
- Purifies the blood and helps control blood sugar levels
- Refreshes the mind and stimulates brain function

EMOTIONAL USES

- Its relaxing & calming effects make it an excellent stress reliever
- Beneficial for memory loss, depression, and anxiety
- Creates a sense of protection and courage
- Encourages sleep and stimulates dreams

SPIRITUAL USES

- Awakens the senses to completion and oneness
- Can be used when we are afraid and in need of angelic assistance
- Brings the message of inspiration and moving forward, springing the spirit into action

TIP: Use this oil in a diffuser to raise spiritual vibrations in your home and to purify the space.

Clove
(*Syzygium aromaticum*)

Protection
Prosperity
Love

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Clove Essential Oil



www.GaiasHealingGifts.com

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RECIPE

for Heartburn Relief Blend

- 2 drops of Clove Essential Oil
- 3 drops of Lavender Essential Oil
- 1 teaspoon of Vegetable Oil

Mix ingredients and rub the upper abdominal area with the blend.

for Heartburn Relief Tea

Dissolve a teaspoon of honey in a cup of warm water and add 1 drop of clove essential oil. Sip slowly.

With Love and Light,
Bethanny
Gaia's Healing Gifts

CAUTION:
Precautions: It may cause burns if not used properly. This essential oil should always be used in diluted form, and furthermore, it should not be used by people with unusually sensitive skin. Avoid while pregnant and when having liver or kidney disease. Anticoagulant properties can be enhanced when combined with warfarin, aspirin, etc.

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APPROPRIATE OPTIMISM

NatureConnect

Our collective journey to rediscover the wholeness of our nature requires an intimate direct sensory connection with nature. It's the single most important cooperative action we are asked to engage in at this moment to reestablish appropriate optimism for the future. Our role as a species is to remember, connect, and reclaim our biological gift of 54 senses, making possible conscious connections and deep experiences of feeling wholly alive with and on Earth.

Opportunities were and continue to be offered that let Earth teach what has been temporarily forgotten: WE (an inclusive term referring to all lifetimes) are connected and dependent on the balance inherent in our natural systems. Without this, life is constantly trying to reboot to its original intention: systemic equilibrium.

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

Several **NatureConnect** participants have shared their personal experiences as follows.

"Growing up on a farm and living my life mostly in nature, I thought I was pretty savvy about my nature-centered relationships. That was until I took the NatureConnect course. The experiential exercises deepened my understanding of being an equal with all life. Knowing we're destroying our eco-systems but not sure how to change the old patterns of thinking and being, I learned to listen deeply and learn from nature—and as part of nature I have the power to change my ways and influence others. I now see nature as a Source and not a resource to use without being in a mutually supportive consensus process with all life. The course jolted me into a new realm of consciousness that makes me constantly mindful and grateful. It has helped me to find a greater sense of inner and outer peace and healing. My hope is that people of all ages will be able to experience these exercises and learn from Mother Earth."

Namaste!!!
Ann Smith - Circle Connection Founder

"Two years ago, I was searching for a sense of belonging and reconnection. I crossed paths with Janet Weisberg, who lovingly said she could teach me valuable lessons for reconnecting with Mother Nature, and therefore, myself. I was intrigued, and said 'YES PLEASE!' We met weekly by a lake and natural preserve, where I was guided through

various nature connection activities, while having the space and time I needed in order to truly and deeply feel my way through them. Janet is truly a gifted teacher who guides with gentle strength! Awakening my 54 senses through this process was profoundly life changing! I felt more deeply connected to my family, friends and strangers alike. I felt a true sense of belonging and reconnection! Not only did I begin to feel whole, as I did as a young child, I am also inspired to bring this type of experiential learning to children."

