



White

SW Florida Edition

FREE

DECEMBER 2016

Lotus
magazine



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

PHOTOGRAPHY BY ANNA KRECICKI



WISDOM

FOR DECEMBER

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 Hopi wisdom.

*Wisdom comes when
you stop looking for it
and start living the life
the Creator intended
for you.*

*The
Shaman
Lady*

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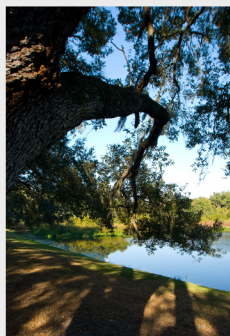
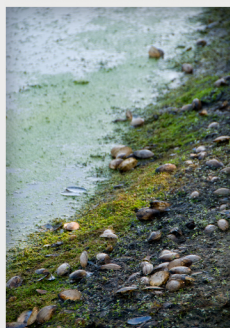
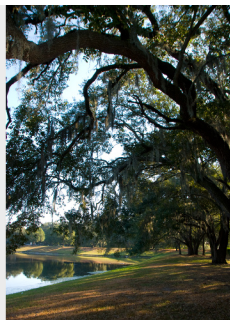


ACCEPT things as they are, and look realistically at the world around you. Have **faith** in yourself and in the direction you have chosen.

– RALPH MARSTON

Our **uniqueness**, our individuality, and our life experience molds us into fascinating beings. I hope we can embrace that. I pray we may all challenge ourselves to delve into the deepest resources of our hearts to cultivate an atmosphere of understanding, acceptance, tolerance, and compassion. We are all in this life together.

– LINDA THOMPSON





"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

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

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

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

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

WHITE LOTUS MAGAZINE
is a free monthly publication
serving the SW Florida area.

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NOTE *from the Editor*

*M*y friends often ask me: "What is the theme of your next issue?"

I genuinely don't know or plan the topic for each issue of White Lotus Magazine ahead of time – I suppose, every issue *magically* creates itself. In a way, I am merely observing and helping this publication along in its own creation.

This month, I'm just amazed how incredibly the articles are coming together, forming a theme of acceptance, letting go and going with the flow for the December Issue. The interesting part is that the contributing authors don't conspire behind my back and agree on a topic before submitting their articles – they may not even know each other!

During the holiday season I feel that many of us could use a little reminder to let go and go with the flow. Around this time of the year, emotions tend to get heightened and we all might feel overwhelmed with holiday preparations, house guests, and juggling between work and other responsibilities. The holidays can become quite stressful if we allow them to be.

In the past few weeks I feel that I committed myself to doing too many things, took on way too many projects, and I just spread myself too thin. Consequently, stress and exhaustion started to creep up on me. As the December Issue is shaping around the theme of acceptance and letting go, I am starting to 'listen!' The more I've been reading, writing and editing the articles, the more I'm starting to feel the blissful effects of just *going with the flow!*

I hope that this December Issue will help and inspire our readers to keep calm and centered in the midst of the holiday craze.

Wishing you all a safe and peaceful holiday season!

- Anna Krecicki

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BY ANNA KRECICKI



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DECEMBER



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ANIMAL SPIRIT GUIDE OF THE MONTH:

Swan



Grace
Beauty
Intuition
Acceptance

"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.

In many cultures, Swan symbolizes grace, beauty, balance, acceptance, innocence, self-esteem, intuition, and commitment. Swan as an Animal Spirit Guide represents awakening to the power of self, understanding spiritual evolution, and developing intuitive abilities.

According to Native American tradition, Sister Swan gives a message of Grace and teaches us to yield to the rhythm of the Universe. Her natural, effortless beauty reminds us to move gently through the currents of life and not fight against them. Swan's graceful entering into our life signals a time of altered states of awareness and the importance of going with the flow of life.

If Swan comes into your life:

- You may be reminded to honor your commitments; respect what you have chosen and follow things through.
- You may be encouraged to rely on your inner guidance, to pay attention to your hunches and gut instincts, and to honor your feminine, intuitive side.
- You may be asked to accept your ability of knowing what lies ahead.
- You may be reminded to allow your inner grace and beauty to shine forth for others to see.

If Swan is your Animal Guide:

- You are emotionally sensitive and empathic towards the feelings of others.
- You have the inherent ability to sense the future and to accept change.
- You tend to be completely monogamous in your relationships.
- You know how to balance work, family, and play.
- You recognize the value of personal solitude as a form of recharging your batteries.

Ask Swan's help when:

- You need assistance in accepting change and letting go.
- You wish to invite new ways of thinking into your life.
- You are struggling to comprehend your emotions without getting trapped by them.

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Animal Speak by Ted Andrews; www.spirit-animals.com/swan/;
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Just Imagine...

by Angela Passidomo Trafford

Watching the creamy-grey waves sail into the shore in the winter sunlight, I see shivering clouds of sea foam wash up near my feet. I watch the sparkling, bubbly foam shake like jello, then breathe in the salty air and break free in small, puffy, airborne clouds buffeted by the wind.

I used to think that sea foam was the souls of mermaids who were desperately seeking the human experience of being loved by just one man and risked it all for true love. Every time I see those waves roll onto shore and the fluffy ribbons of sea foam cast upon the sand, and hear a seagull cry, I imagine that I hear the sweet feminine voices of the mermaids, too.

I like to imagine things in today's world which is now sadly lacking in creativity and vision. Einstein said "Imagination is more important than knowledge" and I can see why.

When we imagine, we become co-creators with God and sail beyond the intellectual and conventional parameters – into the realm of vision and dreaming. This is the realm of shamans and mystics, and it is here I belong and feel most comfortable.

When my children were little I would spin them outrageous stories based on creatures of the earth and the natural world. My stories involved bubbles of sea foam which became the souls of mermaids, a sunny mirage on the ocean that magically transformed into a floating castle with an imprisoned Thumbelina princess, and a woolly bear caterpillar that found the meaning of life through an arduous quest of love, faith, and devotion and thus freed all caterpillars into woolly bear moths. In one of my stories a freshly washed floral quilt hanging to dry on our fencepost in the Canadian woods led to all the rebellious flowers breaking free and running wildly into the fragrant, loamy soil of the forest.

Creatures of the earth and the natural world have always held fascination for me and have been my greatest teachers.

Today I asked the ocean's rolling surf: "What have you to tell me?"

"Go with the flow," was the answer. "Trust."

Easier said than done for most of us whose hearts have been so torn asunder by life and love. However, I believe that the waves can teach us how. If we watch the waves, they will teach us about breaking free and joyously rising and falling together in rushing rivulets that flow smoothly to the shore, ironing out their difficulties. The waves can show us how to break down hardened points of view of what we think our life should be, and let go to the extraordinary flow of what is. If we surrender to the vitality of life itself and the ultimate resolution of love, the miracles follow.

The winter sun, a pale cool white light in a grey sky, speaks of pulling back, receding, and of acceptance.

"I am not warm today," it says honestly. "I am gathering my energies for a new season, when my renewed enthusiasm will generate the spring and summer heat that kisses your skin with summer glow. But not yet. Not now. Don't ask much of me now. I am going within, to the heart of myself to restore my soul."

Observing the sandpipers, I see harmony and play. You can count on them to run on their spindly legs towards the tide, and then back again. Their dance brings comfort and peace.

