

White

SW Florida Edition

FREE

JANUARY 2017

*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

*Oh Great Spirit, who made all races, look kindly upon the whole human **family** and take away the arrogance and hatred which separates us from our brothers.*

- CHEROKEE PRAYER



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

This month's insight is based  
on a Pueblo Prayer.

## WISDOM FOR JANUARY

### The Shaman's Whispers

*Hold on to what is good,  
Even if it's a handful of earth.  
Hold on to what you believe,  
Even if it's a tree that stands by itself.  
Hold on to what you must do,  
Even if it's a long way from here.  
Hold on to your life,  
Even if it's easier to let go.*

The  
Shaman  
Lady



PHOTOGRAPHY BY ANNA KRECICKI

The best day of your life is the one on which you decide your life is your own.

No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing **journey** - and you alone are responsible for the quality of it. This is the day your life really begins.

– BOB MOAWARD

PHOTOGRAPHY BY ANNA KRECICKI





**"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.

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## NOTE *from the Editor*

I'm just amazed how fast this last year went by. I sometimes wonder why each year seems to go by faster as I get older. I thought that with age things in my life would slow down a bit, but that has not been the case. These past months have been quite eventful, filled with intense energies of change, transformation, and growth.

With another year passing, I can't help but look back and allow myself to ponder a little on the past. I believe in the power of living in the NOW, and normally I don't dwell on the past or worry about the future, but at the beginning of each new year I let my awareness drift away from the present moment and allow myself to contemplate the things that have passed and those yet to come.

When I look back and reflect on the past year, I feel a sense of accomplishment with mixed feelings of joy and exhaustion. I managed to complete many projects, but all year long I had a lingering feeling that I just can't catch my breath. Indeed a lot has happened – on a personal and global level – in the last year. Some of the events of 2016 made us very happy, and some shook us to the core.

The arrival of a new year carries a sense of anticipation and hope. Even though I don't really make New Year's resolutions, the promise of new beginnings and a fresh start always makes me optimistic. I trust that the year 2017 will bring us joy, prosperity, and many blessings.

*Wishing you all a Happy New Year!*

*- Anna Krecicki*

COVER PHOTO BY ANNA KRECICKI



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# JANUARY



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## ANIMAL SPIRIT GUIDE OF THE MONTH:

# Squirrel

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.

Squirrel symbolizes practicality, resourcefulness, awareness, planning ahead, activity, playfulness, vitality, and the balance in giving and receiving. As a Spirit Guide, Squirrel brings us the message of preparedness, courage, and trust.

When squirrels prepare for the winter, they gather only what they require. This teaches us the importance of letting go and getting rid of unnecessary physical objects, negative beliefs, emotions and memories which limit our faith in love and abundance. Squirrel encourages us to lighten our load, physically, mentally, and emotionally.

### If Squirrel comes into your life:

- You may be reminded to have more fun and take life a little less seriously.
- It might indicate that you need to lighten your load of things that are unnecessary; things that you have gathered in the past and may be cluttering your life - not just physical items, but also your thoughts, worries, and stresses.
- It may be time to look into your own provisions. Are you adequately prepared for the future?
- You could be reminded to take the time to stop and listen to your inner self and focus on one thing at a time.

### If Squirrel is your Animal Guide:

- You are often resourceful and have a way of manifesting all the things you need in the present and for the future.
- You like to be prepared for all occasions and are ready to socialize at any given moment. You are very good at balancing your life with work and play.
- You may be a little erratic at times, often trying to do many things at once.

### Ask Squirrel's help when:

- You need assistance in expressing yourself in social settings.
- You need help preparing for the future or for an event.
- You feel you have reached a dead end in your life or in a situation, and are ready to give up. Squirrel can show you that perseverance and the readiness to try different methods are the keys to success.