With Love and Gratitude,
Shelly Cariot - Mother and "ReWild the Child" Entrepreneur

"There is something very special about doing NatureConnect activities in a group. For me, the processing part was KEY -- after all, we are all in this together. The activities always seemed so simple upon first glance, but then there was something so profound that sprang from the simplicity of it that always astonished me. Like tapping into an inner wisdom that had been dormant. Like communicating with nature and trusting its wisdom. Like actually taking the moment to connect with what was around me instead of walking through it like it was simply some beauty to be observed. Janet's guidance and connection made the experience even that much more valuable, because she is so deeply rooted in this way of living, and it shows by the way she walks this Earth. Moving forward, I am going to work with tuning into the 54 senses one by one. If there is any further study I can do, I would love to continue!!! Thank you SO much for offering this incredible experience to me at such a pivotal time!"

Renee Walsh, LMT

"Being a person of science, I know that everything is made of molecules which produce energy or vibrations. Rocks included! In Janet's Nature Connect classes I went out to feel the vibrations. We normally ignore these subtle vibrations of less obvious beings, instead paying attention to moving objects: ants, birds, fish etc. Following the guidance suggested, I sat by a plant, asking if I could be there and share the shade of the tree then asked the tree if I was welcome to join the community of plant and tree. The vibrations were subtle and this time welcoming. Participating in Janet's class allowed me to tap into senses that I do not usually use to feel the earth around me."

Thank you,
Dianne Powell - R.D. American Board Anti-Aging Health Practitioner, Public Speaker: Health, Wellness & Mindfulness

"When I first read about the opportunity for a class to connect/reconnect with nature in Natural Awakenings, I knew it was something that I wanted to attend and the moment I first met Janet, I knew it was going to be a great experience. The level at which it became possible to commune with nature seemed to be a reawakening of an ability that had always been there but had become dormant. It just made sense. The web that connects us is pervasive. When I say 'us' I mean the totality of nature, plant, animal, air, water, earth, everything. The different exercises brought back our ability to "see" the world around us in a participatory way. Nature became more directly a part of us instead of something that was "over there". A natural experience could be as simple as sitting in my house with a potted plant. To this day I look at all things in nature a different way. Everyone and everything is connected and we all play a part in this ride we call life. That annoying guy down the block is a part of our lives. It's not up to us to find out what that part is but the awareness that we are connected will always be there."

Kevin Pio - Engineer

"Following and practicing twelve years of Permaculture Principles, my walk was altered each week by what I like to call Project Home with Janet. Initially I wasn't sure what I would learn as I already knew each plant by name, why I planted them, where they would flourish, and I could give them what they needed to thrive. Little did I know what was to come. Each week the exercises took us on a journey into a world of empowerment, truth, reconciliation, gratefulness, appreciation, gratitude and thankfulness. Then a very strange thing happened when initiating the nature connect activities. The small farm vegetables, fruit trees and yes even the spearmint in the herb coil shared they knew when I was on my way. Spearmint got my attention and I sat down and listened. 'Today has come to have you sit with us! It's our turn to care for and talk with you. We hear your songs and yes we are overjoyed when the weekday schedule includes weeding around our necks or making room for adding new arrivals that are welcomed. We are all so refreshed by the shower you give us at the end of the day. Thank you for loving us the way you do and introducing/teaching others how to observe and obtain a yield authentically. We are particularly overjoyed at the vision and purpose we have together; fresh crisp local food for all according to needs.'

Jan Etzel - Certified PDC, Fermentor, Farm to Table Events Coordinator

"The process inherent in Nature Connect activities has deeply and profoundly influenced the way I view nature and my place in it. Reading about nature's benefits alone could not give the depth of understanding that I gained through the interactive experiences and discussions. I now know that I am a part of this web string, I am interconnected and incorporated in nature. I am more in tune to its beauty, peace, and natural attractions. Each of the activities helped show me how to trust nature's intelligence as my own. Most

importantly, I have a deeper sense of respect for nature and a sense of responsibility that I respond to in ways that strengthen my consciousness and hopefully that of the people around me. I realized that nature knows something special about life, so that collectively, the web of life is an intercommunicating super intelligence, attraction or love, a global brain."