"Imagine all the people living for today," sang John Lennon. When we imagine, we let go of the cares and woes of the rational mind and enter the world of children who live in the here and now.

We adults can only give to others when we reach within and nurture ourselves. This is a time when the ebb tide recedes and we must practice acceptance.

Simply observing our natural world through the eyes of love turns a wave into a spiritual master, and the round, feathery head and pointed beak of a sandpiper into a heart's leap of hope and celebration.

We, who have been given so much, need to return to the spirit of life and learn to receive the messages of the elemental world.

"Imagine no possessions. I wonder if you can. No need for greed or hunger. A brotherhood of man." When we imagine, we dream. When we dream, we are angels at play in the fields of the Lord – the unconscious, where all answers are found.

With the heart of a child, inventions are born. Fairy tales and myths bear legendary wisdom from speakers of truth from generation to generation.

With imagination we can visualize healing our bodies and improving our world.

"I have a dream," said Martin Luther King; millions aspired and were freed.

The healing journey begins with just one step – a burning need, a hope, an idea.

Stop for a moment. Slow down and tap into the light within. Cherish this moment of life. Heed the music of a different drummer; find your inner self. Create the life you dreamed of when all was bright-shiny-new and untarnished by experience. Be inspired to new levels of growth, love, and insight. You can become that person you imagined yourself to be.

A seagull cries out – it's the sound of flight and freedom. It could be your voice. Take your power back. Just imagine.

With imagination we create our world. A cloud of sea foam becomes the soul of a mermaid; flowers escape from quilts and forage in the secret woods with the wild lady's slippers; a poetic woolly bear caterpillar, blessed by a fairy with faith and endurance saves the world; and one woman sitting at the water's edge dips into the heart of creation and restores herself.

ABOUT THE AUTHOR

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CONSCIOUS EATING: EXPLORING THE PLANT-BASED DIET

by Peter Geresdi

PART 2

In the previous issue we introduced a new series of articles about conscious eating, based on my personal experience of exploring the plant-based diet. I'd like to continue with what actually triggered me into changing my diet and my whole lifestyle.

To be honest, I was getting concerned about aging – not necessarily about growing old, but more so about the health problems that seem to come with it.

When I looked at my life, I realized that for many years I ate whatever I wanted, I didn't exercise much, and I was stressed. I also gained some unwanted weight which started to affect all areas of my life. Being in my early 40s, I was beginning to worry about my health and the future of my health.

I could see people struggling with health problems all around me, even in my own family. My grandma spent the last twenty years of her life in bed – sick. She passed away around the same age that my parents are now. My other grandmother had a stroke, while my grandfather recently died after fighting cancer for years. My father has high blood pressure. My mother and my uncle both struggle with high cholesterol and with a multitude of lipomas (non-cancerous growths of fat cells encapsulated by thin, fibrous pods usually just below the skin). And the list goes on.

So I wondered: "Is disease in my genes?"

I didn't want to follow in the footsteps of the elderly members of my family if I could help it, so I started researching, reading books, and watching YouTube videos. I wanted to learn as much as possible about improving and preserving my health. It's amazing how much knowledge one can gain from the right source! The more I learned, the more I realized that all these health issues in my family appeared to be related more to lifestyle, including what we eat and what we do, than to aging.

Although older people bear the highest risk of chronic disease, such as cancer, they could significantly lower their risk if they changed their lifestyles. According to a report published in February 2011 by The American Institute for Cancer Research, "Any cancers can be delayed or even prevented through a balance of regular physical activity and a plant-based diet." [1]

I knew I was on the right track: I needed a lifestyle change!



Photo from Google Images

I came across an article online called *Cancer is a Preventable Disease that Requires Major Lifestyle Changes*. The study suggested that genes are not the main cause of most chronic illnesses. Their findings showed that the source of cancer is rooted in the environment and in our lifestyle, including diet (fried foods, red meat), cigarette smoking, alcohol, sun exposure, environmental pollutants, infections, stress, obesity, and physical inactivity. [2]

I kept on researching, reading, and learning. One of the books that had the largest impact on me was *The 80/10/10 Diet* by Dr. Douglas N. Graham. This book opened my eyes to the truth that people are *fatter and sicker than ever!* When I was reading the facts that we as a nation have become the fattest people on earth, I was socked. Many people don't realize it because obesity is so common nowadays. As a matter of fact, statistics show that two-thirds of Americans are overweight. Sadly, obesity is rapidly moving up in the ranks of causes of preventable health problems and sometimes death. [3]

In the Standard American Diet (SAD diet), our consumption of junk food, animal products, chemical additives, toxic pesticides, and GMO products has increased in the past years, and at the same time our health has worsened rapidly. [3] These alarming discoveries led me to the exploration of a strictly plant-based diet as a possible solution to improving and preserving my health.

I learned that plant-based foods are rich in antioxidants which are able to terminate free radicals that damage cells and cause chronic inflammation. Whole grains, vegetables, fruits, and legumes contain no cholesterol and are low in fat, especially saturated fats. They are also high in fiber and other nutrients. There are several plant-based foods that are also good sources of protein, such as beans, peanuts, and soy.

Numerous studies conducted over the last few decades have shown that people whose diets include a large intake of plant foods tend to have a lower risk of chronic disease, such as type 2 diabetes, heart disease, and cancer. As Christian



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Nordqvist explained in an article published in October 2012, "plants have bioactive compounds that play an important role in controlling genetic and other biological factors that contribute towards the development of chronic disease." [4]

HEART DISEASE

The first recorded heart attack is said to have appeared in British literature just over a hundred years ago (1878). Approximately one in five Americans now suffers from some form of cardiovascular disease, and more than 2,500 Americans die from it each day! In 2001 just under 700,000 Americans died of heart disease. [5] With a plant-based diet and lifestyle changes, some of these deaths could have been prevented!

CANCER

Just a generation or two ago cancer was a 'grandparents' disease'. Today we have cancer hospitals for children! Millions of new cancer cases are expected to be diagnosed each year, and sadly nearly half of those are predicted to die. [3] With a plant-based diet and lifestyle changes, some of these deaths could be prevented!

DIABETES

More than 18 million Americans have diabetes, the sixth most frequent cause of death in North America. The number of adults in the U.S. diagnosed with diabetes has increased 61% since 1991 and is projected to more than double by 2050. Today, diabetes claims more than 200,000 lives each year. [6] With a plant-based diet and lifestyle changes, some of these deaths could be prevented!

The bottom line is that we can't expect a different outcome if we do exactly the same as the two-thirds of the country! If we truly want results, we have to start making better choices and living more healthfully.

In my research I gathered that when it comes to our health, we have to understand the difference between creating health and treating symptoms. Dr. Graham points out, "it is always better to correct a problem – to remove its cause – than it is to supplement or suppress it." When we use drugs, remedies, and therapies to eliminate symptoms, we do nothing to address their original cause, hence nothing to improve health. We must educate ourselves about the causes of health (not disease) and include these in our daily routine. [3]

So that is what I did. I gradually implemented healthier choices in my diet and daily routine. I tried a 30-day juice fast that detoxified my body and kick-started my healing process. I started drinking delicious smoothies I made with fresh, organic fruits and vegetables daily.

