

White

FREE

NOVEMBER 2016

SW Florida Edition

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*

*T*reat the Earth well:
it was not given to you
by your parents, it was
loaned to you by your
children. We do not
inherit the Earth from
our Ancestors, we
borrow it from our
children. - NATIVE AMERICAN PROVERB



PHOTOGRAPHY BY PETER GERESDI



WISDOM

FOR NOVEMBER

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.

*Whatever you do in life,
do the very best you can
with both your heart and
mind. The power of the
Universe will come to
your assistance if your
heart and mind are in
Unity.*



There are two ways of spreading **light**: to be
the candle or the mirror that reflects it.

- EDITH WHARTON

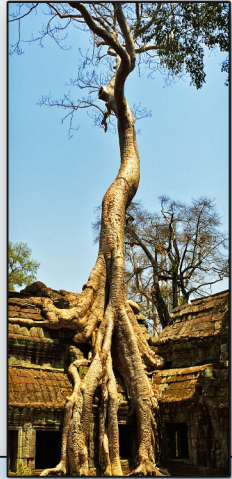
PHOTOGRAPHY BY HENNY HENDRA



Henny
Hendra

People aren't
born good or
bad. Maybe
they're born with
tendencies either
way, but it's the
way you **live** your
life that matters.

— CASSANDRA CLARE



PHOTOGRAPHY BY HENNY HENDRA



Angkor Wat, Cambodia



"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.

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.

PUBLISHING EDITOR

Anna Krecicki

ASSISTING COPY EDITOR

Carol Glassman

CREATIVE SOURCE

Lisa Pilsner

S.E. Muller

CONTRIBUTING AUTHORS

Andrea Beloff

Angela Passidomo Trafford

Barbara Cook

Beth Brown-Rinella

Bethanny Gonzalez

Carol Glassman

Janet Weisberg

John McMullin & Leigh Randolph

Peter Geresdi

DISTRIBUTION & PR

Guy Cerrito

GRAPHIC DESIGN

Anna Krecicki

WHITE LOTUS STUDIO

5555 Taylor Rd., Unit C.

Naples, FL 34109

CONTACT US

Ph: 239-687-0667

WhiteLotusMagazine@gmail.com

White Lotus Magazine does not necessarily endorse the views expressed in the articles and advertisements published in it. White Lotus Magazine assumes no responsibility or liability for any claims, conditions, products, services, errors, and/or opinions expressed through articles and advertisements appearing in it. Information is provided for educational purposes only, and is not advice or prescription. Statements have not been evaluated by the Food and Drug Administration; products and services published herein are not intended to diagnose, treat, cure or prevent any disease. Information given is intended for use in conjunction with direction from your physician. If you have or think you have a medical problem, seek qualified professional help immediately. Please check with your primary health care provider before making any changes.

6 www.WhiteLotusMagazine.com

NOTE *from the Editor*

Wherever I look and whomever I talk to, it appears that lately our lives have been filled with pain, loss, challenges, and overwhelming energies. Still, I can't help but feel an intense flow of gratitude. It may be amplified now, as Thanksgiving is just around the corner, but I am grateful every day for all the people in my life, all the things around me, all the lessons I'm given, and for being alive -- here and now.

One of the many things I am so thankful for is this magazine.

A little over two years ago, my vision for creating White Lotus Magazine was to provide inspiration for positive thinking, spiritual growth, and conscious living. In the past two years the magazine has transformed and evolved with each issue, but my original intent has remained the same. I am genuinely amazed how many wonderful articles, photos, and quotes have been published since. This magazine has become part of my journey and I am delighted to be able to create this publication and share it with our readers time after time. The welcoming response to each issue gives me the drive to keep on going month after month.

White Lotus Magazine may be a small publication, but it comes from the heart. Our team is humble in size and works without expectations and financial compensation. These very special individuals invest a lot of their work, time, and energy to assist me with editing, writing, distribution, and content ideas. And for that I am forever grateful!

I would also like to express my appreciation for all of our devoted supporters and our dedicated advertisers who persistently contribute to our printing costs month after month. They understand that without their help, we wouldn't be able to print copies and reach our readers. I remain committed to helping those who are unable to afford advertising and run ads in each issue free of charge; however, without the support from our advertisers, our subscribers and patrons, the printed version of White Lotus Magazine would cease to exist. Therefore, I am especially thankful to our contributors, and I appreciate all they have done and continue to do in order to help me create and share White Lotus Magazine.

- Anna Krecicki

COVER PHOTO BY ANNA KRECICKI



34 RECONNECTION
TO NATURE
by Janet Weisberg

36 SPIRITUAL TEACHINGS
WITH BARBARA COOK

38 STUCK IN A RUT?
by John McMullin & Leigh Randolph

39 LOSING OUR
INSTINCTIVE NATURE
by Angela Passidomo Trafford

40 ASTRO
CALENDAR

NOVEMBER



Table of Contents

- 9 ANIMAL SPIRIT GUIDE
OF THE MONTH:
GRASSHOPPER
- 10 CLEARLY, NOT ALL SALT
CAVES ARE THE SAME
by Anna Krecicki
- 13 CONSCIOUS EATING:
EXPLORING THE PLANT-
BASED DIET, PART 1
by Peter geresdi
- 14 FINDING JOY: THE
WISDOM OF LIVING IN
PEACEFUL SIMPLICITY
- 16 COLOR THERAPY:
PURPLE
- 18 THE STORY BEHIND
THE PAINTING ANGEL
ART COLLECTION
by Andrea Beloff
- 21 HAPPY?
by Carol Glassman
- 22 THE WINDS BLOW IN
ENERGETIC CLEANSING
AND DIVINE BALANCE
by Beth Brown-Rinella
- 24 AMAZING PLACES NEAR
& FAR: RED ROCK
COUNTRY, UTAH PART 2
- 30 ESSENTIAL OIL OF THE
MONTH: GRAPEFRUIT
by Bethany Gonzalez
- 32 CRYSTAL THERAPY:
FLUORITE



**Sundays
9am - 2pm**

3370 Pine Ridge Rd. Naples, FL

**at the Marquesa Shopping Plaza
(the corner of Pine Ridge & Livingston)**

*Fresh
Local
Produce
and more...*

Pine Ridge Road
**FARMERS
MARKET**

*A wide variety of fresh, locally-grown fruits and
vegetables, organic & gourmet foods, jewelry,
and many handmade & fair trade products.*

Pets are welcome!

Ph: 239-200-4401
naplesmarketplace@gmail.com

www.naplesmarketplace.net

ANIMAL SPIRIT GUIDE OF THE MONTH:



Photos from Google Images



Grasshopper

"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.

GRASSHOPPER symbolizes freedom, independence, and enlightenment. In many cultures, grasshopper represents taking a leap of faith and reaching new heights. In China, Grasshopper is a symbol of longevity, happiness, good luck, and abundance. In Native American tradition, the grasshopper is a harbinger of good news.

If Grasshopper springs into your life:

- You may be encouraged to take a leap of faith. Just go ahead and do it without knowing the outcome. This is most likely something that you have been avoiding and is probably linked to a major change in direction (perhaps a move, a change in relationship, career, or a change in yourself). Know that you have the wisdom you need to get past any obstacles. Trust that all possible outcomes will be positive.
- You may be reminded to keep your independence and individuality. Do others claim too much of your time and energy? Do they try and make you take responsibility for their actions?
- You may be encouraged to listen to your inner stirrings – the songs in your heart that are indications of your inner beauty and creativity.

If Grasshopper is your Animal Guide:

- You are an innovative, forward thinker who rarely misses an opportunity to move forward.
- You are likely to aim high, and achieve amazing feats.
- You are always successful in any venture that you undertake and know how to use your instincts to capture the exact moment that will give you the greatest benefit.
- You are benevolent and enjoy giving to others.
- You rarely stay in one place very long – always seeking out the best opportunities to move forward.

Ask Grasshopper's help when:

- You need a sense of adventure in your life.
- You feel stuck and need assistance to move forward.

Did you know?

There are approx. 10,000 species of grasshopper. They are cold blooded as all insects are and are more mobile when it is warmer. Each species has its own unique song. However, only the males are able to sing with a few exceptions – the males sing to compete for the females' attention.

SOURCES:

Animal Speak by Ted Andrews; www.spirit-animals.com/grasshopper/
<http://www.whats-your-sign.com/grasshopper-totem-and-symbolism.html>

Clearly, Not All Salt Caves Are the Same!

by Anna Krecicki



There has been some confusion about two different establishments in Naples offering the same alternative therapy. This natural health modality, called Salt Therapy or Halotherapy is based on recreating the healing microclimate of ancient salt caves. Therefore, the name "salt cave" has become a popular umbrella term to describe the wellness facilities that provide salt therapy.

The confusion about these two places could exist because one of the establishments is actually called the Salt Cave, while the other one is calling its therapy rooms "salt caves" and is offering "salt cave therapy".