Nora Morris - Educator, RYT Yoga Professional & Nature Activist

"NatureConnect activities are community experiences, offered in a communal setting for collective support and integration. At the first gathering I felt welcomed by all the other participants and was excited to come back for more! There are many NatureConnect lessons that I utilize (both professionally and personally). I'm a yoga instructor for both children and adults with special needs. We talk about connection in every class and practice connection through several sensory activities related to nature. (Internal connection, community connection, environmental connection.) Personally, during times of anxiety, trauma, and stress, I take my shoes off and stand outside in the grass. I plug myself in and connect. These activities offer everyone the opportunity for personal healing, environmental awareness, and has allowed me to build healthier relationships with those around me.

Salima Silverman - Assistant Director House of Gaia Non-Profit

"NatureConnect activities are experienced by activating two things: a non-verbal way of knowing and the felt sense which stimulated emotions helping me remember. We are ONE with nature and whatever we do to nature we do to ourselves. Nature becomes a mirror of life. It was quite revealing to experience a silent, sincere connection allowing non-verbal communication with trees, plants, bodies of water, animal and insect life around me. Activating senses in nature created a bridge to my essential being, bypassing the ego self. The resulting emotions were of a higher vibration because of the shutting down of the usual logical, rational mind-works. Everything that came into my awareness was registered in a way that unified or created integration. It created a sense of loving connection to all that IS." Respectfully,

Ivette M. Gómez, LMHC, Holistic Counselor, Hypnotherapist and Yoga Instructor



ABOUT JANET WEISBERG

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 leach and bring communities together to learn and share.

For more information, please visit www.53senses.com or contact Janet Weisberg at janet@53senses.com or at (239) 280-8229.



by Angela Passidomo Trafford

Recently I was introduced to a flower which only opens at night. This mysterious exotic bloom is called a moonflower. A friend brought one to me and I have watched this slender trailing vine produce a rapidly growing oblong silvery white pod which is about to unfurl its mystery upon the sweet night air. Tonight beneath the stars I gazed upon it briefly, for one cannot sit in darkness for too long a time watching and waiting. One must move on.

I began to think about the moonflower and pondered its meaning, for I look deeply within the heart of living things searching for a connection. When I risk this journey, as I always do for I cannot help myself, it is my nature, often I segue into human darkness.

Mystic psychologist Carl Jung has said of this hidden aspect of human nature: "The shadow is that hidden repressed, inferior, guilt laden personality...that personifies everything the subject refuses to acknowledge about himself..."

A human shadow is attached to us yet we cannot make out its features. It carries with it our form and likeness yet we can only see it in the light. In terms of our human psyche the shadow harbors our dark secret passions, our jealousy, envy, rage, our instinctive animal instincts, sexual impulses, denied pain and guilt that are not condoned by society. The shadow, however, is part of us and cannot remain in darkness without taking control of our lives and destroying us with self punishment.

Do you constantly pull defeat from the jaws of victory and wonder why? Perhaps your unrecognized shadow is wreaking havoc on your life.

A client of mine, named Bob began to connect with his denied, buried guilt during a session. That evening while reaching for a cup, he swears his own hand threw the cup

into his face! That is only a minor instance of what the repressed shadow can do. Examples from literature include Stevenson's Dr. Jekyll and Mr. Hyde or Wilde's The Picture of Dorian Gray. In these portraits of the dramatic split between the persona of society and the shadow, we view the struggle which is being waged in the depths of each human heart and in society at large. This shadow aspect keeps pulling our strings behind the curtain to our own detriment until we take stock of our morality, amend our behavior and do the right thing.

What is the right thing? We find the answer when we come face to face with the shadow.

Jung states, "To confront the shadow involves recognizing the darker aspects of the personality as actually present and morally binding. Such confrontation is the essential condition of any kind of self-recognition."

When we take responsibility for what is morally right we experience life's sweet success which is inner peace. Society demands we behave in a certain way yet human beings are always breaking the rules because the laws of God are at one with human nature. So a conflict arises that becomes a spiritual test that we must overcome in order to reach the next step of our lives. For success in this leap of faith, we must reach into the shadow and free the tormented feelings from their emotional trap. Through inner work on the spiritual path, with a profoundly sincere intention, we can succeed.