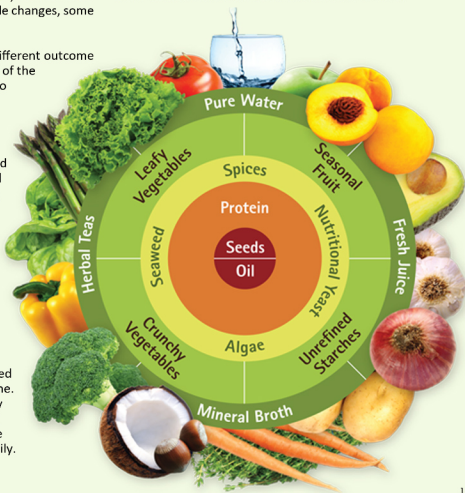
Little by little, I replaced animal products and high-fat, processed foods with fresh, wholesome plant foods in my diet. As a result, I lost 30 pounds and I regained my energy.

Soon after, I became aware that keeping off the weight and improving my health will require constant work and dedication. I continue to eat mostly fruits and nuts throughout the day, drink fresh-pressed juices and smoothies, and consume light, meatless dinners at night. However, I realize that well-being is not only about what we eat. Diet is just one of the many fundamental elements – but it is a good start!

I invite you to follow me as I continue my journey to finding a healthier way to eat and live. Stay tuned for tips and more in-depth information on how the plant-based diet can improve your health, too.

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Photos from Google Images

COLOR THERAPY: **WHITE**



awareness
purification
wisdom
innocence
truth
goodness
peace
perfection
cleansing
honesty
calmness
determination

compassion
sensitivity
purity

faith
goodness

white

LET. IT. GO.

by Anna Krecicki

“Know that everything is in perfect order
whether you understand it or not.”

– GUY FINLEY

Being a hot-headed, quick-tempered Hungarian, I often struggle with mastering the many lessons life may present. I am aware that I tend to overreact at times and I'm usually quick to respond, knowing that my reaction just might start an avalanche of back-and-forth responses – which eventually lead to an unnecessary argument. In addition, I've been known to be impatient and stubborn. And occasionally I might obsess a little over things.

Therefore, one of my biggest lessons in life has been letting go. I am learning to resist the desire of my ego to be right, to be heard, to be noticed, and to be appreciated. I am learning to accept humbly all as is and to see my life perfect just as it is.

I realize that naturally we all have the urge to control our lives, we crave to be right, and we wish to have things go our way. But no matter how much we try to control our circumstances and perhaps even others, at some point we must consider that we are not in control: it appears that the Universe has its own plan for us!

I notice that once we learn to let go, to go with the flow, and surrender ourselves to a higher power, life all of a sudden seems to be going more smoothly, things start to fall in place, and we begin to find ourselves in spite of the turmoil around us. When we release our fears, worries, and insecurities, and recognize that the only things we do have control over in life are the words we utter, the thoughts we have and the things we do, we open ourselves to a higher consciousness and we step onto the path of enlightenment.

Having a pretty eventful year behind me, to say the least, and a demanding, fast-paced season in front of me, I must remind myself every so often to slow down, take a deep breath and just let go. For many of us, it may not be the easiest task, but with a little effort and some practice, we can learn to go with the flow and experience life becoming more and more peaceful, harmonious, and stress-free!



PHOTOGRAPHY BY ANNA KRECICKI

12 SIMPLE THINGS

you can do that may help you learn to let go

1. trust

Trust that all will work out. Trust that everything is as it is supposed to be – no matter how impossible that may feel at the moment.

2. accept

Acceptance is the key to letting go. Accept your life exactly as it is, accept yourself as you are with your imperfections, and accept others just as they are.

3. surrender

You don't have to be right always! It is okay to let someone else voice his or her opinion. It is okay to bite your tongue in order to preserve peace. You can choose not to feed your ego's need to feel superior. Surrender to your higher self and intuition – you will know what to say or do and what not to say or do.

4. count to three

If you feel that you are being provoked, blamed, or put on the spot and know that your reaction might bring forth an argument or negative emotions, count to three before you utter any words. Better yet, count to 10! Collect your thoughts and decide what your response will be. Remember, the goal here is to learn to let go and to grow – not to feed the ego! At the same time, it is important not to continuously subjugate and repress your feelings. This is just to suggest, that counting to three might give you a little time to cool down and reassess the facts - engage or walk away.

5. mimic nature

Spend time in nature. See how beautifully and effortlessly the plants and the animals adapt to their surroundings and to change – without questioning, judging, or fighting it. See how nature renews after winter and how everything comes back to life after a storm or a drought. Watch the trees bend in the wind and the fish swimming with the flow of the river.

6. live in the NOW

See your life as a multitude of moments *in the now*. The present moment is only what ever exists. Life is always now. Without dwelling on the past or worrying about the future, just focus on this very moment – for that is all that really matters. When you live in the now, you can more easily let go of what was and what will be.

7. view the challenges as lessons

Our demanding jobs, relationships, and responsibilities could all provide valuable lessons. Most often, the obnoxious bosses, annoying neighbors, high-maintenance partners, and difficult situations are showing up in our lives to help us learn and grow. The closer the person or situation is to us, the more we can learn from the challenges they bring about. As soon as we can accept them as our teachers, we no longer need to fight or resent them.

8. avoid drama

There are some people who love drama – they tend to provoke, blame, and push buttons, just to draw you into reaction and ultimately feed on the drama. Try to avoid or at least limit your exposure to these toxic people. If you find yourself unable to avoid their presence, just watch out for the triggers, remain present, and don't engage.

9. draw the line

The closer we are to a person or a situation, the easier it is to allow them to hurt us. As humans we have a need to let others into our lives but we shouldn't lose the ability to 'draw emotional lines' and to be able to say: "I love you, but I don't always love WHAT you do." There's a fine line between the kind of behavior we walk away from because it is merely stressful to us, and that which can be deemed toxic. The challenge might be in cooling off enough to make a rational choice before dealing with it and taking the correct action.

10. eliminate stress

Have you ever been trapped in a seemingly never-ending traffic jam on I-75 just when you were already late for an appointment? Then you know that fighting it, resenting it, or stressing over it will not make the problem go away. It will just make you sick. Stress is the cause of many health problems: it can lead to high blood pressure, stroke, heart attacks, obesity, anxiety, or depression. You may not be able to stop stressful situations from happening, but you can decide not to let them affect you. You can choose not to invite the stress in!

11. forgive

Resentment and holding a grudge is just as toxic to your body and mind as stress is! Be forgiving of yourself and others always. Forgiveness is a choice. You don't have to forget – but you can choose to forgive!

12. be filled with Love

When your words, thoughts, and actions are filled with love, your life in turn becomes filled with love! It may not be easy to resist the ego's addiction to pain, fear, drama, resentment, complaining, and anger. But if you can disidentify yourself from all these negative emotions, let go of them and replace them with love, the results could be astonishing.

The truth is, these suggestions seem simple enough on paper, but when we find ourselves trapped in a stressful situation, we may not immediately recognize the potential for spiritual growth. We might retreat to repeating what we've done, known, and experienced our whole lives. However, we must not become discouraged – we just have to trust that this also is part of our learning experience we call life.