#### SOURCES:

Animal Speak by Ted Andrews; [www.manataka.org](http://www.manataka.org); [www.spirit-animals.com/squirrel/](http://www.spirit-animals.com/squirrel/); [www.shamanicjourney.com/squirrel-power-animal-symbol-of-gathering-playfulness](http://www.shamanicjourney.com/squirrel-power-animal-symbol-of-gathering-playfulness)

# PLAN B: PREPARING FOR THE UNEXPECTED

by Anna Krecicki

I strongly believe in the power of living in the NOW: in this present moment, when there is no need to worry about the past or fear the future. The past is the past – there is nothing I can do about it, other than learn from it. The future is uncertain – I can't predict it, control it, or prepare for everything. I trust that everything always is as it is meant to be. But I suppose it doesn't hurt to have a plan B.

With so many threatening situations in today's crazy world, it seems that anything can happen at any time. It seems that our lives could change at any given moment. From severe solar flares and gamma rays to nuclear disasters, and from a deadly pandemic to the return of the mysterious Planet X (Nibiru), the possibilities are endless. There are many scenarios that could prove to be more than just a conspiracy theory or the synopsis of a movie, a TV series, or a video game – they could actually happen. A disaster could strike at any time. It may not be a zombie apocalypse, but anytime soon we might have to face something unexpected. Without giving in to the paranoia, it is wise to have a Plan B. Just in case.

Celestial events, weather anomalies, and human fallibility may lead to catastrophes that could certainly change our lives. Even a short-term power outage can cause a crisis in certain homes. A loss of a job or a loved one can bring about major emotional and financial difficulties. A sudden illness or an accident could create devastating conditions for any one of us. On a personal or a global level, unexpected things do happen and being prepared may save us a lot of headache and heartache.

Even though we don't know what the future holds, it is always smart to have a contingency plan and prepare ourselves for the unknown – whatever that may be.

Unforeseen events, unexpected expenses, and surprise encounters can throw us of our paths and the consequences can shake us to our core. Granted, we can't plan for everything, but we can make preparations that will help us stay centered through crisis and handle the challenges easier as they come our way.

A few things you can do to prepare for the unexpected:

## DROP YOUR EXPECTATIONS

Have preferences, rather than expectations. Going into any situation with high expectations will likely set you up for disappointment. There are circumstances that are simply out of your control, therefore, things may not always go the way you expect them to. When your expectations are not met, you may experience anger, frustration, or a sense of failure. If you have preferences and hopes instead, you won't be disappointed. More likely you will be motivated to change the things you can change and accept the things that you cannot.

## ACCEPT THE UNEXPECTED

Acknowledge the fact that change and unexpected events are part of life and are unavoidable. Life is dynamic, not static – everything is always in motion and everything changes. When you accept this fact, it will be easier to deal with whatever happens in your life.

## KEEP A POSITIVE ATTITUDE

A positive attitude is a must in unexpected situations. Not all unexpected events are negative. Sometimes, what seems like a disaster, could be a blessing in disguise. A negative event can awaken ambition, motivation, and persistence, which can lead to growth and success.

## HOPE FOR THE BEST, PLAN FOR THE WORSE

Don't panic, don't give into the fear of the unknown. Remain positive and always hope for the best. But as a precaution, plan for the worst-case scenario. And this way you won't be taken by surprise or stressed if things go awry.

## MAKE A LIST

Assess your overall preparedness. Take a look at practical matters such as retirement, insurance, emergency cash, first aid kit, food and water supplies in case of a storm or power outage, or even simple repairs around the house. Make a list of the things that need fixing and things that you have been neglecting or postponing. Address the items on your list as soon as possible – without excuses and delays. Make an effort to accomplish at least one thing each week, or even every day if you can.

## DRAW UP PLAN B

Make plans for different emergency situations and share them with your family, so that everyone knows what to do if trouble strikes. Make sure your loved ones know where the emergency supplies are, where to find important papers (will, life insurance, etc) and how to proceed in case of a crisis. You can practice carrying out the plans a couple of times until everything goes smoothly. Make it into a fun family event – and if anything were to happen, this way the whole family will be adequately prepared.