Even though the term "salt cave" (and also salt room, salt grotto, and salt chamber) can be used to refer to different places that provide Salt Therapy, not all salt caves are the same. Some of them are built to resemble the actual salt caverns and old salt mines, while others look more like contemporary spas or pristine hospital rooms. Some of them provide a real cave-like ambiance granting a wonderfully relaxing experience, some may even bring spiritual encounters, and others might feel like sitting in a doctor's waiting room. But they all offer the same concept: recreating the unique and therapeutic environment of naturally occurring salt caves with the use of dry salt vapor to combat respiratory ailments, skin irritations, allergies, stress, fatigue, and many other health concerns.

For years, there has been only one salt cave in Naples, called *the* Salt Cave, located right on US-41. Since a salt grotto has recently opened its doors nearby on Pine Ridge Road and has been massively advertising its "salt cave therapy" at discounted prices, many customers have mistakenly believed that the two places were the same. Andrea Geresdi, the owner of the original Salt Cave said that she had received numerous phone calls in the past months from her customers trying to book appointments based on specials that the salt grotto was running with Groupon. Although it may have created some confusion in town, Andrea welcomes the increase in business the situation brought to the Salt Cave.

One may think that people would recognize the different addresses and different names of the two companies, but apparently the advertisements for the "salt cave sessions" have been confusing some of the locals. Fortunately, the new salt grotto is conveniently located less than four miles from the original Salt Cave, so if someone is not in the right place, he or she can probably make it to the appointment at the other one just in time.

The original Salt Cave of Naples opened over seven years ago and has grown into an extensive and versatile healing facility, offering many alternative health modalities, including Halotherapy, Far Infrared Sauna, Biofeedback, VIP Light Therapy, Ionic Detox Footbath, Compression Therapy, Electrotherapy, Crystal Bed Therapy, Cupping, and Spiritual Healing. In addition to its health benefits, the beautifully constructed and welcoming Salt Cave also provides a peaceful and spiritual experience for those who are open to it. Being surrounded by tons of Himalayan crystal salt, soothing music and dim lighting, people are invited to drift into a state of absolute relaxation and blissful healing.

On the other hand, for those who prefer a spa-like setting, more lighting during therapy, low prices, smaller spaces, and more relaxed scheduling, they should give Salt Therapy a try at the new salt grotto in town. In addition to the adult salt cave, they have a children's salt cave which offers more playful and cozy comfort for kids and their guardians. Their therapy rooms are colorfully decorated and covered in a variety of natural salts, providing a relaxing and healing environment. Customers can also enjoy the many health benefits of the Infrared Sauna, including detoxification, immune system boost, pain relief, enhanced metabolism, improved circulation, skin purification, weight loss and more.

Even if these two places may have a different feel and energy, what they do have in common is that they both provide natural, safe, and drug-free solutions to many health concerns. Furthermore, they both have exquisite décor, a variety of Himalayan salt products, and equally passionate and dedicated owners. Your experience at either of these locales will depend on your individual needs and personal preferences. If you are looking for a more spiritual place and a wide selection of different therapies, you may enjoy visiting the original Salt Cave. If you prefer discounted services to improve your health and a laidback atmosphere, you might want to check out the salt caves at the new salt grotto.

Should you decide to visit either or both of these local businesses, remember to keep an open mind, a positive attitude, and just breathe -- your health will certainly benefit from it!

OTHER SERVICES:

BIOFEEDBACK

INFRARED SAUNA

VIP LIGHT THERAPY

DETOX FOOTBATH

SPIRITUAL HEALING

CRYSTAL BED THERAPY

COMPRESSION THERAPY

BIOSTIMULATION

CUPPING

Salt Cave

HALOTHERAPY

A UNIQUE, NATURAL THERAPY WHICH
BRINGS THE WISDOM OF NATURE TOGETHER
WITH THE ADVANCEMENTS OF TECHNOLOGY

*Every breath of salty air you take, every precious
microelement of salt you inhale in the salt cave is a bit of an
irreplaceable, natural therapy beneficial for many health conditions.*

ph: 239-403-9170

4962 Tamiami Trail N. Heritage Ct., Naples, FL 34103

www.saltcavenaples.com

BIOFEEDBACK - A non-invasive bioenergetic body scan

Become aware of what's going on inside your body and gain control over your health.



- De-stress the Body and Mind
- Strengthen the Immune System
- Boost Vitality and Stamina
- Relieve Pain
- Sharpen Memory & Clarity
- Balance Hormones
- Create Higher Levels of Health
- Anti-Aging and more

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



SATURDAY FARMERS MARKET

AT BED BATH & BEYOND

Offering a wide variety of fresh, locally-grown produce, plants, gourmet foods, jewelry, specialty items, and many handmade & fair trade products.

Pets are welcome!

Season starts on
November 5, 2016

SATURDAYS
8am - 1pm

5351 Airport Pulling Rd.
Naples, FL 34109

Ph: 239-200-4401
naplesmarketplace@gmail.com

www.naplesmarketplace.net

CONSCIOUS EATING: EXPLORING THE PLANT-BASED DIET

by Peter Geresdi



PART 1 – Introduction

As a kid, I was always active and never overweight. Growing up in a small town in Hungary definitely had its advantages. We had a vineyard with long rows of grapevines and many fruit trees, and we grew our own vegetables. So my sister and I had the ability to pick a wide variety of fresh fruits and vegetables to munch on whenever they were in season. In addition to our chores and helping our parents with the gardens, we also played, walked, and rode our bikes a lot. Looking back, I can say that we had a healthy and joyful childhood.

Since traditional Hungarian cuisine usually contains some sort of meat, in my youth I regularly ate beef, pork, poultry, and fish. Even though our meals also consisted of a healthy amount of vegetables as sides, garnish, fermented additions, or salads, they would most often involve lots of meat, eggs, dairy, pasta, bread, and unhealthy fats. My mom was an excellent cook and we enjoyed every dish she prepared and every desert she baked.

Back then, we didn't have to be concerned about hormone-treated meats and dairy, or genetically modified plants. We didn't have health food stores, vegetarian/vegan restaurants, fancy weight-loss plans, and wide access to information about how food might affect our health. We ate what mom or the school cafeteria served us -- and we loved it!

As an adult, living in the States, I continued indulging in my favorite foods and for many years I ate whatever I desired. I didn't have time to exercise as much as I used to and I found myself caught up in the everyday stresses of my demanding life. As a result, I gained some unwanted weight which in turn had an effect on my general well-being. I knew I needed a complete lifestyle change.

Throughout the years that followed, I had become more conscious about my eating habits and noticed how my diet affected my health, my mood, and my energy. Gradually, I started making changes. I trained myself to make better dietary choices little by little. I cut back or completely gave up many foods I once loved. I have researched and tried many approaches and regimens to lose weight and eat healthier.



I also started exercising more, spending more time outdoors, and limiting stress in my life. I committed myself to finding a healthier way to eat and live. Currently I'm in the process of exploring a strictly plant-based diet. I'm fascinated by its simplicity and its effectiveness. It already has made a positive impact on my health and on my life!

A plant-based diet includes lots of plant foods in their whole, unprocessed form, such as vegetables, fruits, nuts, seeds, legumes, whole grains, and small amounts of healthy fats. It does not include processed foods, sweets, and animal products, such as meat, poultry, fish, dairy, eggs, or animal fats.

In addition to supporting animal rights* and considering possible environmental factors**, going with a strictly plant-based diet can offer many health benefits. Studies show that it may lower cholesterol, blood pressure, and blood sugar; it could lead to a prolonged life and a healthier weight; it can improve symptoms of rheumatoid arthritis; and it may slow the progression of certain types of cancer.[1] An article published in Food Technology in October 2012 explains that plant-based diets can either minimize or completely eliminate people's genetic propensity to developing chronic diseases, such as type 2 diabetes, heart disease, and cancer.[2]

Besides its positive impact on my health, I found that the best part about this diet for me is that I can still enjoy many of my favorite foods while losing weight -- I just simply replace the unhealthy ingredients with low-fat, whole food, plant-based substitutes!

I invite you to explore this plant-based eating plan with me through a series of articles following my journey to finding a healthier way to live and eat. Stay tuned for tips and more in-depth information on how the plant-based diet can improve your health, too.

NOTES:

*Supporting animal rights: believing in the absolute right of animals to exist freely without human interference (more in Part 2)

**Environmental factors: livestock farming can have a devastating effect on the planet (more in Part 2)

REFERENCES:

- [1] *The Plant-Based Diet*. E-Book, Kaiser Permanente, 2013.
- [2] *The Chronic Food Remedy* by Toni Tarver, published in *Food Technology*, October 2012.

Finding Joy: The Wisdom of Living in Peaceful Simplicity

[Based on Taro Gold's *Living Wabi Sabi, the True Beauty of Your Life*]

Most people are endlessly chasing the perfect life, the perfect partner, the perfect job, the perfect house, the perfect car and so forth, hoping to find joy. But joy is not a result of a "perfect life"; it comes from a place of contentment. Every one of us can experience joy, regardless of who we are, where we come from, what we do, and what we have. Wealth, fame, power, and possessions are irrelevant to experiencing joy. Joy comes from within. It is rooted in acceptance. When we make peace with our imperfections, when we accept ourselves, our lives, and others as they are, we can feel joy under any circumstance.