THE STORY BEHIND THE PAINTING ANGEL ART COLLECTION

by Andrea Beloff

PRESENCE OF AN ANGEL



ANGEL CAUGHT IN THE RAINBOW

I invite you to learn how I have come to paint the angels around me. These hosts of heaven became an integral part of a new direction that my artistic career took starting in the fall of 2014. My history involves having been a dedicated papermaker in the Traditional Japanese method for 25 years in a highly detailed and textured tropical context. Next came a preservation period through an 8-year life-induced Sabbatical. During this time I learned about spiritual and emotional healing through art. The next step in my path was the best one yet: tackling my love for abstract art and trying my hand at it. In doing this, I have found heavenly bliss. I enthusiastically share that I have stepped into the most beautiful kaleidoscopic world of spiritual richness and renewal, filled with Biblical foundation. (John 1:1-18)

A few years ago, the angels comforted me as they witnessed my lonely struggle and daily longing to look at the way Christ's great salvation found expression in my life. In my 11 x 12-foot cubicle on the second floor of an old eight-story building, with a window to a downtown Miami freeway overpass, I would break down crying and pleading for new direction in my life and my art. I began to feel the presence of something that I couldn't wrap my head around. As I wrestled with my pain, I also prayed. As I painted, I practiced the songs that I would sing at Church when I got invited to sing with the team. And what an honor that was! As I found relief in this daily practice, first and foremost, I cultivated spiritual dependence and an intimate relationship with my Creator. I went from deep pain to extreme exhilaration. Secondly, it generated my breakthrough into contemporary art.



I explored this rich, layered look of rhythmic palette knife painting techniques using oil painting as my medium. I played and played with this repeatedly. I placed the paint onto these acid-free disposable palette sheets and mixed the colors, lifted the silky, luscious paints and applied them to my canvases. In the end, I couldn't figure out what excited me more, the painting or the leftover paint on the palette. The palettes became treasures filled with angelic imagery of the unseen world! One by one, an angel would emerge. They reflected the themes I painted: surrender, joy, faith, hope, gratitude, forgiveness, compassion, guidance, the battle between good and evil, the light and the dark, just to name a few.

A completely new body of work emerged -- the angel art. The angels as a *byproduct* of my paintings became proof to me that there is interaction between the visible and the invisible realms. The artwork erupted with a passion and strength unparalleled to anything I had ever experienced. The revelation of these angels was indeed purposeful.

I am currently showing the painted angels, compiling the information, writing the stories and hoping to publish a book about the angels -- who they are, information on their creation, their activities and purpose as stated in the Bible, their power, the differences compared to us human beings, their need for obedience as they do exercise moral judgment, their ability to sin and fall from their positions (2 Peter 2:4; Jude 6), and also that not all of them are angels of light (2 Corinthians 11:14).

From this perspective, I share my personal stories and visual declarations of this invisible world. I believe that it is part of my purpose to bring awareness of the existence and ministry of angels in the world today. I welcome you to experience them through the Painting Angel Collection at my Studio/Gallery, or at the ART Gallery Collective at the Vanderbilt Shoppes, and also through my website: www.andreabeloff.com and support me in the process of writing my first book.

ABOUT THE ARTIST

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.

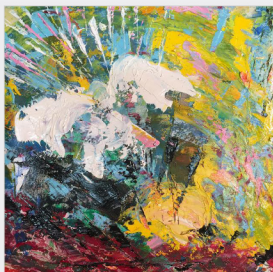
Andrea Beloff FINE ART

5760 Shirley St. #20. Naples, FL 34109
(305)773-0358

Gallery Night at Andrea Beloff FINE ART is every 1st Wednesday of the month, 5-8pm and every 3rd Saturday of the month, 10-4pm.



SERVANT OF THE LORD



ANGEL ON THE MOVE



Angel ART Prints are now available for purchase:

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2355 Vanderbilt Beach Rd. #144 Naples

Gallery Night at ART GALLERY Collective is every 2nd Wednesday of the month, 5-8pm

HOUSE GUESTS

by Carol Glassman

Oh yes, it's that time of year again when we are expected to open our arms, our hearts, and our homes to those folks who live in colder climes, yet manage to find their way south at the first white flakes of winter. If you are lucky, they'll pass by your house and keep on driving!

Now it may be that some quite enjoy playing hostess of the year to these people, and if they do, they can stop reading now. This is a guide for the perplexed and unwilling who are sick and tired of being treated like an oasis for never-ending people who know how to take advantage of their generosity and hospitality. Far too many of their friends and relatives seem to recognize some kind of flashing neon lights on their rooftops that read "Vacancy" and "Free Food". They arrive with little notice, a smile, and a five-dollar bottle of wine and no departure date in mind.

Being well-brought up and gracious people the hosts show them to the guest quarters while grinding their teeth to a pulp. What else can they do? These people are somehow related to them — perhaps cousins on their mother's side, 17 times removed. Add a little water to the soup and keep smiling.

Since wife and husband/mate still work for a living, it may be impossible to entertain these visitors on a daily basis, so they hand them a key to the castle, encourage them to make themselves at home — something which seems to come naturally to them — prepare a light breakfast and after leaving them with enough maps and ideas to keep them busy in the Florida sunshine, they go to work.

Day after day they return home to an empty refrigerator and signs that their home has become a combination hotel, laundromat, and restaurant with no sign of the supplies that have been used ever being replaced. In fact, they occasionally do find little notes and hints about which brand of detergent or tea bags would be appreciated in their next round of grocery shopping. The driveway is blocked by their gas-guzzling van, and the entranceway full of their beach toys and damp towels. The washer and dryer are never available for use as they are always full of their clothing.

They try to suggest meeting the interlopers for dinner nightly to avoid the constant drain on their energy and food budget, but that always ends up with a Texas stand-off over the check and these people are pros at never opening a wallet or feeling gratitude and the need to somehow recompense for all they take. Now the hosts have a mounting credit card bill as well for dining out which they can barely afford on a limited income.

After a week of this, the situation is becoming critical: don't these people know, that live-in company is like fresh fish — frankly, after three days it begins to stink? Wife and husband are barely speaking and it's becoming difficult to maintain an air of civility let alone hospitality.

One of our 'ugliest' memories of houseguests involved a couple whose hobbies were unending Scrabble and dining at great restaurants while they stayed. Just as we thought we were well rid of them, they found another unusual restaurant that they simply had to try but since they could not get a reservation until the following week, without asking us if it would be all right, they simply announced they were extending their stay. I was frantic and had long given up the Scrabble marathons and extravagant dinners using recovery from surgery as an excuse. Someone 'up there' must have been watching over me — the next day the woman tripped and hurt her hand, did not trust the local diagnosis and they returned home for treatment. Now I did not wish her any harm — I just wanted her out of my house!

Aside from changing the locks doing the day, turning out the lights, serving a notice of eviction and pretending to have left town, is there a solution for unwanted guests? What can be done about freeloaders who annually make the trek to Florida, using the home of one acquaintance after another going south on I-75 without ever paying for accommodation? Why should you be the one to furnish hot and cold running sheets?

Well, the solution borders on evil thought, but it just might work. When dealing with people like this, one must fight fire with a conflagration equal to Armageddon. No holds are barred and I have it on good authority that when it comes to self-preservation in the face of users and abusers, all will be forgiven and your slate wiped clean.