Interpreting our dreams is a treasured revelation of symbolism, guidance, meaning and healing. There are riches here if we have the courage to explore this dangerous territory. When we light up the darkness we can see the hidden saboteur, ferret it out and instead of initiating self-destructive behavior, we are empowered to choose to love ourselves.

Each and every one of us is capable of any vile thought or act. When we realize this truth we are able to forgive ourselves, forgive each other and by choosing love create positive change. By choosing to love ourselves enough to see the painful flaws in our character, even depression — the ultimate shadowland — can be healed. This is the meaning of unconditional love: to view all our feelings without judgment, so through love we can overcome the darker aspects of ourselves.

We must all evolve, for life is a force that sweeps us along in its mighty currents and washes us onto new shores of delightful growth in relationships, if we let it. Sometimes a flow of tears can unleash a powerful insight that causes a great light to shine for us and show us the way. To create positive change we must have the courage to shine light into the darkness and witness the sometimes twisted aspects of ourselves that need healing and love to straighten up and provide strength instead of shame and self-hatred. This buried part of us, rich in depth, waits imploring to be seen, loved and integrated to live. Like the moonflower that unfurls its pale pearly radiance in the dark of night with only the stars to witness its magnificent unveiling, so we too can open up and find beauty in the painful dark heart of our shadow selves.

ABOUT THE AUTHOR

Former nationally syndicated columnist Angela Passidomo Trafford is a spiritual teacher and healer who resides in Naples, Florida. She is the author of two books, *The Heroic Path* and *Remembering the Language of God*. You may contact her at 239-434-0757 or at aptrafford@aol.com

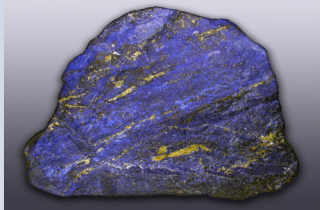


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SOURCE:

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

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AN ERA OF SPIRITUAL EVOLUTION

[CONTENT IDEA BY SHAMAMA]

Many of us feel that our lives are somehow accelerating, that there has been a multitude of life-altering events and a tremendous downpour of new frequencies coming at us at high speed. It appears that this is indeed a period of "accelerated ascension" when *increased waves of light and codes of awakened consciousness are streaming onto the planet through the Sun and directly from Spirit.**

Some of us may feel puzzled and unsure about how to interpret these new energies, how to react, and how to remain open and positive during these intense times. The guidance comes in many forms, but rest assured, it always comes.

There are many signs, teachings, experiences, and guides around us that constantly remind us of just how powerful our thoughts and intentions really are, and that we have the wisdom and the ability to create our own reality. Ascension, enlightenment, transitioning, and instant manifestation are no longer terms for only a select few to participate in and understand. We all are part of the spiritual evolution.


We are infinite energy beings that are here on Earth to grow and evolve. As we awaken to our energetic potentials, we come to realize that we are blessed with the power of manifestation. In this time of many challenges and transitions, it is essential to use this blessing to create Light. During this period of immense energetic shifts, we are guided to hold the energy of the Divine, to raise our consciousness, and to awaken our divine Light within our physical form.

But there are many distractions and low frequency energies around us: disasters, conflicts, violence, and people filled with fear and anger. We are surrounded by events of hatred and lunacy, and also by people close to us who might be making life choices based on negative emotions. Our task is to take what is of low frequency and transform it into Light. It may not be easy to do, but we shall bless these events and people, and shall not lower and align our energies with theirs. We should be aware of what is happening in the world around us, but we must not focus our attention on the negative, on toxic people, and news of upheaval. We must not give power to these low frequency energies. Rather, we shall focus on our inner processes and the collective awakening of our higher consciousness.

We are powerful beings who can manifest events and opportunities for the highest good. We can decide for ourselves who we are and what we want in life. As we come into our power, we realize that we can manifest our own reality through our thoughts and intentions. We can create Light in the world simply by raising our own vibrations. If we fill ourselves with love and compassion, we then become the Light. And that is the highest purpose, I believe, we can serve.