Perfection is an illusion. We are not perfect – we are perfectly imperfect individuals in a perfectly imperfect world – just how we were meant to be. Life is not perfect, it simply is. When we accept life as it is, when we find beauty in the imperfections and lessons in the challenges, when we recognize the potential for good and growth in every unfortunate situation, then we can discover true joy and peace in every moment of our lives.

Happiness is a choice – one we all can make regardless of our conditions and outside influences.

We all experience worry, pain, loss, and hardship of some sort in the course of our lives. Small or big, internal or external, fixable or not, problems are an innate part of life. But we can transform our difficulties into empowerment: we can use our imperfections to enrich our lives. Our weaknesses can become sources of insight and strength. Our challenges can inspire and motivate us to become who we want to be, provide valuable lessons, and help us grow.

Every hardship we encounter could lead to personal empowerment, profound inner journeys and finding our greater purpose. When we embrace life as it is, when we recognize the beauty and the value of life's imperfect aspects – including our own flaws, mishaps, setbacks, and uniqueness – then we'll be able to experience the true joy of living in this and every moment.

*"The direction of our actions creates the direction of our lives.
The direction of our lives creates the direction of our world."*

– from *Living Wabi Sabi, the True Beauty of Your Life* by Taro Gold

- PEARLS OF WISDOM**
- Seek always progress rather than perfection.
 - Celebrate the perfectly imperfect uniqueness of you and me and everything.
 - Start valuing the whole of your life here and now, just as you are.
 - Channel your energies into more productive and enjoyable endeavors.
 - Remember that the flow of destiny is yours to change.
 - Feel the greatness of the little things inside yourself; and you will feel the littleness of great things outside yourself.
 - Recognize the value of your flaws and imperfections – they can bring forth strength and empowerment.
 - See your life as a fertile field in which you can plant any seeds you wish, creating a harvest of your own design.
 - Align your intentions with those of the Universe and your life will naturally move towards your greatest purpose and noblest dreams.
 - Appreciate this and every moment, no matter how imperfect, for this moment is your life!

SOURCE OF INSPIRATION:

Living Wabi Sabi, the True Beauty of Your Life by Taro Gold

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

DOULA

239.821.3088

Paula Terry, LMT
Labour Companion MA35358

LOVE



nurture

unconditional
love

pride



accomplishment



insight

heart
center.
joy



bliss



trust



continuous
emotional support



DoulaLove.org



Photos from Google Images

purity

COLOR THERAPY: **PURPLE**

tranquility

spiritual awakening

calmness

insight

inspiration

transformation

purple

spirituality

awareness

beauty

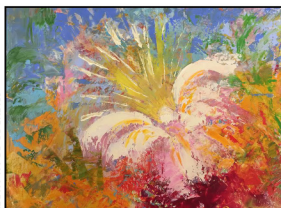
intuition

compassion

inner peace

THE STORY BEHIND THE PAINTING ANGEL ART COLLECTION

by Andrea Beloff



SPLENDOR OF AN ANGEL

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.



ANGEL IN ACTION



RADICAL GRATITUDE and the Artist

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.

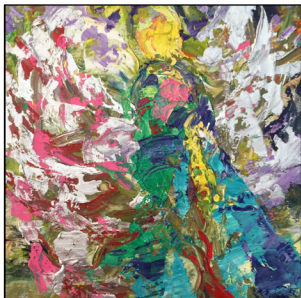
I am currently showing the painted angels, compiling the information, writing the stories and hoping to publish a book about the angels -- who they are, information on their creation, their activities and purpose as stated in the Bible, their power, the differences compared to us human beings, their 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.



ANGEL OF RADICAL CHANGE

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.

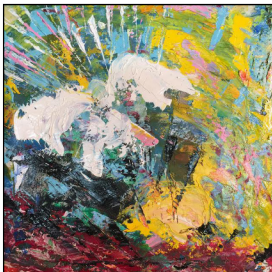
ART GALLERY Collective

At the Shoppes at Vanderbilt
2355 Vanderbilt Beach Rd. #144 Naples

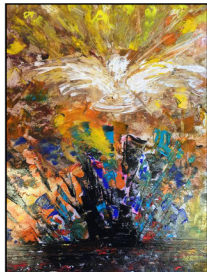
Gallery Night at ART GALLERY Collective is every 2nd Wednesday of the month, 5-8pm



ANGEL OF LIGHT III



ANGEL ON THE MOVE



ANGEL IN THE BATTLE ZONE

BIOLIGHT MEDICINE

THE SCIENCE OF LIGHT MEDICINE

Where Ancient Healing and Today's Medicine Meet



The BioRay Light is safe, effective and timely.

Bringing The Antiquity of Healing Light to the 21st Century



Carmen Topper

BIOLIGHT MEDICINE is the science of health that creates safe solutions for today's ills. We consistently and repeatedly enjoy reversing the body's physical disruptions in health. Whether it be cellular, in the emotional field, or in the physical arena where pain can be the disruptive bandit stealing your joy. The enhanced cellular renewal that Einstein's theory spoke of is here and proven effective. With an 18 year success story, we at Biolight Medicine offer the photo repair (a term Einstein used when referring to the cellular renewal) that you would expect when speaking of Einstein's healing science.

We Create Safe Solutions For Today's Medicine.



Barbara Cook

BARBARA COOK

Photobiotic Specialist

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

THE SCIENCE OF HEALTH

Contact: Biolightm@gmail.com

Call to schedule for private appointments!

239.777.4578

WWW.BIOLIGHTMEDICINE.COM

Happy?

by Carol Glassman



Are you happy? When was the last time someone asked you that, and really listened to or wanted to know your honest answer? Happiness is such an ephemeral condition these days, and every intelligent person knows that he or she is the only person responsible for his or her personal emotions. Miserable people cannot drag you down if you don't let them.

As we look around we see so much unhappiness that a lot of people attribute to political unrest. After all, one might question, as members of the most powerful nation in the world, have we ever, in our history, been in such a strange political muddle? While you debate that, I'd suggest that particular breed of unhappiness is not politically-based, but rather spiritual. Think about it: people who are spiritually grounded can deal with almost any problem that faces them in a much healthier way. They don't waste time pointing at others to blame, they don't yell and scream in frustration when they could be directing energy toward solutions, and most of all, they don't "sweat the small stuff" by trying to change situations that are beyond their control and stewing over them. They recognize what they can and cannot do, and work positively with facts towards real solutions. As for "the small stuff", there was a time when many of us were able to summon thoughts of people in worse conditions than ours and find our problems minuscule by comparison. How can we torture ourselves with a broken-hearted relationship when our neighbor is diagnosed with stage 4 cancer?

Another reason I would suggest a spiritual rather than a political component, is the way in which people feel free to address others whose ideals may not coincide with theirs. For a while I thought I was hallucinating, and then I began to listen carefully not just to what people said to each other, but to how they said it. "Disrespectful" is the mildest word I can think of to describe the sneering and offensive words and reactions to people whose opinions may differ. Back in the day, your mother would be applying a bar of soap to your mouth and your father would be whipping off his belt! I'm not suggesting we return to some savage form of physical cruelty and punishment for misbehavior, but when so-called role models do not hesitate to address each other publicly with rude and nasty epithets, how can we hope to get anyone's attention by using mild-mannered language or hope to teach our children by example?

Our homes are bombarded daily by liars, cheats, scam and con artists who think nothing of invading our privacy with dishonest schemes by which they can benefit financially. I suppose there have always been thieves and robbers around but the Internet and telephone, for all their good,

provide us with close-up and intimate encounters with unsavory types of people who can access not only our addresses, telephone numbers, and bank accounts but also our formerly private information and identity. A simple credit card is no longer just a convenience, it is now a very real threat and key to open our personal lives. Even your trash is no longer safe and sacred. Just witness the number of personal shredders that are sold or shredding services that do not lack for customers.

How can we be happy knowing this?

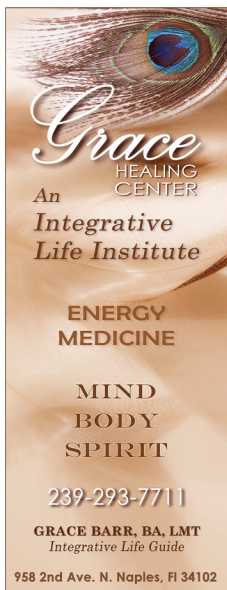
While politicians might claim "Corruption in Washington", I would suggest they look closer to home at the moral corruption that seems to be snaking in and among our everyday lives. There is a certain amount of truth in the 'trickle system' whereby what's at the top slowly drips down and contaminates everything beneath it. But I would postulate that if the foundation is firm and strong, built on a sound spiritual component, it won't succumb to a negative trickle.

None of us has all the solutions to every problem, and in fact, some of us may refuse to recognize a problem at all. That may be part of the problem! But sooner or later some of us are going to wake up and realize that we can no longer depend on a Golden Rule where others treat us as we treat them. When we decide we don't like or deserve being treated with a total lack of respect will it be too late to begin making minor changes — baby steps at first? Where will you find your moral compass? Your happiness depends on it!

Have you ever observed very angry people claiming, "It's a free country and I can say and do what I like!" as an excuse to act in hurtful ways, monopolize a conversation, and share their negativity?