## AND PLAN C

Always have an alternate plan, in case the first plan fails. This could prevent you from falling into a state of helplessness, fear, and not knowing what to do next.

## START AN EMERGENCY FUND

An important step for preparing for the unexpected is to have a solid emergency fund in place. This could be any amount but preferably about six months of your income. This emergency fund will provide security while you recover from difficulties such as a job loss, accident, loss of a family member, illness or anything that might affect your income and your life.

## DETACH

A certain degree of emotional detachment is important when preparing for unforeseen events. Attachment makes you cling to the familiar, and makes you fear letting go. It allows surprises and unexpected events to have a greater negative effect on you. Detaching will help you take a step back from unpleasant or unexpected turns of fate and therefore, to be less affected by them. It can also help you stay calm and in control of yourself, and in a better position to deal with whatever is happening in your life.

## FOCUS ON THE PRESENT MOMENT

All there is is the present moment. Therefore, make the most of it, instead of worrying about the past or the future, thinking about what you lost, or dwelling on how bad the situation is. When trouble strikes, living in the now and focusing on the new opportunities that may come with it will help you see any crisis in a different light.

## SOURCE OF INSPIRATION:

[www.successconsciousness.com/blog/tips-for-life/tips-for-dealing-with-surprises-and-unexpected-events/](http://www.successconsciousness.com/blog/tips-for-life/tips-for-dealing-with-surprises-and-unexpected-events/)  
[www.thebalance.com/planning-for-financial-emergencies-238513](http://www.thebalance.com/planning-for-financial-emergencies-238513)

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# local ARTIST REVIEW

## Stardust Sisters



PHOTOGRAPHY BY  
TESSA PAISAN

### MEGAN HEALEY & SYDNEY FICARRA: THE STARDUST SISTERS

by Anna Krecicki

Two remarkable young women started a journey that has touched many people's lives and continues to affect more every day as their business grows. They create healing gemstone jewelry – each piece made with love and intention.

In order to help people find a piece that can assist them on their own journey, the Stardust Sisters offer their crystal jewelry at a local farmers market and also online through an Etsy store.

I consider myself fortunate to be one of those individuals whose lives Megan and Sydney have greatly impacted. I am amazed and inspired by their dedication, high spirits, positive attitude, wisdom, creativity, and passion. They are loving, caring, and compassionate beings who are always filled with gratitude and kindness. Their healing jewelry reflects who they are: each piece radiates the love it was made with.

I asked them to share their story with our readers.

### How did your journey begin?

MEGAN: We started making crystal jewelry infused with love, healing intention, and prayers as gifts for friends in late 2015. When others wanted to share these crystal gifts with their loved ones, we knew we were meant to spread the crystal medicine by creating healing bracelets and necklaces. I believe it is no coincidence that we felt guided to announce the idea and intention on Thanksgiving; we have been constantly giving thanks since day one. We are so grateful for the support of our community, friends, and families. This past year, we have been able to connect with so many people and share the healing energies of the crystals by offering our jewelry at numerous local shops, at the Pine Ridge Road Farmers Market, and through our Etsy store. We also carry a variety of loose gemstones, minerals, crystals, lamps, and metaphysical tools.

### Many of us have known you as the "Saraswati Sisters". You recently changed the name – why?

MEGAN: We are so grateful for the creative energy that the name Saraswati Sisters brought to the table – after all, the Hindu goddess Saraswati invokes the creative goddess in us all. She is an inspiring, driving force that resonated deeply with both of us, and shed much light on the first steps of our journey together. After a year, we felt that we needed to flow with a new name that would encompass all of the energies we are calling in while creating our jewelry. We waited for the perfect name to come to us, and when it did, it just felt right: "The Stardust Sisters". It seemed very fitting to call ourselves the Stardust Sisters because we are all made of stars. We are all one family. We are all in this together.