Bare-faced lying is good. Here are some suggestions.

- As these people show up at the door, you simply grab your key and a dummy suitcase you leave in the hall closet for such occasions and announce you are on your way to the airport and have no idea when you will return from your trip. Bye-bye.
- You wouldn't dream of allowing anyone to stay in your home, as the plumbing broke down a week ago and repairmen are on strike. Sorry, no running water or conveniences. You can barely stand the stench yourself.
- Oh, you just must have missed the exterminator — he'll be back in a minute with the tent/traps/poison to treat the infestation of ants/roaches/rats/bats or all of the aforementioned pests — the house is just full of them! But that's Florida!
- My, my — I thought you were Uncle Charlie and Aunt Edna. They just called from the airport and they are on their way to stay for the season! So sorry — no room at the inn!

You can become as creative as you like with excuses, if you simply cannot bring yourself to deliver a resounding "NO" and stick to your resolve. You are in charge and to maintain your happiness and peace of mind, the solutions rest in your hands. Keep in mind: your home is your castle and it's up to you to dig the moat around it. I understand there is a local company, Rent-A-Croc that will keep it well stocked for you! Happy Season!



PHOTOGRAPHY BY PETER GERESDI

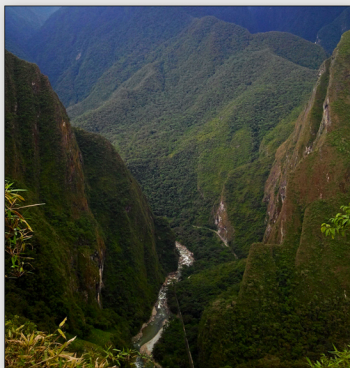


Machu Picchu, Peru

Peter
Geresdi



PHOTOGRAPHY BY PETER GERESDI



Machu Picchu is hidden high in the eastern slopes of the Andes, covered with tropical forests of the upper Amazon Basin. Lying at the center of a network of related sites, trails, and many landmarks – both man-made and mountainous – Machu Picchu appears to align with astronomical events, like the solstice sunset. The Inca had no written language, so they left no record of why they built the site or how they used it before it was abandoned in the early 16th century.

When Machu Picchu was built some 500 years ago, the Inca had no iron, no steel, and no wheels. Their tremendous effort apparently benefited relatively few people – some experts believe that fewer than a thousand individuals lived there.

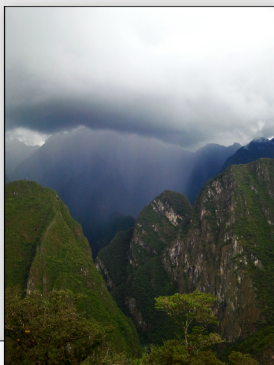
The site's buildings, walls, terraces, and ramps reclaim the steep mountainous terrain and make the city blend naturally into the rock escarpments on which it is situated. The 700-plus terraces preserved soil, promoted agriculture, and served as part of an extensive water-distribution system that conserved water and limited erosion on the steep slopes.

SOURCE: <http://travel.nationalgeographic.com>

MACHU PICCHU is an Incan citadel set high in the Andes Mountains in Peru, above the Urubamba River valley. Built in the 15th century and later abandoned, this iconic site is renowned for its sophisticated dry-stone walls that fuse huge blocks without the use of mortar, intriguing buildings that play on astronomical alignments, and its panoramic views.


Machu Picchu is substantial evidence of the Inca Empire at the peak of its power and achievement. However, its exact former use remains a mystery.

SOURCE: www.google.com



PHOTOGRAPHY BY PETER GERESDI

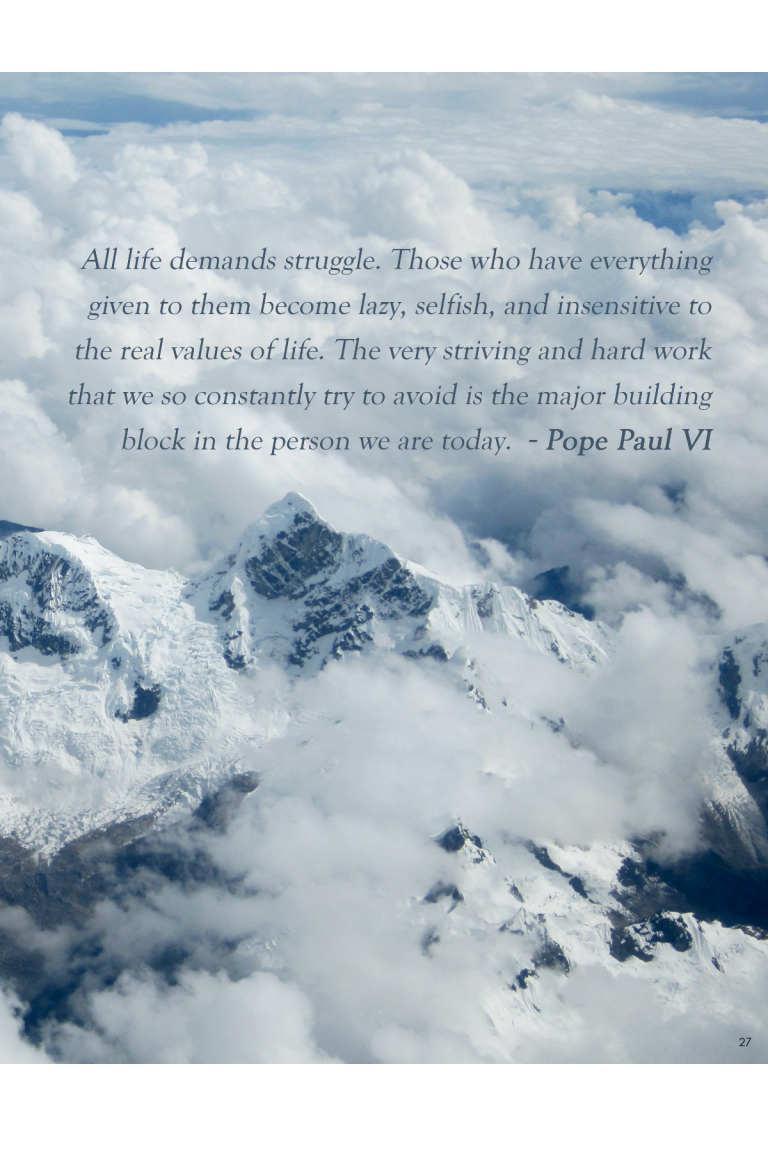
Peter
Geresdi

An aerial photograph showing a range of jagged, snow-covered mountain peaks rising above a thick, white layer of clouds. The sky is a pale blue, and the overall scene is serene and majestic.

PHOTOGRAPHY BY PETER GERESDI

Happiness can exist only in acceptance.

- GEORGE ORWELL

An aerial photograph of a majestic mountain range, likely the Himalayas, with snow-covered peaks and ridges. The mountains are partially obscured by a thick layer of white clouds that fills the lower half of the frame. The sky above is a clear, pale blue. The overall scene is serene and awe-inspiring, symbolizing the challenges and beauty of high-altitude environments.

All life demands struggle. Those who have everything given to them become lazy, selfish, and insensitive to the real values of life. The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today. - Pope Paul VI



Machu Picchu, Peru



PHOTOGRAPHY BY PETER GERESDI

It is not our differences that divide us. It is our inability to recognize, **accept**, and celebrate those differences.