Yes, it is a free country, but freedom has always been a double-edged sword. We have the freedom to act within reason and speak, but also the freedom to walk away from listening to unhappy, psyche-disrupting comments. There is, however, a burden of responsibility that comes with every freedom: we are not free to run roughshod over everyone else and unbidden, rudely dump our opinions on them. I have no doubt at all, that some people spouting "freedom" would fight back in obnoxious ways if anyone ever attempted to vocalize opinions that did not mesh with theirs. We have to maintain our freedom staunchly to enjoy the happiness we earn within our own lives. I used to think a total disregard for others' opinions was simply rudeness and poor manners, which on their own, are bad enough. Now I think it is a sign of something deeper and more disturbing. When people use anger and closed minds to spray everyone else with their unhappiness, a truly grounded happy person can sense their dissatisfaction with the world and how corrupt their moral and spiritual fiber have become. Don't inadvertently play the misery game! There is no shame in identifying negativity and making an intelligent decision to remove yourself from its influence. Stay happy and spread an umbrella of cheer!

Carol Glassman



Grace
HEALING
CENTER
An
**Integrative
Life Institute**

**ENERGY
MEDICINE**

**MIND
BODY
SPIRIT**

239-293-7711

GRACE BARR, BA, LMT
Integrative Life Guide

958 2nd Ave. N. Naples, FL 34102

The Winds Blow in Energetic Cleansing and Divine Balance

by Beth Brown-Rinella

It is pre-dawn and Hurricane Matthew is off the eastern coast of Florida wreaking havoc and threatening millions of people. I step out on the lanai, which is leeward to the storm winds. No rain right now. But in the dark I feel the wind. I can hear it -- a steady flow all around me. I step into my yard. The wind pushes against my skin in a warm-cool stream. It smells of the ocean, even though my home is miles away from the beach. I stand there for many minutes and I drink in the soft and powerful energies surging in the wind. I am reminded that the wind brings the masculine energy to dance with my feminine.

Part of what feels so amazing is that while I stand in this gentle, but steady flow of air, I am being balanced by the Divine Masculine. I am usually enveloped in the Divine Feminine through my work and my shop. So to be in such an elemental, balanced state feels wonderful. Air is a masculine element, which brings knowledge, psychic gifts, inspiration, and communication. My backyard is transformed into an altar and I am being directed to speak.

I begin with gratitude for the wind -- for its power to clear and clean away that which needs to go. I thank the wind for its strength which is flowing into me and bringing me new insights. It reminds me to be in the elements, offer my heart, and to be open to the messages that await. As my feminine energy dances with the masculine wind, I love how balanced and strong I feel. This is a reminder for us all to bring forth aspects of the masculine, to bring divine balance into our lives. So often, women tend to beat the drum for being feminine and oppose the masculine energies. But the true power comes from welcoming the masculine while holding the feminine aspect at the same time. Only when we embrace both masculine and feminine energies is there completeness.

Second, I call in what I wish to draw and direct of the air. I ask for the cleansing of the area to be complete, so that all that needs to be cleared is done. I ask that all the energies become balanced with the big blow from Matthew. I ask that the lands and all who inhabit them be cleared of all energies which hold

back healing and expansion. I feel the wind respond to my request with a steady "yesssss". I smell the salt in the wind and know that the cleansing properties of salt will help in this process.

Third, I ask that the damage be kept to a minimum as the clearing winds blow today. While I know that through destruction comes new growth, my heart goes out to the victims of Hurricane Matthew. I pray for all souls that are affected by the devastating forces of the storm.

In the wake of Hurricane Matthew, I encourage you all to bring both elements of masculine and feminine into your daily routines and rituals, so you too will feel that now is the time for all to come together in harmonious flow. Let go of the belief of separation. It is in Unity that we find our greatest strength.

Namaste!



Ocoiffure &
petite boutique

**Blow Dry and
Color Studio**

Committed to using only the finest Hair Color, Treatments, and Styling Products from Paris based **LA BIOSMETHIQUE**

239.963.7678
239.200.9923

3104 Tamiami Trail N. Naples, FL
www.ocoiffureneples.com

ARCHES NATIONAL PARK, UTAH
PHOTOGRAPHY BY PETER GERESDI





UTAH'S RED ROCK COUNTRY

[PART 2]



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 overland 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.

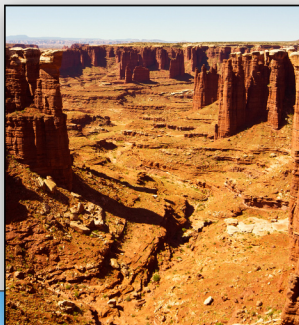
AMAZING PLACES

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.

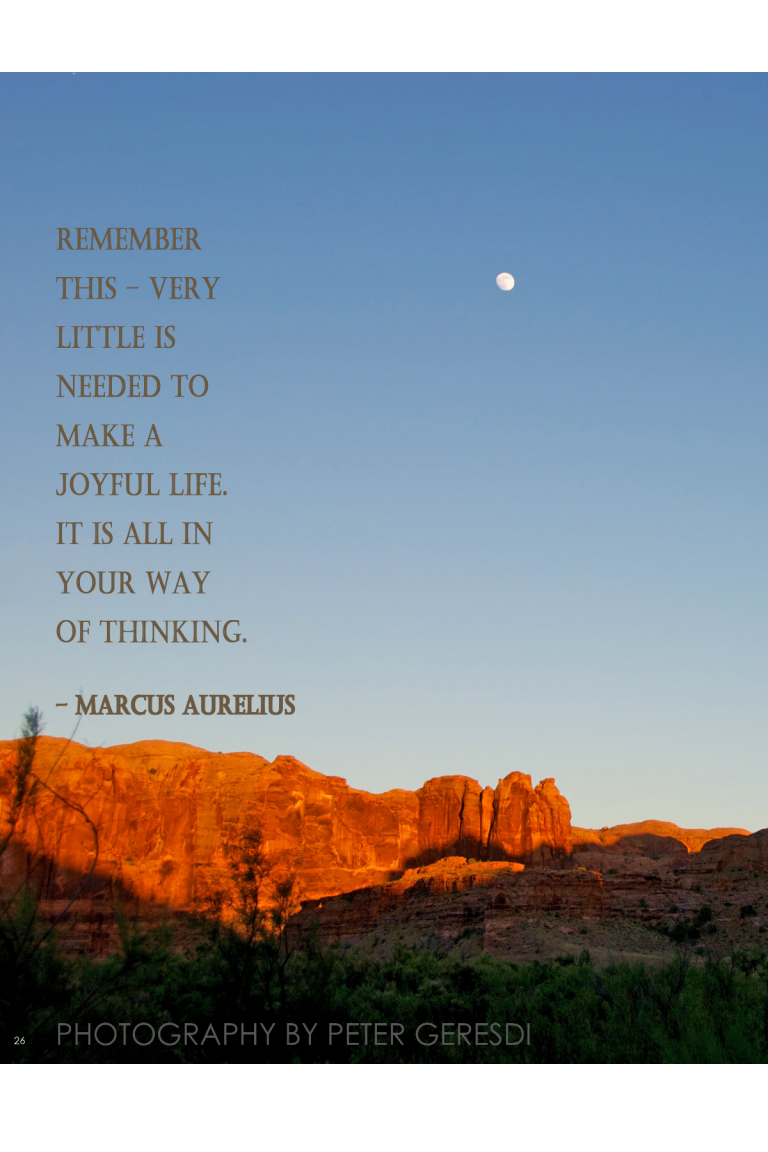
The five national parks across Southern Utah, including Canyonlands, Arches, Zion, Capitol Reef, and Bryce Canyon, offer thousands of natural arches, miles of breathtaking canyons, and towering buttes and rock faces that have become sacred natural treasures.

SOURCE: www.discovery.com



PHOTOGRAPHY BY PETER GERESDI

Peter
Geresdi



REMEMBER
THIS - VERY
LITTLE IS
NEEDED TO
MAKE A
JOYFUL LIFE.
IT IS ALL IN
YOUR WAY
OF THINKING.

- MARCUS AURELIUS

PHOTOGRAPHY BY PETER GERESDI

Earth provides **enough** to satisfy every man's needs, but not every man's greed.

– MAHATMA GANDHI





Peter
Geresdi



PHOTOGRAPHY BY PETER GERESDI





PHOTOGRAPHY BY PETER GERESDI

Essential Oil of the Month: *Grapefruit* (Citrus Paradisi)

by Bethanny Gonzalez, Certified Aromatherapist

Grapefruit essential oil is produced from the rind of the fruit by cold pressed extraction. It is a very popular oil with many health benefits, as well as culinary, skincare, and metaphysical uses. This oil is known for its uplifting, detoxifying and antioxidant properties.