### How do you clear and charge your jewelry?

MEGAN: In order to keep the crystals clear and of a high vibration, we charge all of our beads and crystals on Selenite plates. We use sage, cedar wood, palo santo, or whatever is calling to cleanse the crystals. Also, the sound vibration of Tibetan singing bowls and the sound of "OM" helps to align the crystals with their healing purposes and send them on their way to do their work. Although we string the beads and knot the macramé, the intentions set and the energy behind each crystal is where the magic lies. We feel blessed to be a part of their journey.

### Where can people find you?

MEGAN: You can find us at the Pine Ridge Road Farmers Market at the corner of Pine Ridge & Livingston from 9am to 2pm every Sunday. In order to spread the love near and far we also have an Etsy shop: StardustSisters.



PHOTOGRAPHY BY TESSA PAISAN



# Stardust Sisters




Crystals  
Metaphysical Tools  
Homemade Gemstone Jewelry

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 Etsy: StardustSisters

 Instagram: Stardust\_Sisters

 FB: StardustSisters

# Crystal Therapy: HEMATITE



Photos from Google Images



*Hematite is an iron oxide, most commonly occurring in massive form with metallic gray or brownish red color. Crystal formations are uncommon, but if they do occur, they are tabular. Occasionally they form as rosettes. Its name is derived from the Greek word for blood, referring to its often reddish color.*

ATTRIBUTES	Grounding, Protection, Manifestation
ELEMENT	Earth
CHAKRA	Root
MINED IN	Africa, Sweden, Britain, Italy, USA, Canada, Argentina, Brazil

## PROPERTIES:

- Harmonizes body, mind, and Spirit
- Dissolves negativity
- Protects against geopathic stress and electromagnetic smog
- Boosts self-esteem, willpower, and reliability
- Removes self-limitations and aids expansion
- Stimulates concentration and focus
- Enhances memory and original thought
- Aligns the chakras and balances the auric field

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

**HEMATITE** helps to absorb negative energy and transform it into positive vibrations. It is a very protective mineral and can help you stay grounded in many situations. Hematite is a powerful aid to stimulate the mind and it calms in times of stress or worry. Hematite is said to be useful in legal situations, and is thought to strengthen self-confidence. It can also be used to protect against geopathic stress and electromagnetic smog. Hematite activates the Root Chakra and balances the auric field. This stone can help you find your own, unique gifts and to release self-imposed limitations, while still maintaining a healthy amount of self-control.

Hematite is said to aid in the Ascension process, by facilitating the integration of higher spiritual energies into our physical, third-dimensional existence. This allows those who practice spiritual work to still be able to function in the physical world and relate to others.

## POSITION

Hold or place as appropriate for healing and calming. Carry Hematite when in need of balance or when having difficulty focusing energies.

## HEALING

Hematite is an excellent detoxifying stone and it is said to be helpful for the liver and the kidneys. It is believed to be beneficial for circulatory problems and blood conditions, such as anemia. It can also be used for treating insomnia and anxiety.

**CAUTION:** Hematite should not be used for long periods of time, if you have a pacemaker or when inflammation is present.





Photos from Google Images



feminine energy

COLOR THERAPY: SILVER / GRAY

modesty

intuition

psychic abilities



responsibility

stability



silver

dreams

wealth

efficiency

glamour

neutrality

patience

calmness

prosperity

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# 12 SIMPLE THINGS

*you can do to clear and protect yourself from negative energies*

## NOTE *from the Editor*

*I live in a bubble – and I do so by choice. I live in my own perfect little world where I choose not to let the turmoil of the outside world in: the constant political and religious conflicts, the paranoia of conspiracy theories, the news of catastrophes, reports of animal cruelty and human abuse, and the fact that we are destroying our planet.*

*If I open myself up to the reality of today's world, I catch myself experiencing an arsenal of negative emotions, such as anger, fear, sorrow, anxiety, and disappointment. So I choose to live in my bubble and like an ostrich, I bury my head in the sand to cut out the drama and the mayhem as much as possible. Unfortunately, that does not stop the unsettling events from happening or the people from being cruel, but at least it protects me from the negative emotions that tend to accompany the news of chaos in the world.*