- AUDRE LORDE

PHOTOGRAPHY BY PETER GERESDI



Essential Oil of the Month: *Myrrh*

by Bethanny Gonzalez, Certified Aromatherapist

(*Commiphora myrrha*)

Myrrh is a sap-like substance (resin) that comes out of cuts in the bark of trees that are members of the Commiphora species. The essential oil of myrrh is extracted from the resin. Myrrh has been used in beauty products and incenses, and also for its medicinal properties for centuries. In ancient Egypt it was used to prevent aging and to maintain healthy skin. The oil obtained from myrrh was used for healing wounds in ancient Greece.



AROMA: Smoky, bitter-sweet

PROPERTIES: antimicrobial, astringent, expectorant, antifungal, tonic, stimulant, carminative, stomachic, anticalarhal, diaphoretic, vulnerary, antiseptic, immune booster, circulatory, anti-inflammatory and antispasmodic

ELEMENT: Water

PLANET: Saturn

CHAKRA: Root

SPIRITUAL ASPECTS: Acceptance, Peace, Protection



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Myrrh Essential Oil

www.GaiaHealingGifts.com

DISCLAIMER: ALL INFORMATION CONTAINED WITHIN THIS PAGE IS FOR REFERENCE PURPOSES ONLY AND IS NOT INTENDED TO SUBSTITUTE THE ADVICE GIVEN BY A PHARMACIST, PHYSICIAN, OR ANY OTHER LICENSED HEALTH-CARE PROFESSIONAL. GAIA'S HEALING GIFTS PRODUCTS HAVE NOT BEEN EVALUATED BY THE FDA AND ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY HEALTH CONDITION OR DISEASE.

BENEFITS FOR MASSAGE & SKIN CARE

- Helps maintain healthy skin
- Soothes chapped or cracked skin
- Commonly added to skin care products to help with moisturizing and for fragrance

HEALTH BENEFITS

- Fights viral infections that can cause coughs and colds
- Sedates inflammation in cases of fever or viral infections
- Strengthens and activates the immune system and keeps the body protected from infections
- Stimulates blood circulation, digestion, secretions, & the nervous system

EMOTIONAL USES

- Helps calm the mind and soothe the emotions
- Stimulates thoughts and the intellect

SPIRITUAL USES

- Helps to calm and bring peace to the body, mind, and soul
- Promotes spirituality, healing, courage, and strength
- Brings understanding, acceptance, and compassion
- Assists those who are unable to forgive themselves or are in need of energetic rescue

TIP: 3 to 5 drops of Myrrh Essential Oil in an aroma lamp, diffuser, or an oil burner to lift the vibrations in your space and to create a peaceful atmosphere for meditation.

PRECAUTIONS: According to a study published in the journal *Phytotherapy Research*, if myrrh oil is consumed in excessive amounts, it may affect your heart rate and lead to severe heart irregularities. Other possible side effects of myrrh oil include: Lowered blood pressure, uterine bleeding, fever, and diarrhea. Some people may also experience allergic contact dermatitis when using this oil. It may also interfere with anticoagulants, so I advise that you avoid using it orally if you are taking these medications. Avoid while pregnant.

RECIPE

for Tooth Ache Blend

- 1 Tablespoon Coconut Oil
- 3 drops Myrrh Essential Oil
- 3 drops Wintergreen Essential Oil
- 3 drops Clove Essential Oil

Blend Essential Oils together.
Swish mixture in mouth.

With Love and Light,
Bethanny
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This Essential Oil can be purchased locally.
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Crystal Therapy: APOPHYLLITE



Photos from Google Images



*A powerful vibrational transmitter,
Apophyllite conducts and enhances energies.*

ATTRIBUTES	Enlightenment, Awareness, Intuition, Acceptance
ELEMENT	Wind, Earth
CHAKRA	Crown, Third Eye and Heart
MINED IN	UBritain, Australia, India, Brazil



MEDITATION

Meditating with Apophyllite can help you perceive the connectedness of all things in creation and your role in returning balance to the Earth. Place an Apophyllite pyramid on the Third Eye Chakra when channeling or meditating.

HEALING

Apophyllite is believed to help with respiratory ailments and allergies. It is said to stimulate regeneration of the skin and mucous membranes.

POSITION

Place as appropriate. Single pyramids placed on each eye are believed to rejuvenate the eyes. When held to the chest, Apophyllite is said to stop asthma attacks.

APOPHYLLITE promotes inner peace and the ability to accept and release loss and emotional pain. It can increase self-forgiveness and forgiveness of others. It also brings forth the awareness that the body is only temporary and a small part of the life of the soul. Apophyllite aids the practice of being present and living in the now. It enhances clear sight, stimulates intuition, and encourages acceptance.

This crystal is said to create a conscious connection between the physical and spiritual realms. It can be used to attune to these realms and to communicate with divine beings.

Apophyllite calms and grounds the spirit. It keeps a strong connection with the physical body during astral travel and it eases journeys into past lives.

It can assist in overcoming stress, anxieties, worries, fears, inner pressures, and uncertainty. Apophyllite encourages a calm attitude, tranquility, and honesty. A stone of truth, it helps us to be open and show our true selves without hiding anything. It removes pretenses, reserves, or a bad conscience. Apophyllite can help clear distracting thoughts and ego-based interpretations of events.

GREEN APOPHYLLITE

Green Apophyllite is believed to absorb and transmit universal energy. It stimulates the Heart Chakra. Green Apophyllite said to enhance our connection to Mother Nature and the communication with the plant and animal world. It carries the energy of rebirth, growth, and healing.

APOPHYLLITE PYRAMIDS

Apophyllite pyramids are powerful energizers. They enhance spiritual visions and help us tune into the higher frequencies of interdimensional and extraterrestrial domains. They activate the Third Eye Chakra and can be used for 'scrying'. These natural pyramids have the power of 'preservation' and they can be utilized to charge up other crystals and objects.

***SCRYING:** Seeing images in a crystal that foretell the future or reveal secrets of the past.

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



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May Peace Prevail on and with Earth



- with Great Respect and Hope for Our Future
by Janet Weisberg

What will it take to bring about real change?

When we set our self-centric ego aside, it forces constructive listening. It is a painful process for most of us, as it forces self-exploration, but the rewards are immeasurable!

IMAGINE:

"If the earth were only a few feet in diameter floating a few feet above a field somewhere, people would come from everywhere to marvel at it. People would walk around marveling at its big pools of water, its little pools and the water flowing between the pools. People would marvel at the bumps on it, and the holes in it, and they would marvel at the very thin layer of gas surrounding it and the water suspended in the gas. The people would marvel at all the creatures walking around the surface of the ball, and at the creatures in the water. The people would declare it precious because it was the only one, and they would protect it so it would not be hurt. The ball would be the greatest wonder known, and the people would come to behold it, to be healed, to gain knowledge, to know beauty and to wonder how it could be. People would love it, and defend it with their lives, because they would somehow know that their lives, their own roundness, could be nothing without it. If the Earth were only a few feet in diameter!" - Author unknown

Although we are part of nature, 99% of how we think and feel is disconnected from nature's self-correcting and restorative powers. This profound separation underlies most of our disorders and dysfunctions. **Project NatureConnect** -- through experiencing and expressing -- reignites our relationship with All Life and restores balance!