AROMA: Sharp, sweet and refreshing

PROPERTIES: Anti-depressant, anti-septic, antioxidant, tonic, cleansing, antiviral, antimicrobialdiuretic

ELEMENT: Fire

PLANET: Jupiter

CHAKRA: Solar Plexus

SPIRITUAL ASPECTS: Harmony, Generosity, Joy



Gaia's Healing Gifts
Grapefruit Essential Oil

BENEFITS FOR MASSAGE & SKIN CARE

- Aids in lymphatic massage
- Tones the skin and tissue
- Excellent for congested, oily skin
- Beneficial for cellulite, helps with fluid retention
- Relieves stiffness and muscle fatigue after exercise

HEALTH BENEFITS

- Rich in antioxidants, protects the body from infections
- Has positive effect on obesity and cellulite
- Supports the body during drug withdrawal
- Minimizes headaches and tiredness from jet lag
- Purifies the air, killing airborne germs
- Tonic to kidneys, liver and nervous system

EMOTIONAL USES

- Uplifting and reviving
- Useful for stress and nervous exhaustion
- Relieves mild depression
- Can help with addiction

SPIRITUAL USES

- Brings forth positivity and confidence
- Awakens the body, mind, and soul
- Alerts our spirits to guidance, uplifts our soul, and reconnects us to harmony

TIP: Use a few drops in an oil diffuser to cleanse your space, uplift your spirit, and brighten your day. Use a few drops in massage blend or foot bath for pregnancy discomfort.

This Essential Oil can be purchased locally.
Check out **Gaia'sHealingGifts.com** to find a store near you.

www.Gaia'sHealingGifts.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.

RECIPE

for Jet Lag Blend

- 4 drops Grapefruit Essential Oil
- 4 drop Clary Sage Essential Oil
- 2 drops Rosemary Essential Oil

*With Love and Light,
Bethanny
Gaia's Healing Gifts*

Goddess
I AM

HEALING & ARTS
CENTER

239-228-6949

600 Goodlette Rd. N
(Empire Plaza)
Naples, FL 34102

Hours: Tuesday-Saturday 11am - 5pm
Closed on Sunday, unless we have an event.

A CONSCIOUS LIVING SHOP FEATURING:

Healing Artisan Jewelry

Metaphysical Tools

Inspirational Gifts

Essential Oils

Crystals

Herbs

Soaps

Books

Local Art

Readings

Healings

Meditations

Classes

and more...

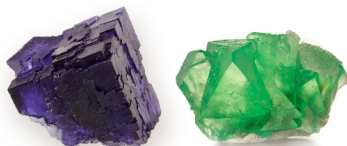


Goddess
I AM

www.GoddessIam.com

Crystal Therapy:

FLUORITE



Photos from Google Images

ATTRIBUTES	Mental Clarity, Purification
ELEMENT	Wind
CHAKRA	All (some color specific)
MINED IN	U.S., Britain, Australia, Germany, Peru, Mexico, Brazil, China

PROPERTIES

- *Cleanses and stabilizes the aura*
- *Assists balance and coordination*
- *Gently opens the door to the subconscious*
- *Helps dissolve illusions and reveal the truth*
- *Heightens intuitive powers and psychic abilities*
- *Cleanses and aligns all the chakras*
- *Grounds and integrates spiritual energies*
- *Has a purifying and stabilizing effect.*
- *Enhances the intellect and increases concentration*
- *Effective against computer and electromagnetic stress*

HEALING

Fluorite is a powerful healing tool. Physically, Fluorite is known to strengthen bones and teeth, and ease the pain associated with arthritis. It is said to regenerate the skin and speed up the healing of ulcers and wounds. It can be used for colds, flu, and sinusitis. Fluorite is believed to enhance mental functions by balancing the chemistry in the brain.

POSITION

Hold or wear as appropriate. For pain relief, stroke a wand or smooth piece of Fluorite across affected area towards the heart. Place a specimen of Fluorite in a room to remove stagnant energy Place in front of computer to block electromagnetic smog.

FLUORITE is a highly protective and stabilizing stone, useful for grounding and harmonizing spiritual energy. It is believed to increase intuitive abilities, link the human mind to universal consciousness, and develop a connection to Spirit. Fluorite can anchor intuitive insights into the physical plane, allowing mental and physical coordination.

Fluorite heightens mental abilities, assisting in rapid organization and processing of information and can bring mental clarity and stability to an otherwise chaotic situation. Fluorite absorbs negative energies from the environment and is effective at aura and chakra cleansing. Fluorite can also shield the user from psychic manipulation.

NOTE: Due to its powerful ability to absorb negative energies, Fluorite should be cleansed often.

A FEW VARIETIES OF FLUORITE:

CLEAR FLUORITE

Clear Fluorite aligns all the chakras, energizes the aura, and helps you see what is holding you back in your spiritual evolution. In meditation, it stimulates the Crown Chakra and allows universal energy to enter into the physical body. Clear Fluorite can assist in harmonizing the intellect with the Spirit.

PURPLE FLUORITE

Purple Fluorite stimulates the Third Eye Chakra and brings a common sense understanding to intuitions and psychic communication. It is an excellent meditation stone. Use Purple Fluorite when you want to focus on the expression of Spirit, and communicate precisely its messages.

BLUE FLUORITE

The calm, serene energy of Blue Fluorite brings inner peace. When used with the Third Eye Chakra, Blue Fluorite can bring spiritual awaking and clear communication between the physical and spiritual planes. Used with the Throat Chakra, it enhances clear communication of intuitive insights.

GREEN FLUORITE

Green Fluorite grounds and absorbs excess energy, including environmental energies. Green Fluorite aids in accessing the subconscious mind and helps dissipate emotional trauma.

YELLOW FLUORITE

Yellow Fluorite supports intellectual activities. It can bring understanding and manifestation to intuitions. A stone of unity, Yellow Fluorite harmonizes group energy and enhances creativity. Excellent detox stone!

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

Saraswati Sisters 

hOMemade
healing
gemstone
jewelry




made with LOVE & intention


SUNDAYS

at the PINE RIDGE ROAD FARMERS MARKET, 9am - 2pm

Connect with us online at

 Etsy: SaraswatiSisters

 Instagram: Saraswati_Sisters

 FB: SaraswatiSisters

RECONNECTION TO NATURE THROUGH OUR 54 INNATE SENSES AND SENSITIVITIES

by Janet Weisberg

*M*y evolutionary journey has taken me to the depths of my body, soul, and spirit, igniting my awakening and connecting my essence to the truths beyond the veils. I now, without hesitation, live and love in a sensory way, knowing I am part of a perfectly orchestrated living system. I am now fulfilling my contract as a conscious human being living in perfect consort with all living systems. My passion and actions are to reignite our collective sleeping systems from states of amnesia, delusion, and denial by reestablishing our innate sensory connection with our earthly home.

My journey to find the most beautiful and effective way to resolve our suffering began many years ago when I discovered a system that focused solely on the experience of trauma and led to my certification as a Traumatologist. I recognized the victim/perpetrator cycle in us all and wanted to find why we were and still are so entrenched in destructive patterns. I became skilled in various Energy Psychology practices. They were good but did not meet my soul's need for the most effective resolution.

So I continuously searched for a simple, peaceful and available solution to our dramas and traumas on the global, local, and personal stages. Several years ago I asked myself a very important question: "Have I taken for granted that it is normal for my awareness to be out of contact with the immediate moment of my life? Where am I if not in the NOW?" I wondered.

I shockingly realized that I was spending most of my waking and sleeping time in the past or in the future. So the obvious next question was "Why?"

I learned that in the past we have our stories (perceptions and beliefs) and that the future holds our dreams. We all have stories and dreams, but most of the time they remain a painful distraction and we become resigned to the outcomes. We seem to somehow be rewarded for this addiction to limited stories and prayerful dreams. The tragedy is that we are not really living and I wanted to LIVE!

Then I serendipitously found the Natural Systems Thinking Process, a practical way to engage in a natural relationship with Nature. I discovered Earth's nature to be sweet, engaging, without judgment, and most effective for reversing what ails us. It was and is revolutionary and ancient. I've journeyed, and continue to journey into this brilliant process. I've found that it's possible to heal with Nature, to engage in a balanced life, to feel safe and grounded.

The answer came flooding through as I restored and reconnected to the present moment which is where life thrives. It was simple and yet foreign. Why didn't I know about earth's real flow that supports all life? I have come to learn that this story was intentionally dropped from our awareness. The reasons are sad. However, the importance of our reclaiming and restoring its value is so exciting and it is life-affirming knowing that earth's nature is to restore balance where there is none!

Now I am gratefully living, enjoying, growing and sharing my reconnection to nature by following my natural attractions daily which are sensory "by nature". Earth supports, balances, and sustains all LIFE without judgment. As part of nature, I'm sustained the same way when connected; otherwise I would flounder with the rest, still living out my traumas and dramas.

Our nature-disconnected stories isolate us from the whole of life and its self-correcting ways. The outcome is that we feel like visitors on this beautiful planet living without the benefits of the 54 natural, self-evident senses which are our inheritance. These 54 innate, biological senses reconnect our life with this balanced and beautiful place we call home.