*I have applied certain 'protective measures' throughout the years and developed habits to shield myself from the negative effects of the things that surround me that I cannot control. Some of the techniques that work for me may not resonate with others. So I gathered a few ideas for clearing and keeping away harmful energies that anyone can try, in order to find what works for them.*

### 1. invoke your golden bubble

Visualize a beautiful golden bubble of light surrounding you. Picture in your mind that this bright light is swirling around you, expanding into a glowing sphere of protection. Imagine that everything that is negative or no longer serves you is leaving you. Ensure yourself that nothing negative can stay in your bubble, only that is good and beneficial to you. Know that nothing negative can enter your energetic bubble of protection, only good can penetrate it. Every time you leave your home or when you feel off, uneasy, or drained, you can place this sphere of protection around yourself. You can also visualize it around your home, your car, and others.

### 2. use protective crystals

Selenite, Black Tourmaline, Smoky Quartz, Black Obsidian, Citrine, Hematite, Amethyst, Fire Agate, Amber, Boji Stone, Carnelian, Pyrite, Andalusite, Labradorite, Jet, Sardonyx, Turquoise, Kunzite, Jade, Jasper, Bloodstone, Tiger's Eye, and are excellent crystals for protection. Keep a small piece in your pocket or wear as jewelry.

### 4. make a crystal grid for your home

Place a piece of Black Tourmaline, Selenite, and Smoky Quartz at each interior corner of the house or room. If possible, place a large piece of either of these crystals outside the front door. Sprinkle salt in each corner of the home and in front of doors and windows. Reapply when necessary.

### 3. create a protective energy grid with crystals

Protect yourself and your space from harm and unwanted energies by making a crystal grid. Select 6 protective crystals of the same kind, e.g. 6 pieces of Black Tourmaline or Pyrite, etc. (See list above) Size does not matter, but they should be the same kind so they have the same type of energy. Pick the stones that are calling to you. Then select another 6 pieces of another type of protective stone, e.g. Selenite, Smoky Quartz, Carnelian, Citrine, etc. Then select a Master Crystal for the center of your grid, e.g. a larger Clear Quartz or Amethyst standing point or chunk – this will amplify and hold the energy of your grid. Cleanse your crystals before you start your grid. Find a place where your grid will be undisturbed. You can use a hard cardboard or flat plate and slide your grid under your bed later. If you wish, you can also use a template for your grid, e.g. a Flower of Life print. Place the Master Crystal in the middle. Put the first set of crystals in a circle around your Master Crystal at an even distance from each other. Then place the second set of crystals in between the first circle and the middle, each at an even distance from all crystals in the grid. You can add more crystals if you are guided to, e.g. small quartz points or other stones of protection. Then program your grid with your intention: "I program this grid to protect me/my home from all forms of harm/negative energies." If you wish to make a protective grid for someone else, place a photo of them or a piece of paper with their name on it under the Master Crystal before you start the grid.



## 5. smudge

Burning herbs and plant resins is an ancient practice for cleansing a space or a person. The smoke clears away emotional or spiritual negativity and stagnant energies accumulated in the body or the space. Most commonly used herbs are sage, sweetgrass, rosemary, and lavender. Burning palo santo and cedar wood can also be used for cleansing. Tree resins, such as myrrh, frankincense, and copal are also powerful substances used for smudging. Following your inner guidance, choose the right smudging herb, wood, or resin and find a non-flammable, heat-resistant bowl or shell. Light the smudge stick or loose herbs and when you have a good flame, carefully blow it out. Note: If you are burning resin, you will have to use a charcoal disk. Using a feather or your hands, fan the smoke towards your body. Cleanse all seven of your chakras and your outer energy field. Don't forget the bottom of your feet. Once you've smudged your body, using the power of your intention, go around the entire room (or the whole house), making sure you get into all the corners, closets, and under furniture. Open some windows for the negative energies to leave the space as you command them out mentally or with your voice! If you have money issues, clear your purse or wallet with the smoke as well. If your computer is acting up, smudge that, too. Don't forget to cleanse your car also. Where burning herbs and incense is not possible because of the smoke, use a smudging spray.