SOURCE OF INSPIRATION:
<http://www.ask-angels.com/spiritual-guidance/the-888-lions-gate-activation/>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NEW MOON ♁R _X Mercury in Retrograde	2 ♁R _X Mercury in Retrograde	3 ♁R _X Mercury in Retrograde
4 ♁R _X Mercury in Retrograde	5 LABOR DAY ♁R _X Mercury in Retrograde	6 ♁R _X Mercury in Retrograde	7 ♁R _X Mercury in Retrograde	8 ♁R _X Mercury in Retrograde	9 ♁R _X Mercury in Retrograde	10 ♁R _X Mercury in Retrograde
11 PATRIOT DAY ♁R _X Mercury in Retrograde	12 ♁R _X Mercury in Retrograde	13 ♁R _X Mercury in Retrograde	14 ♁R _X Mercury in Retrograde	15 ♁R _X Mercury in Retrograde	16 FULL MOON ♁R _X Mercury in Retrograde	17 ♁R _X Mercury in Retrograde
18 ♁R _X Mercury in Retrograde	19 ♁R _X Mercury in Retrograde	20 ♁R _X Mercury in Retrograde	21 ♁R _X Mercury in Retrograde	22 SEPTEMBER EQUINOX ♁R _X Mercury in Retrograde	23 ♁R _X Mercury in Retrograde	24
25	26	27	28	29	30	



September 1
NEW MOON



September 16
FULL MOON



August 30 - September 22
MERCURY IN RETROGRADE

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at at 09:03 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.cafeastrology.com
www.mindbodygreen.com
www.wincalendar.com

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 19:05 UTC. This full moon was known by early Native American tribes as the Full Corn Moon because the corn is harvested around this time of year. This moon is also known as the Harvest 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.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NEW MOON
2	3	4	5	6	7 Draconids Meteor Shower	8
9	10 COLUMBUS DAY	11	12	13	14	15
16 FULL MOON SUPERMOON	17	18	19	20 Orionids Meteor Shower	21 Orionids Meteor Shower	22
23	24	25	26	27	28	29
30 NEW MOON	31 HALLOWEEN					

To sign contracts, engage in important decision-making, or launch a new business. Delays and challenges are more probable with Mercury in retrograde. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions. It's a time when being careless with money, our personal information, or paperwork can be costly. However, this is an excellent time for organizing and to reflect on the past. We look at the world a little differently and can come up with some very important inner revelations, although, it may be difficult to communicate them under this influence. Mercury in retrograde periods can be times of heightened inner awareness, when meditation, reworking old plans, and reviewing past work are favored. Intuition is high during these periods, and coincidences can be extraordinary. Not everyone feels the effects of Mercury retrograde. Those born with Mercury retrograde in their natal chart, may not notice the effects above.



October 1 and 30
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 00:11 UTC on October 1 and at 17:38 UTC on October 30. 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.



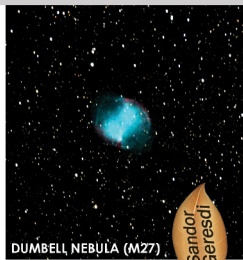
October 16
FULL MOON
SUPERMOON

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 04:23 UTC. Known by early Native American tribes as the Full Hunters Moon because at this time of year the leaves are falling and the game is fat and ready to hunt. This moon has also been known as the Travel Moon and the Blood Moon.

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Debbie and Rocio share the same dedication and love for natural beauty, and the eye for fashion, art, and culture that inspire and guide the La Biothétique products.

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STAYING IN MINDFULNESS AND SELF-AWARENESS

by Beth Brown-Rinella

In our busy lives, it is essential to take some steps that can help us stay on our path of Mindfulness and Self-Awareness. Ideally, we would carve precious time in our day to sit, be still, let the world fall away, and re-center. But for many of us, our intentions, while positive, are moved over for the demands of our lives (kids, work, school, etc.). So how can we keep up with these obligations and stay mindful? One of the many tools and techniques I use myself and recommend to other is the use of crystals.