THE 54 NATURAL SENSES & SENSITIVITIES:

THE RADIATION SENSES:

1. Sense of light and sight, including polarized light
2. Sense of seeing without eyes such as heliotropism or the sun sense of plants
3. Sense of color
4. Sense of moods and identities attached to colors
5. Sense of awareness of one's own visibility or invisibility and consequent camouflaging
6. Sensitivity to radiation other than visible light including radio waves, X rays, etc.
7. Sense of temperature and temperature change
8. Sense of seasons, including ability to insulate, hibernate, and winter sleep
9. Electromagnetic sense and polarity which includes the ability to generate current (as in the nervous system and brain waves) or other energies

THE FEELING SENSES:

10. Hearing, including resonance, vibrations, sonar and ultra sonic frequencies
11. Awareness of pressure, particularly underground, under water, and to wind and air
12. Sensitivity to gravity
13. Sense of excretion for waste elimination and protection from enemies
14. Feel, particularly touch on the skin
15. Sense of weight, gravity, and balance
16. Space or proximity sense
17. Coriolis sense or awareness of effects of the rotation of the Earth
18. Sense of motion, including body movement sensations and sense of mobility

THE CHEMICAL SENSES:

19. Smell with and beyond the nose
20. Taste with and beyond the tongue
21. Appetite or hunger for food, water, and air
22. Hunting, food obtaining urges
23. Humidity sense, including thirst, evaporation control, and the acumen to find water or evade a flood
24. Hormonal sense, as to pheromones and other chemical stimuli

THE MENTAL SENSES:

25. Pain, external and internal
26. Mental or spiritual distress
27. Sense of fear, dread of injury, death or attack

(25-27 are attractions to seek additional natural attractions in order to support and strengthen well-being. They are part of Nature's attractive dance, not repulsions.)

28. Procreative urges including sex awareness, courting, love, mating, paternity, and raising young
29. Sense of play, sport, humor, pleasure, and laughter
30. Sense of physical place, navigation senses including detailed awareness of land and seascapes, of the positions of the sun, moon, and stars
31. Sense of time
32. Sense of electromagnetic fields
33. Sense of weather changes
34. Sense of emotional place, of community, belonging, support, trust and thankfulness
35. Sense of self including friendship, companionship, and power
36. Domineering and territorial sense
37. Colonizing sense, including compassion and receptive awareness of one's fellow creatures, sometimes to the degree of being absorbed into a superorganism
38. Horticultural sense and the ability to cultivate crops, as is done by ants that grow fungus, by fungus who farm algae, or birds that leave food to attract their prey
39. Language and articulation sense, used to express feelings and convey information in every medium from the bees' dance to human literature
40. Sense of humility, appreciation, ethics
41. Senses of form and design
42. Sense of reason, including memory and the capacity for logic and science

43. Sense of mind and consciousness
44. Intuition or subconscious deduction
45. Aesthetic sense, including creativity, appreciation of beauty, music, literature, form, design and drama
46. Psychic capacity such as foreknowledge, clairvoyance, clairaudience, psychokinesis, astral projection and possibly certain animal instincts and plant sensitivities
47. Sense of biological and astral time, awareness of past, present and future events
48. The capacity to hypnotize other creatures
49. Relaxation and sleep, including dreaming, meditation, brain wave awareness
50. Sense of pupation, including cocoon building and metamorphosis
51. Sense of excessive stress and capitulation
52. Sense of survival by joining a more established organism
53. Spiritual sense, including conscience, capacity for sublime love, ecstasy, a sense of sin, profound sorrow, and sacrifice
54. Sense of Unity, of natural attraction as the singular mother essence and source of all our other senses

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.

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



PHOTOGRAPHY BY **PETER GERESDI**

SPIRITUAL TEACHINGS WITH BARBARA COOK

- Guidance Blessed from Living Beyond the Boundaries

by Barbara Cook

I have been an auditory all of my life and twice blessed. After a death bed incident in 1998, I have lived on to share a way that catches closer glimpses of God and God's ways.

Three years after retiring, I realized that I missed what I used to do. One of those things was the *School of Thought* and the *Lightway n Godway* talks: a spiritual training and master session with whoever showed up. The surprise was that we never knew who was coming or what would be said. I missed the sharing and the 'light bulbs' going off when someone gets closer to Spirit because of what I said, what I knew, or what I was hearing.

I come from Maine, but now live in S.W. Florida sharing the miraculous stories that form the weavings of life. Stories and experiences that tell where the broken threads lead. Why is it okay when things go wrong and how do we read the patterns of the weave? When should we zig and when should we zag? Come and hear the answers, and you'll find your path better lit. You may become aware of how many times you were guided but did not comprehend. Perhaps you were too busy in the earthly realms to notice the heavenly interventions.

I am here to share a thread with you as we weave a life in these times of drastic change. What you may learn is that all that should be taken from the planet is only what is best for the soul's growth. Also, to understand that although the tapestry is more beautiful threaded perfectly together, the stories and the lives are lived in the threading, in the crossover and tucked-under threads. This is the beauty we seek of each other, where imperfections allow the gifts to emerge and be visible.

I believe that life changes are good – not always easy, sometimes not quickly understood, but are indeed for the higher good. I like to walk the *lightways* on the planet -- the earth's meridians for closer contact to the conscious states of God, where we are to live and thrive practicing, not having to understand, but trusting in faith which reinforces trust. I call it "God ways" – a corridor, narrow for sure but meant to enhance personal and spiritual growth, and an earned life with a great story at the end.

Remembering that spirit and matter are partners, we are to live heaven on earth and bloom in the Light using the Master's ways. "How," you may ask, "when there is a world of darkness and shadow?" But I say, "When walking in the Light, there is no darkness."



Samantha Banks
Spiritual Teacher, Intuitive Guide and Coach

- Channeled Readings
- Crystal Healings
- Cord Cuttings
- DNA Activations
- Tarot
- Reiki
- Astral Travel
- Psychic Development
- Shamanic Initiations
- Qabbala

info@mysticsjourney.com 239-272-5168 www.mysticsjourney.com

Guiding you in finding your Light, Wellness & Empowerment
CONTACT ME TODAY FOR A FREE CONSULTATION



Forgetaboutit Gluten Free Bakery

Come see us Sundays at the Pine Ridge Road
Farmers Market, Naples, Oct.-April 9:00-2:00
We Love Special Orders
239-250-0842
ForgetaboutitBakery.com

Paleo and Vegan Choices



THE NAPLES SCHOOL OF THOUGHT CONSCIOUSNESS

a Place of Benevolent Outcomes



AN INSPIRATIONAL SHOWCASE OF
SPEAKERS, TEACHERS & EDUCATORS
BROUGHT TO YOU BY

BARBARA COOK & ASSOCIATES

THE VARIED TOPICS INCLUDE:

- Expanding Beliefs
- Reframing Thoughts
- Allowing Your True Image
- Updating the Chakra System for the New Paradigm we are in
- Clearing Birth Trauma
- It's a Practice
- Clear Family Lineage

801 Anchor Rode Dr. Suite 203, Naples
REASONABLE FEES FOR PURPOSEFUL LEARNING

(239) 777-4578

UPCOMING CLASSES

School of Thought Consciousness Class

Each Monday, at 6PM

The Sacral Compass class -- a benevolent place of being. *Because we know we know that we know.* We gather and set a path of practice, remembering to remember why we are here. Donations.

Biolight Medicine

The 2nd and last Wednesday of the month

Understanding Photobiotics, the Biology of Light in the body for cellular regeneration and scientific physical repair.

Lightwayz n Godwayz

Sunday, **NOVEMBER 13** - 3:30PM

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 appts. available.

Class - \$15 donation.

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



SEE CALENDAR FOR DATES AT

WWW.BIOLIGHTMEDICINE.COM

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

STUCK IN A RUT?

by John McMullin and Leigh Randolph

Do you feel stuck, trapped, suffocated and helpless? Sometimes life creates a scenario that we can't move or it won't let us move. When we feel paralyzed from these experiences, we often feel helpless, hopeless, frustrated, and angry. The illusion is that everything is stuck but in fact life continues to evolve in spite of our stories. We often miss obvious possibilities because we feel frozen with shame, fear, or hurt from our perception of the past or future events. Our ego creates scenarios about the future/past events that become so overwhelming, we actually attempt to disconnect through rationalization of being stuck. We can't move forward from fear nor can we move back from the shame so we stay stuck in the middle. One source of this phenomenon is called "the unlived life". This effect creates stories about the life "I should have lived" versus the "life I have lived". We attach to the "what if" scenarios that brings humiliation to the life we are currently experiencing. When we become threatened or shamed by comparing the story we are living to the story "we should be living", we create reactive behavior of fight, flight, freeze, or façade. Freezing is a popular choice, since we learned the illusion of power as children. Like "Peek-a-boo" – believing if I can't see you, you can't see me. Sometimes this is called a "deer in the headlights" syndrome. By remaining motionless, we have someone else to blame if there is a collision.

How do we remove our self from the games that parts of our ego play when we feel helpless and stuck? We can begin by taking inventory of choices and their consequences. This process activates the adult mind rather than the childish mind stuck in old patterns. We begin to realize the way out is to create motion and activity. We find the most effective choice and then choose to take the path with its positive and negative consequences. Next, we find a way to value our courage to continue along the path of removing our self from being trapped in a situation that keeps us from growth. We use the language to affirm and inspire our self through our internal dialog. We also ask for external support from those we trust and who understand the difficult challenge of continuing the journey. We don't forget: it often takes a village to support initiating and continuing a journey from helpless toward self-help. The last step is to express gratitude for the illusions of our childish ego that trapped us and the adult ego that created a threshold of courage to overcome feeling stuck.