## 6. set an intention

When you are creating a crystal grid or a protective bubble, or when you are smudging, first, set an intention. Say it out loud, or use your thoughts, your inner voice. State your intention: ask for protection, for clearing and for keeping away negative energies. Call out to the Source/God/Creator/Universe, or your Higher Self. Your Guides or Angels – whomever you prefer to talk to and ask for help.

## 7. use salt

You can also burn salt to ward off negative energies. Place a small amount of salt (Himalayan black salt is excellent for this) in a non-flammable, heat-resistant bowl or an old pot. Make sure to use a potholder or an oven mitt if you are unsure if the bowl is heat-resistant. Pour a small amount of rubbing alcohol on the salt and carefully light it with a lighter. Hold the bowl in front of you at a safe distance or walk around your space with the intention of cleansing and protecting yourself and your area from harmful energies. Let it burn until the flame goes out on its own. Salt crystals have an amazing natural built-in ability to absorb negative energy. Put bowls of salt in the corners of the room and remove after a few hours. Take a salt bath with sea salt or Himalayan crystal salt for clearing away negative or stagnant energies. If you don't have a tub, use a salt scrub in the shower.

## 8. use essential oils

Rose, Lavender, Frankincense, Peppermint, Lemongrass, Lemon, Chamomile, and Patchouli are excellent essential oils for spiritual cleansing and purification. Put a few drops of any of the above essential oils into an oil diffuser to cleanse unwanted/negative energies from your space. You can also make a spray with pure essential oils to clear negative energy. Just add a few drops to water in a glass/in spray bottle. Shake and gently mist yourself and/or your space with the spray! To invoke protection, use Myrrh, Clove, Cypress, Sage, Basil, Geranium, and Cinnamon Bark essential oils.

## 9. what you give out, you receive!

When we are stressed or upset with someone, we don't pay attention to our thoughts, words or actions, and may send out negative energy to others. It may feel good at the time but it opens us up for unwanted energies to enter our auric field. If you are obsessing on negative feelings or thoughts about someone (deserving or undeserving) and are thinking, feeling, wishing or acting badly, the boomerang effect will show up in your life. Maybe not immediately, maybe not the next day but eventually it will. Ask your Higher Self to make you aware of the times when you need to pull yourself away from these negative thoughts and feelings, and to help you turn them into love and forgiveness. Keep a positive attitude!

## 10. focus on the positive

We all have people and things in our lives that make us happy and we are grateful for. If you focus your attention on the positive, on someone or something that you love, there will be no room in your heart for anger, fear, or worry. Concentrate on this feeling of love and gratitude whenever negative thoughts or emotions enter your mind and hold on to it until those pass.

## 11. laugh

Joy is the highest vibration there is, so it works perfectly for canceling out lower vibrations. You probably won't feel like laughing when you are under the influence of negative energies, so find a hilarious movie on Netflix or pull up some funny videos on Youtube to watch!

## 12. play music or drums / use a rattle

Playing high vibration music can lift your energy and clear your space. You can also beat on drums to break up stagnant energies. If you don't have a drum, just bang on a table or on the bottom of a pot. Youtube has many videos of shamanic, African or Native American drum music. Just like the drums, rattles can break off the negative energies. If you don't have a rattle, put some pennies or beans in an empty plastic bottle or topper-ware and shake it in a way that feels right to you. It's more effective if you move around in your space while you are doing this.