You can utilize crystals to help hold the energy that you wish to work with. Decide on a focus in your life that you would like to improve, then select the appropriate crystal(s). Your focus might be loving yourself fully or accepting your body as your temple. For this type of intention I would suggest Rose Quartz as a reminder to love and accept yourself. Rose Quartz has a wonderful vibration of bringing in Love and opening you to accepting Love. If you feel you are burned out and lacking creativity, Carnelian could be a beneficial crystal. It works with the Sacral Chakra to open and clear any blocks you may be experiencing. If you feel you need mental clarity, choose Hematite as it eases that scatterbrained feeling. It is grounding and protective as well. If you are opening to your intuition, Amethyst or Fluorite would be an excellent choice.

Once you have decided on a focus and have selected the appropriate crystals to help you, consider picking different versions of these crystals. For example, a small tumbled stone to carry in your pocket or bra and perhaps a larger chunk of raw crystal for your home. One will be an energy reminder, and the other will be a focus reminder -- both will hold the energy of your intentions, but used in different ways. Jewelry is another great way to keep the crystal close.

NOTE: I always add a Clear Quartz crystal to my grouping of stones as it is an energy amplifier and a power booster for all the other stones that are near it.

Namaste!

ABOUT THE AUTHOR

Beth is the owner of **Goddess I AM Healing & Art Center** in Naples. (See ad on page 31.) She is available for appointments by calling 239-228-6949. Long distance and in-person readings are available



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CARESSING THE PAIN by Andrea Beloff



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.

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The exhibition will be held at The Artist Gallery, 6240 Shirley St., Naples Fl., Suite 104. Preview showing and meet the artists will be held November 2, 2016, 12pm -3pm and the Opening Reception will be November 2, 5pm-8pm. Small works will continue through November 30.

For more information, visit www.NaplesArtDistrict.com

Contacts:

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Marianne Megela - 239 596 5099



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ASK FOR WHAT YOU NEED, ACCEPT WHAT IS GIVEN

by John McMullin and Leigh Randolph

Are you aware of what you need at work, in relationships, in life? Many of us are so busy making sure everyone else is OK that we not only don't know if we're OK, we don't know how to ask for what we need for life to feel fulfilling. Or perhaps we don't feel worthy of asking to have our needs met.

One way to look at this matter is whether or not we can receive a compliment. Is it easier to give a compliment than receive one? Most of us feel embarrassed or hide when someone gives us a compliment. Part of our ego attaches shame or fear to the expression because we feel unworthy of receiving acknowledgment. Compliments can also create future expectations that parts of our ego want to avoid. So the interesting paradox is: what we crave, part of us rejects. Many partnerships are dissolved because one partner feels unworthy of someone else's affection. We can also feel the obligation of returning something greater than what was given to us. Since all humans have emotional needs, is it possible we wall off accepting the adulation of another? Then we feel empty and lonely because we don't believe we deserve to have our needs met. How do we move beyond starving for attention that we wall off?

Let's begin with the heart. If we open our heart we can feel the emotional needs of others and begin to find our own. Acknowledging another with a compliment based on our perceptions is a way to make connection with someone else. The connection with others is a need. Those who isolate themselves from others to avoid connection may have a trauma or wound around being vulnerable with others. Their basic human need for connection is not being met and deep within they will feel emptiness and a yearning to be seen. We have to find the connection and intimacy with ourselves before we can truly connect with another. How do we find that?

One way is to slow down the usual, reactive patterns that separate us from our other ego parts and learn to sense what we are really feeling. The concept of really liking ourselves without being self-absorbed allows us to begin to have compassion for our own humanity as well as other people in our life. When we find that, we begin to feel our needs and learn to ask for our needs to be met. We don't

need to pretend that people like us, nor are we seeking approval. It is important to learn to ask for what we need in a relationship and in life, and also know that another may not be able to fill that need. The alternative is to learn to integrate our ego parts to fulfill our needs, or from a Higher Source. Accepting what can be offered to us at the time is just as important as learning to ask for our needs.