Without feeling stuck, what would inspire and validate us to grow into a resourceful member of our family and community? Perhaps, through this effort we begin to realize that the life we were meant to live includes knowing that each fork in the road brought choices, and each choice we made had a purpose. The "unlived life" or the choices we didn't make can either keep us stuck or give us an appreciation for what we have gained through the life we have lived. Today is the right time to plan your journey and accept the positive and negative consequences that come from every change. Let us invite you to find your supportive community and let us cheer for you the way others cheered for us along our journey of discovering how to move from stuck toward fluid.

JOHN MCMULLIN H.C., CHT
HOLISTIC COACHING
HYPNOTHERAPY
FAMILY CONSTELLATIONS

30+ YEARS EXPERIENCE
AUTHOR/PUBLISHER/WORKSHOPS
LOCAL/GLOBAL PRIVATE SESSIONS

VISIT: SELF.GROWTH.WISDOM.COM
JOURNEYSOFWISDOM.COM
CALL: (614) 975-5433
OR (614) 888-1240

Leigh Randolph, DDS, MS, HC

Holistic Dream Coaching

BioField Scan for Stress Relief

Visionary CranioSacral Work

614.581.8703

JourneywithLeigh@aol.com

ABOUT THE AUTHORS

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

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

LOSING OUR INSTINCTIVE NATURE

by Angela Passidomo Trafford

*"When the heart weeps for what it has lost,
the spirit laughs for what it has found."*

- Arabic saying

An interesting article in People magazine told of Gus, the obsessive-compulsive polar bear. It seems that Gus was attracting a lot of national attention because he was obsessively swimming back and forth in his small pool at the zoo. Gus wouldn't – or couldn't stop.

An animal psychiatrist was called in to define the problem and discover a solution. After getting to observe and know Gus, the psychiatrist determined that Gus was bored. All his survival needs were taken care of; the deadening routine of his existence was causing Gus to swim for his life!

The psychiatrist and the staff at the zoo figured out a plan. They made Gus find his food and work for it. Peanut butter was smeared on trees, fish were encased in blocks of ice that Gus had to find and excavate. Gus's environment changed to one of interest, fun, playfulness and creativity. The natural instincts of curiosity and play stimulated the creativity of the polar bear.

Gus's obsession was healed. Without the intervention of this outside force, and the resultant flow into creativity of his life, Gus probably would have died.

To me, Gus's predicament is an allegory of life in our society today. With most of our survival needs taken care of and only a small piece of earth for each one of us to inhabit, we have lost the freedom of the wild kingdom. We have traded mere existence for the joy of vibrantly being alive. We cannot prowl the majesty of the mountains, forests, and rivers of this beautiful world, so we trudge endlessly along the track in our minds, like rats in a maze or hamsters on a wheel. We have been caged.

It is no wonder so many of us are obsessive-compulsive personalities of the mercy of hidden inner drivers, at the mercy of ourselves. The story of Gus is a parable for our society. We all need to be freed from our stultifying routines and restored from within. The connection to the creative source kindles our very will to live and nourishes the living flame of our lives.

Angela Passidomo Trafford
Author, Spiritual Teacher

spiritual counseling
healing journey
intuitive readings

PH: 239-434-0757

Email: aptrafford@aol.com

RELATIONSHIPS: LOOKING WITHIN

From all relationships, we are meant to find ourselves. That is the purpose of any relationships we have in our lives -- with our children, our parents, our siblings, our lovers, our spouses, or our friends. Relationship is the only way we learn to love ourselves and others. None of us can escape relationships, even when we are alone. As Dag Hammarskjöld wrote in *Markings*, we all find ourselves "on that midnight ride to the witch's tower where we meet -- ourselves, ourselves, ourselves!"









A hermit in the woods is living in a relationship with herself, with Nature, and with God. She is learning about herself from the birds of the air, the stones and rocks in her cave, the trees, the plants, and the soil. In her aloneness she is finding herself; and she is finding God.

Learning to love oneself is the most important action a human being can initiate. Loving ourselves is the same as loving God. Only through this love of self can we truly have compassion for someone else.

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ALL SAINTS DAY	2	3	4 	5 
6  DAYLIGHT SAVING TIME ENDS	7	8 ELECTION DAY	9	10	11 VETERAN'S DAY	12 <small>Taurids Meteor Shower</small>
13	14  FULL MOON SUPERMOON	15	16 	17 	18	19
20	21	22	23 <small>Leonids Meteor Shower</small>	24 THANKSGIVING	25	26
27 ADVENT BEGINS	28	29  NEW MOON	30	 November 14 FULL MOON SUPERMOON		



November 6 DAYLIGHT SAVING TIME ENDS

When local daylight time is about to arrive at Sunday, November 6, 2016, 2:00:00 AM clocks are turned backward one hour to Sunday, November 6, 2016, 1:00:00 AM local standard time instead.

Sunrise and sunset will be about one hour earlier on Nov 6, 2016 than the day before. There will be more light in the morning.

Also called Fall Back and Winter Time.

SOURCE:
www.timeanddate.com
www.mindbodygreen.com
www.manspurpose.com



November 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 12:18 UTC. This is the best time of the month to observe 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 omit 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.

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 13:52 UTC. This full moon was known by early Native American tribes as the Full Beaver Moon because this was the time of year to set the beaver traps before the swamps and rivers froze. It has also been known as the Frosty Moon and the Hunter's Moon. This is also the second 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.

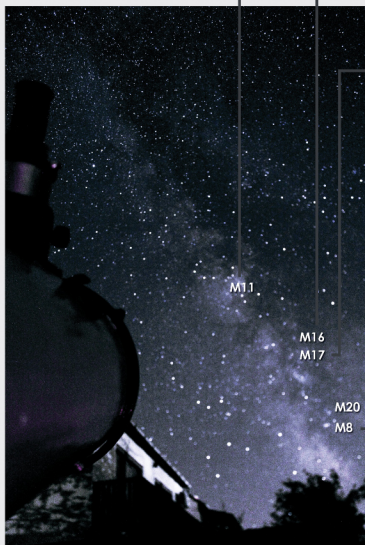
METAPHYSICAL ASPECTS

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. 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.

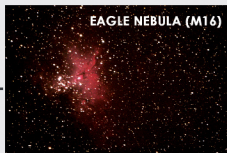
NOTE *from the Editor*

My dad has been an amateur astronomer for over 40 years. He has gazed at night sky through his telescopes since before I was born. He built several telescopes himself and has taken photos of celestial objects for many years. With the advancements of technology, he has been able to improve his deep space photography – some of the galaxies and nebulae he has photographed are millions of light-years away from Earth! These photos were recently taken in his backyard in Hungary.

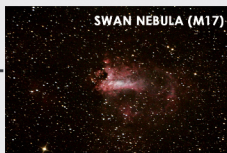
THE MILKY WAY



WILD DUCK CLUSTER (M11)



EAGLE NEBULA (M16)



SWAN NEBULA (M17)



TRIFID NEBULA (M20)



THE LAGOON NEBULA (M8)

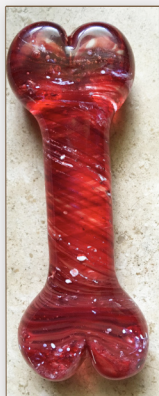
TOUCHSTONE



The bond between humans and their pets is that of a loving, lifelong friend and family member



Memorial Glass Artwork preserves the memory of and honors the life of your beloved companion.



MEMORIAL GLASS DOG BONES

All art forms are hand-made and each piece will vary in shape and size. Custom sizes and designs are available upon request.

*Unique in life,
Unparalleled in tribute*



PENDANTS
TOUCHSTONES
PAPERWEIGHTS
ORGANIC
ART FORMS



www.memorialglassartwork.com

Memorial Glass Artwork

Transform the ashes of a loved one into an everlasting piece of glass art or jewelry.



4711 Pine Ridge Rd. Naples, FL 34119

(239) 435-0037 Office

(239) 877-4616 Elissa George/Consultant

(239) 289-5561 Lennart Caspersen/Consultant

Have you ever wondered if there was something special and artistically beautiful to do with the ashes of your loved one?

Now every family member can have a tangible keepsake of their lost loved one that will last forever!

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.

This glasswork can help heal a grieving heart and will honor the life of a loved one (both human and animal) – not because they died but because they lived and touched our hearts forever.

**LO'S
YOGA**



Laura Grabinski
Ph: (239) 877-1293
www.losyoganaples.com

YOUNG LIVING
ESSENTIAL OILS



Connie Myers
ph:(239) 404-8892
conniemyers1@gmail.com
www.youngliving.org/cjmyers63

TRANSFORMATIONAL MUSIC:

Ambient Electronic . Eclectic Acoustic . Alternate Art Pop



ALCHYMIE
BOOK ALCHYMIE FOR YOUR EVENT!
www.alchymiemusic.com

CD'S AVAILABLE AT SELECT LOCATIONS:

Goddess I AM Healing & Art Center
CJ & Hung's House of Bikes & Trikes
Barnes & Noble Booksellers
Shangri-La in Bonita Springs
White Lotus Studio
Food & Thought
Salt Cave

EXHIBITION:

Small Works are Meaningful Visions

DURING THE MONTH OF NOVEMBER

Small works of art are an intimate part of an Artist. They are indescribably potent, intensely focused and toys with our sense of scale. Although magically small, they are highly treasured. Where large format art tends to draw you in, small works have a personal conversation with the viewer.