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- **Private Sessions, Family Sessions and Reconnection Parties** are powerful and playful ways to learn with loved ones, friends, and co-workers. Call for details and to schedule.
- **Formal Orientation and Advanced Courses:** Maximum 10, minimum 6. Locations vary weekly as we meet in natural settings. Call for details and to schedule.



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 teach and bring communities together to learn and share.

EXPERIENCE & TRAINING: Project NatureConnect/Natural Attraction Practitioner, Trainer, Guide, Counselor & Ambassador, B.S. Sociology, M.S. Applied EcoPsychology, Certified Traumatologist #1503, Certified Peace Ambassador, Doctoral candidate

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

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Lightwayz n Godwayz

Friday, **DECEMBER 9** - 6PM

A *lightways* session that offers personal guidance (as if your spirit guides were offering you your best direction). Call for an interview & assistance on a soul level. Discussions & subjects worthy for soul growth. Personal appointments available. Class fee - \$10. Please RSVP.

*Barbara Cook is
working in the ethers
for the planet and for
personal adjustments
as we enter the new
realms of knowing
with awareness.*



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Pick a subject that resonates with you, and share your interpretations and truths.

LIGHT

AT THE END OF THE TUNNEL

by Barbara Cook

The Light at the end of the tunnel is not an illusion – but the tunnel is.

It is not the events on our life's journey that make the difference between us being a victim or a hero. It is how we respond to them. The tunnel of fear is no more real than the light of hope.

It is how we choose to see it. Choice is our greatest power. Most of us minimize our choice by someone else's definitions of what is possible. As a result, other people's probabilities become our only possibilities.

When contemporary medicine of surgeries and drugs says that is all that they can do, it does not mean that is all anyone can do. There are many healing modalities out there that are available and effective. The Science of Nature heals and I have witnessed this in my practice many times. The mind is the healer; and the body will follow.

I had a client who came to me for assistance with pre-diagnosed cancer at the far end of her illness. She was not doing very well but in just a few hours of Light Medicine, her body began to heal. By cleaning the toxins out of the body, purifying the blood, and nourishing the cells, her body became stable and she regained vitality. She started going for walks again and began eating normally. She regained her strength and vigor each day. She visited me often and was full of hope and gratitude for having another chance.

A few weeks passed and she went back to her home town in another state. The hospital called her in to see how bad she had become while she was away, as they had warned her it would not be good for her to leave their care. She was an absolutely different patient on her return than she had been when she left. They found her condition unbelievable and ordered new tests. Although this woman was a walking miracle and had not been sick or tired or ailing in any way for weeks, the reports came back and said that nothing had changed. She was told she would have only 3 weeks left to live and to get her things in order.

So, rather than making her own choice to survive, as she was already living happily and pain free, she became instantly ill again. She went to bed and passed exactly as her hospital team 'instructed'.

The choice, even when there appears to be no choice, is how we wish to see the possibilities.

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DECEMBER 7, 2016

Naples Art District Studio and Gallery Tours will be held December 7, 5-8pm. "ART ALIVE" evening consists of 36+ professional artists, who will be showcasing their recent works of art and demonstrating their medium. Meet the artist, party and bring home unique treasures for your home. Look for the magenta and white art flags. For more information, call Barbara at (239) 596-5099. Go To www.NaplesArtDistrict.com for directions. Like us on Facebook!



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PHOTOGRAPHY BY MILA BRIDGER



local ARTIST REVIEW

JENNIFER THEUER RUZICKA
Nominated **Best New Artist 2016**
EPR Awards

ALCHYMIE

Alchymie was started in 2013 by pianist, keyboardist, vocalist and composer Jennifer Theuer Ruzicka as a platform for her instrumental and alternate pop recordings. The art of alchemy is believed to have the power of transformation, much like music does with its listeners. Alchymie focuses mostly on the piano, but also uses electronic sounds generated by keyboards and sound generators with effect processing to meld the acoustic piano sound with ambient soundscapes, electronica and even ambient drone qualities, to paint alchemical atmospheres of sound.

Available on the **AEROCAD MUSIC LABEL**
<http://aerocade.bandcamp.com>

Alchymie does not limit itself to only piano and keyboards, but will often incorporate other instruments such as Native American flute, guitar, percussion, sound loops, and field recordings for projects or performances with a conceptual focus.

Jennifer began piano at the age of 6, went on to study classical piano, and within the contemporary, pop, ambient & experimental genres has been performing and composing professionally for over 25 years. She has worked internationally as a solo artist, with major label artists, and independent artists, on radio, television, visual installations and the stage. Among those artists are R&B recording artist Alexander O'Neal, former Paisley Park recording artist David "T.C." Ellis, and Mollia "The Queen of Funk" Franklin from the original Brides of Funkenstein with Parliament Funkadelic. She has also performed and recorded with legendary Czech artists such as Pavel Bobek, Karel Sucha, Helena Vondrackova, and the Czech alt-rock jazz group, Laura a Jeji Tygři (Laura and Her Tigers). With an open mind and an experimental approach towards her art, Jennifer Theuer Ruzicka continues to follow Alchymie in music always searching for the beauty of transformation.

WWW.ALCHYMIEMUSIC.COM



Initiated in January 2015, and over a year in the making, their collaboration The Kuiper Belt seeks to evoke our Solar System's far reaches beyond the planets. Alchymie's richly detailed arrangements envelop Gregg Skloff's majestic contrabass tones in atmospheres of grandeur, by turns both ominous and serene.



DEEP SPACE PHOTOGRAPHY BY SANDOR GERESDI

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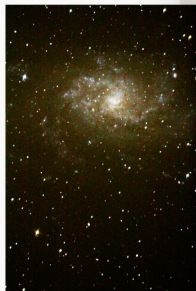
IN THIS AGE OF AWAKENING, as our fundamental understanding of frequencies expands, we realize that the universe and everything in it resonates with specific vibrations and tones. As we are embracing our innate abilities to tune into the frequencies, we recognize not only the purity and clarity of energy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

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If you have any questions about the crystal bowls, or would like to reserve a group or private Sound Healing Meditation, call Connie Myers at (239) 404-8892.








Andromeda Galaxy



Triangulum Galaxy



Pleiades Star Cluster

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOURCE: www.seasky.org/astrology, www.mindbodygreen.com, www.Earthsky.org, Moon Magick by D.J. Conway, Nature-Speak by Ted Andrews www.manspurpose.com, www.wincalendar.com				1	2	3
4	5	6	7	8	9	10
11	12	13  Geminids Meteor Shower	14  FULL MOON SUPERMOON Geminids Meteor Shower	15	16	17
18	19	20	21 WINTER SOLSTICE  Ursids Meteor Shower	22  Ursids Meteor Shower	23	24 CHRISTMAS EVE HANUKKAH
25 CHRISTMAS DAY HANUKKAH	26 KWANZAA BEGINS HANUKKAH	27 HANUKKAH	28 HANUKKAH	29  NEW MOON HANUKKAH	30 HANUKKAH	31 NEW YEAR'S EVE HANUKKAH

December 14

FULL MOON / SUPERMOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 00:06 UTC. This full moon was known by early Native American tribes as the Full Cold Moon because this is the time of year when the cold winter air settles in and the nights become long and dark. This is also the last of three supermoons for 2016. The Moon will be at its closest approach to the Earth and may look slightly larger and brighter than usual.