We can move beyond using compliments as flattery or seduction (seeking approval) and take ownership of heartfelt feelings. We learn to begin compliments with, "What's true for me..." or "My opinion is..." or, "In my experience..." as opposed to statements projected onto other people. Once we learn to experience the gratification of delivering a compliment from our perception, then compliments can flow without necessarily being acknowledged by the recipient. We begin to notice the excellence of other people and reflect that as our experience while inviting recipients to accept or reject.

Do you know how to identify your heartfelt needs? Can you slow down and separate wants from needs and notice the feelings attached to both? Can you identify your authentic needs beyond attachment to expectations and plans? Can you identify the unmet need that lies beneath your sense of dissatisfaction? Have you learned to share your needs without attaching shame or fear? Can you make space for your partner to do the same? Have you become sensitive to noticing how your requests have been answered?

We often confuse what we need with expectations. When we expect someone else to be the only source of making us happy or complete we have placed an unrealistic burden upon them. If we can find the deep and profound longing for what we need and share that with our partner without expecting them to be responsible, then we can invite them into our life rather than need them in our life. What is given may appear to miss the mark, however it may also answer our need in an unanticipated way. For example, you may ask for a painful relationship to heal but a deeper answer is found in closing that relationship to open the door to a more blissful one. Asking for what we need and accepting what is given is a process of surrendering the need for control. As we develop the vulnerability from within to ask, we become more grateful for what is given.

ABOUT THE AUTHORS

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EXPLORING MATHEMATICAL MANTRA

(108: The Product of Two Sacred Numbers)

by Susana Tocco

When I look back, I can say that while I did my best, math and I did not get along very well when I was a kid. Math felt like a labyrinth of twists and turns that left my mind boggled, rather than leaving me with a feeling that I had achieved something. It came as no surprise that after graduation I chose a career path that was not dependent upon math - or so I thought.

Flash forward a little over a decade later and I found myself, both in business and in my personal life, immersed in a deep love and dedication to Mantra. I read books, took seminars, and listened to CD's. I wanted to learn all that I could. Sanskrit felt so good on my tongue, in my ears, and on my breath. Then the universe had a little chuckle at me because the more I learned about Mantra, the more I realized how math played a part.

Mantra is the repetition of a word, sound, prayer, or energy -- over and over again to create a wave of enlightenment. Sometimes we catch this wave and ride it all the way to shore, and sometimes we fall off the wave but still feel the high of the ride. Mantra is used in many customs to help reach and even achieve *Samadhi*, a state of intense concentration, the height of Divine Consciousness. But what does math have to do with *Samadhi*?

My journey into Mantra taught me that traditionally, mantras are chanted 108 times. There are many theories surrounding why 108 was chosen. Essentially it all comes down to math. One of the many theories is that 1 represents one thing, 0 represents nothing, and 8 represents everything/infinity. To me this makes sense and I find it beautiful to meditate upon - but let us go deeper.

$1+0+8=9$. Nine is the first Sacred Number that represents universal love, eternity, and spiritual awakening. Nine is a rather magical number, even mathematically speaking. $9 \times 2 = 18$ and if the product 18 is added ($1+8=9$) we are again brought back to 9. Take the multiplication of 9 by any number and you can always break down the product back to nine. Go ahead, try it. What is the second sacred number? It is 12. When we take $108 \div 9$ it equals 12. There it is. The second sacred number is the number of our Zodiac that represents a completed cycle of experience.

9 times 12 equals 108. Thus, 108 is the product of the sacred number **nine** (the Eternal Number) and **twelve** (the number of Cosmic Order). Born of these two sacred numbers, 108 embodies the eternity and wholeness of our existence. This, I believe, could be the authentic reason why we chant 108 times in order to achieve enlightenment.

ABOUT THE AUTHOR

SUSANA TOCCO, LMT, FS, CYT has a long and varied history with the healing arts. From the commencement of her journey in 1994 to the present day, she has long sought to understand the world around her through spiritualism. Susanna currently teaches at Open Mind Zen, located at 1250 Tamiami Tr. N. #205, Naples, FL. For more information, visit www.Mystical13.com.



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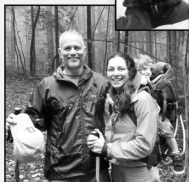


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