### DISCLAIMER

*This article is proposed for informational purposes only. Views expressed here are suggestions only.*

### SOURCE OF INSPIRATION:

[www.amybscher.com/how-to-clear-house-self-negative-energy/](http://www.amybscher.com/how-to-clear-house-self-negative-energy/)  
[www.wakeup-world.com/2015/08/15/20-effective-ways-to-clear-and-protect-against-negative-energy/](http://www.wakeup-world.com/2015/08/15/20-effective-ways-to-clear-and-protect-against-negative-energy/)  
*The Crystal Bible* by Judy Hall



# PRETENTIOUS POMPOSITIVITY

by Carol Glassman

Most writers do it, but few will admit it: we are tireless people watchers. We aren't too fussy about it, and will take on people of any size, age, shape or color regardless of religion or political persuasion. See how non-partisan we can be! This practice will lead us to observing and unfolding some of the quirkiest and most bizarre foibles and habits of mankind. If there are enough of them, we might even be tempted to categorize them.

Recently, on a perfectly lovely Caribbean cruise, I had the somewhat dubious pleasure of adding to my PP Category. The PPs: that's my shorthand for Pretentious People. While dining on ships I usually prefer to sit by myself, but every so often in a moment of weakness, I decide to share a table with strangers. Rarely does it end well.

On one occasion, our usually tasty appetizers were seasoned with details of one loud mouthed woman's shopping expertise with highly expensive linens. Bed sheets in particular. Before the main course arrived, many of us would have gladly held her down while the others used those same elegant high thread count sheets to wind around her neck as strangling ropes, anything to stop the copious flow of drivel.

And then there was the know-it-all blowhard gourmet – you know the type – who knows everything about food. He has eaten in and knows of every one of the best restaurants everywhere in the world, and yes, he knows how to cook too. In fact, he knows, or thinks he does, more about ingredients and spices than most fine chefs. Just witness, when one diner served himself ice cream with kiwi fruit on the side, Mr. Blowhard was puzzled, as he mused aloud, that he thought only pregnant women liked cucumbers and ice cream. Had Dimwit Donny never seen kiwi fruit? I guess not.

When the other guests quit laughing, one dared to ask what was his signature dish, that he prepared for guests. Donny didn't hesitate: "Shrimp Provinckle", he replied in a flash. Better still, he had no idea why the rest of us were shooting coffee out of our noses and gagging from laughing, over his battered pronunciation of Shrimp Provencale.

Ah yes, pretentious pompositivity eventually floats to the top. I imagine there is a soundproof room in heaven where PPs can gather for shared conversations, so that the rest of us can't hear them.