This November the 35+ artists in the Naples Art District will run a celebration of the way they see the world in a small format. Nearly 100 pieces will be showcased -- sculpture, painting, pottery and photography. All the artwork is smaller than 144sq.inches and \$144 and under.

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:

Barbara Groenteman - 239 572 3386
Marianne Megela - 239 596 5099



The **Naples Art District** hosts Open Studios on the 1st Wednesday of every month from 4pm to 8pm, and the 3rd Saturday of every month from 10am to 4pm. For more info visit www.naplesartdistrict.com.

Integrative Life Institute Presents:



“In The Arms Of The Mother”

Reconnecting with Ancestral Wisdom

with Susan Stranton & Grace Barr

A WOMEN'S RETREAT ~ A JOURNEY THAT TAKES US BACK TO SELF! TOGETHER WE WILL CREATE RITUAL ~ CEREMONIES FROM THE NATIVE AMERICAN, POLYNESIAN, SHAMANIC, SUFI AND DEEP ECOLOGY TRADITIONS!

Transformation within and without unfolds in a heart that is willing to be vulnerable to both joy and pain. These are the thresholds to deeper understanding, awakening our connection with all of life! *“What we most need to do is to hear the sounds of the Earth crying.”* – Thich Nhat Hanh

December 9-11, 2016

Friday: 6PM – 9PM

Saturday: 9AM – 6:30PM

Sunday: 9AM – 12PM

COST: \$195.00

LOCATION: 958 Second Ave. N., Naples, FL

If you have questions, please don't hesitate to call or text Grace at 239-293-7711.

LOTUS WEI
TRUE BEAUTY IS HAPPINESS



Lotus Wei
Flower Essences

Connie Myers
(239) 404-8892

conniemyers1@gmail.com



Gaia's Healing Gifts



Pure Organic Essential Oils
To Raise Your Vibration

- Over 44 Essential Oils Blends
 - Crystal EO Perfumes
 - Body and Room Spritzers
- Your Company Custom Blends



239-253-3303

gaiashealinggifts@gmail.com

www.gaiashealinggifts.com/whole-sale

PHOTOGRAPHY BY NATE NELSON



Prints are available at the Pine Ridge Road Farmers Market on Sundays, 9am - 2pm.

FB: NATE NELSON'S PHOTOGRAPHY
PH: (941) 662-9067



*The happiness of your life depends upon the quality of your **thoughts**: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature. - MARCUS AURELIUS*

BECOME A CO-CREATOR OF WHITE LOTUS MAGAZINE

White Lotus Magazine is a free publication and the printing is entirely funded by our advertisement and subscription fees, as well as contributions from our supporters. In order to keep the number of copies up, we ask for the support of our community. We encourage our readers to become part of White Lotus Magazine by joining our mission and helping us grow this publication in any way they are able to: we welcome content ideas, quotes, articles, subscriptions, advertisements, and monetary contributions.

HELP US GROW THE TREE OF CONSCIOUS LIVING

Each supporter of White Lotus Magazine, whether an individual or business, is recognized on the Tree of Conscious Living with a named leaf.

GREEN LEAF

The green leaves represent our advertisers, subscribers, contributing authors/photographers, and all of those who have one way or another supported White Lotus Magazine.



BRASS LEAF

With a small monthly contribution of \$3, you can help us print more copies and allow our message of Conscious Living reach more people. Your name will appear on the Tree of Conscious Living on a brass leaf. If you wish to use your contribution to guarantee a copy of each following issue of the magazine for yourself, we can reserve a copy for you (available for pick-up each month at the White Lotus Studio).



COPPER LEAF

For a \$10 contribution, you will receive 1 copy of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit quotes, photos, or content ideas to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a copper leaf. You can make a one-time contribution or you can help out on a monthly, recurring basis.



SILVER LEAF

For a \$40 contribution, you will receive 2 copies of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit quotes, photos, content ideas, or a small blurb/poem/song lyrics etc. to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a silver leaf. You can make a one-time contribution or you can help out on a monthly basis.



GOLDEN LEAF

For a \$100 contribution, you will receive 5 copies of the next issue of White Lotus Magazine by mail with a free gift, and the opportunity to become a co-creator of the magazine. You will be able to present a feature of your choice to be included in the next issue of the magazine. It may be a content idea, an article you wish to contribute, a recipe perhaps, a special interest or a particular topic you'd like featured, photos you wish to share, or even a cause, a local business, or a member of the community to introduce to our readers*. Your name will appear on the Tree of Conscious Living on a golden leaf. You can make a one-time contribution of \$100 or you can help out on a monthly, recurring basis.



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.*



The green leaves represent our advertisers, subscribers, contributing authors/photographers, and all of those who have one way or another supported White Lotus Magazine.

\$10

\$40

\$100

The Tree of CONSCIOUS LIVING



\$3
a month

Each leaf of this tree represents an individual or a business which has been a supporter of White Lotus Magazine. See details on page 47 or visit www.WhiteLotusMagazine.com/contribute.

ALCHEMY™ CRYSTAL BOWLS SOUND HEALING



Connie Myers
(239) 404-8892

conniemyers1@gmail.com

GROUP MEDITATIONS & PRIVATE APPOINTMENTS



FRESH PRESSED ORGANIC JUICES

JUICÉLATION

Organic Cold Pressed Juice



4947 Tamiami Tr. N. Ste. 104 Naples

ph: 239-398-0673

contact@juicelation.com

www.juicelation.com



DELIVERY AVAILABLE

“ Our juices are fresh pressed daily; made from the purest, locally-grown, organic produce available; and delivered to your door for your convenience. We created Juicelation to connect people with the healing power of fruits and vegetables. We want to see what your body can do when given the proper tools to heal itself...”

Subscribe to WHITE LOTUS MAGAZINE

1-YEAR SUBSCRIPTION

(INCLUDES 12 MONTHS, 9 ISSUES)

One-time Shipping & Handling Fee: **\$34.95**

To purchase a 1-Year Subscription, go to
www.WhiteLotusMagazine.com/Subscribe

or SCAN QR code:



Sales TAX not included.

ADVERTISING

Promote your business and advertise your services or products in White Lotus Magazine. Utilize our high-quality, full-color pages for your ads to stand out and to be noticed by hundreds of potential customers. Share your news and events with our readers! You can place your specials and discounts in the coupon section. Take advantage of our **FREE Business Directory listing option!** Contact us if you'd like to list your business in this publication of no charge. If you are already listed, but wish to change your information or upgrade to a premium listing, please let us know. For advertisement prices and sizes, visit www.WhiteLotusMagazine.com/Advertising to download our Media Kit. If you have any questions, email us at WhiteLotusMagazine@gmail.com or call 239-687-0667.

SIZE	1 MONTH	3 MONTHS	1 YEAR
FULL PAGE	450	395	325
HALF PAGE	250	225	195
1/3 PAGE	175	160	140
1/4 PAGE	145	135	120
1/8 PAGE	85	80	70
BACK COVER	495	450	395
BUSINESS CARD	60	55	45
		(PER MONTH)	(PER MONTH)
PREMIUM DIRECTORY LISTING			25



THE
Village Shops

ON VENETIAN BAY

The Jewel of Naples

THE **Village Shops**
ON VENETIAN BAY
FARMERS
MARKET

Offering a wide variety of fresh, locally-grown produce, baked goods, specialty items, and many handmade & fair trade products. Pets are welcome!



OPEN
SUNDAYS
8am - 12pm

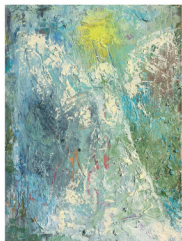
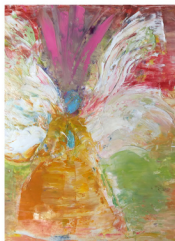
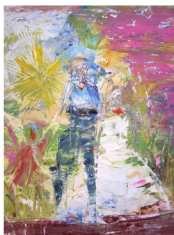
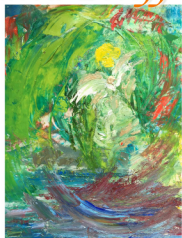
4200 Gulf Shore Blvd N, Naples, FL
South side of The Village

Ph: 239-200-4401

naplesmarketplace@gmail.com

www.naplesmarketplace.net

THE PAINTING ANGELS BY *Andrea Beloff*



Andrea Beloff FINE ART

Studio | Gallery

5760 Shirley St. #20, Naples, FL 34109

(305) 773-0358

www.andreabeloff.com

Also at the **Art Gallery Collective** at the Shoppes at Vanderbilt, 2355 Vanderbilt Beach Rd. #144, Naples, FL 34109