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. 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.

December 21

WINTER SOLSTICE

Late sunrise. Early dusk. Short daylight. Long darkness. Winter Solstice is the time when the Sun reaches its lowest point in the southern sky and begins to travel back northward. Positioned over the Tropic of Capricorn in the Southern Hemisphere, this is the point when the Sun is farthest from the North Pole due to the angle of the Earth. Just a moment in time, this year Winter Solstice will occur on December 21, at 10:44 UTC. In the Northern Hemisphere this falls on the shortest day of the year and coincides with the first day of winter. At this point our part of the Earth has been receiving shorter hours of sunshine and is therefore cold. But with each new day beyond the Winter Solstice there will be a bit more sunshine falling on our part of the Earth.

METAPHYSICAL ASPECTS

This time of the year elicits many spiritual aspects. Beneficial activities and focus may include more time at home with less outer activity, deeper meditations, strong angel contact, intuition, healing, new birth, emotions and dream work.

December 29

NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 06:53 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 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.

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The cremation of a loved one allows for the flexibility of memorial options that do not have to be decided upon at the time of loss. Memorial blown glass artwork is one of those unique and creative options.

The cremation of a loved one is an important spiritual link to the past and the future. The essence of your loved one can now be incorporated and preserved in a breathtaking piece of blown glass, paperweight, touchstone, or a gorgeous piece of jewelry.

If you have kept the ashes of your loved one in a box or urn for years, now it can be transformed into a beautiful blown glass artwork. Incorporating the remains of your loved one into the glass can provide a loving memorial for both family and friends to pass on to future generations.

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IN A DANCE WITH THE EVER-SHIFTING FLOW

by Beth Brown-Rinella

I am genuinely enraptured by the shifting of energies that is happening all around us. Many of us feel these huge shifts and have to adjust constantly to stay afloat – emotionally and mentally. Some of us are experiencing physical symptoms as energies long held by the body are finally releasing. While these shifting energies seem to have become the norm in the last few years, there are so many blessings still TO learn in this.

Going with the flow has never been so necessary: ride these waves of shifting energies like a Spiritual Surfer, going up and down with the pull of energies. See them move, and move with them. Make this a practice in your meditations. Feel the energy moving and flow with it: this way and that way – as if you were dancing in the stream of energies.

Trust that all is well, that everything you are feeling is legitimate. A truth once held by you is now being moved out of your energy field. Let it go. There is no need to ponder, question, worry about, or obsess over anything. Just go with the flow. These old beliefs or patterns are like the cookies in your computer, holding information that was tapped into, but now can be deleted. Let the deletion of old energies happen with ease and grace. Fluidly and succinctly let the shifts flow. This may feel uncomfortable at first, but by staying grounded and rooted into the Earth, you will become the willow – bending but not breaking in the gale force winds all around you.

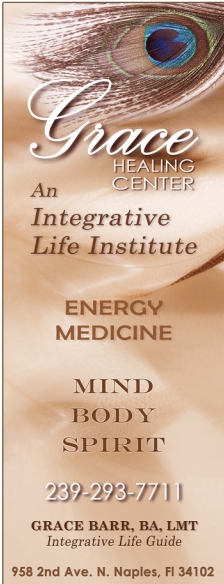
Truly, these shifting energies are for the highest good of humanity. We asked for this! We wished for less war, less strife, less pain – it may not seem like it now, but we are on our way! We asked for the Garden of Eden, and that is where we are headed. We asked for a deeper connection to the Higher Powers, and it is happening. We can connect to the Divine so much easier than ever before. We can tap into and use our intuitive powers so much faster and more effortlessly. We are embodying our Spirit-selves more and more. This is because of the shifting energies.

When we go with the flow, we open ourselves to the healing that is being offered to us by these new energies. When we recognize that the shifting energies bring us higher and closer to Spirit, they will become easier to accept as part of our divine healing in the matrix of life.

Namaste!

ABOUT THE AUTHOR

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



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TIPS *for the Holidays*

In the hot and slow summer months we so often long for December with its cooler weather, holiday cheer, and the apparent increase of business activity. But Neapolitans know very well that the season also brings more than a cool breeze from up North. Around this time of the year, emotions can get heightened during Christmas shopping time, while sitting in traffic jams, and just by feeling overwhelmed with work and responsibilities. We gathered a few ideas that might help you through challenging times and inspire you to stay calm and centered in the midst of the holiday craze.

• **EMBRACE THE SEASON:** This may mean adjusting your schedule to avoid rush hour traffic or allowing extra time for traveling, grocery shopping, waiting for appointments, etc.

• **EMERGE FROM RITUALS:** Don't hold on to rituals and traditions that cease to resonate with your being. Decide what truly reflects the essence of the holidays for you and let go of the rest (including expectations, guilt, customs, etc.)

• **GO WITH THE FLOW:** Adopt an "all is as it is meant to be" attitude aka, it is what it is, so don't fight it, let go, and flow with it. Thoughts of how we think things should be often disguise the blessings that reality has to offer.

• **SET AN INTENTION:** Set an intention to remain calm. If less-than-desirable emotions swell, say to yourself, "I choose to release the energy of these emotions and turn it into love and light for the world."

• **ENGAGE YOUR BUBBLE:** Whenever needed, visualize yourself surrounded by a "golden bubble" of Divine light (or white, or pink... It is your bubble after all) that will keep you in a joyous, serene, and protected state of being.

• **MAKE TIME FOR YOURSELF:** You are the only one who can do so! Make time to read a book, watch a movie, or to do whatever makes you happy and relaxed.

• **GRACE YOURSELF & YOUR HOME:** Enjoy lighting a candle, bringing in fresh-cut botanicals (flowers, branches, etc.), a new lotion, essential oils, or a salt bath. Adorn away!

• **ENJOY NATURE:** Whether it is a trail walk, watching the sunset at the beach or sitting on the grass in your yard, enjoy being in the presence of Mother Nature and all the elements she has to offer.

• **REFRAME YOUR THOUGHTS & WORDS:** eg. "I get to do this rather than I have to do this."

• **BREATHE:** Literally. Deep breathing (as opposed to the reactive shallow breaths) transforms energy: this nourishes not only the body, but also the Spirit.

SOURCES OF INSPIRATION: www.sandraingerman.com

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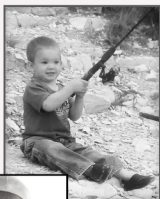
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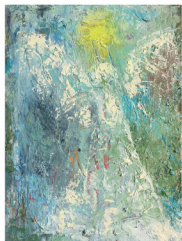
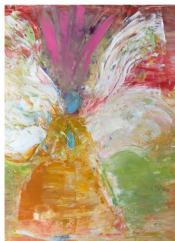
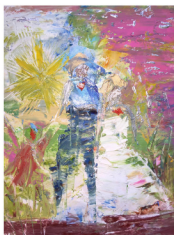
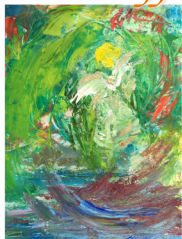
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