PHOTOGRAPHY BY Shamama

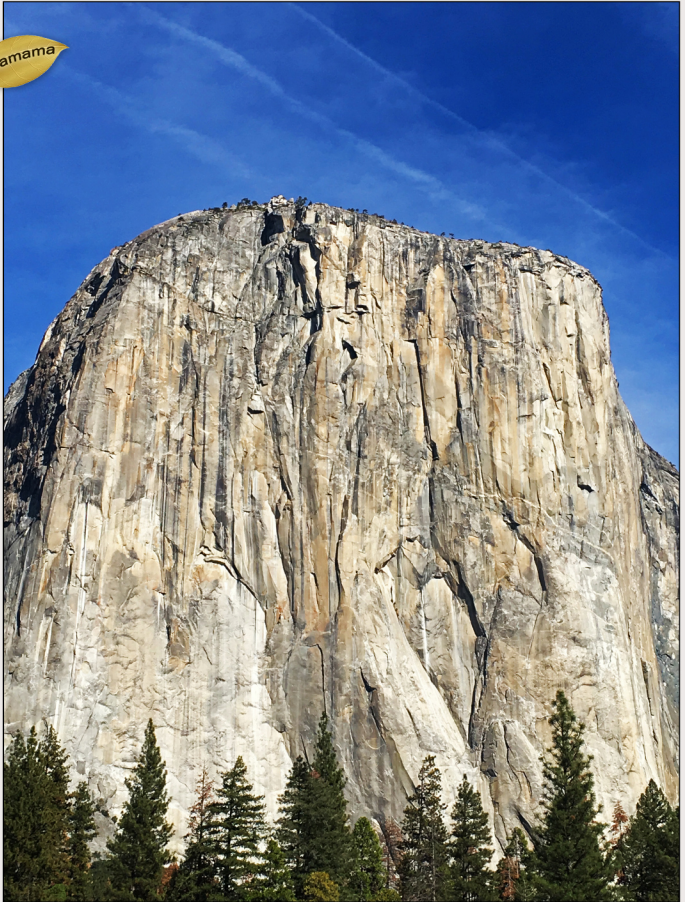
PHOTOGRAPHY BY *Shamama*



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PHOTOGRAPHY BY *Shamama*

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# AMAZING PLACES

*Near & Far*



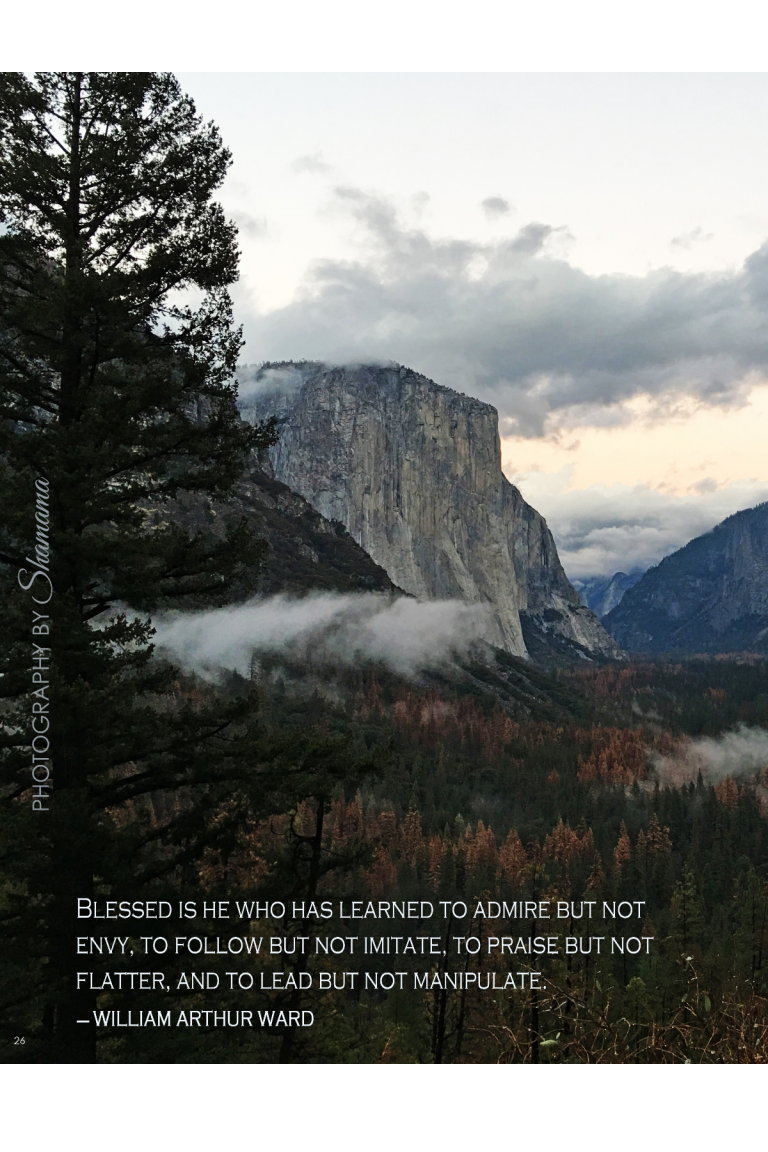
**MOUNT DIABLO** is a mountain of the Diablo Range, in Contra Costa County of the eastern San Francisco Bay Area in Northern California. Mount Diablo is a sacred mountain to the California Indian people. Just about every California Indian community who viewed Mount Diablo would, at one time or another, make a pilgrimage to the summit area for ceremonies.

SOURCE: [www.parks.ca.gov](http://www.parks.ca.gov)



PHOTOGRAPHY BY *Shamama*

Shamama



PHOTOGRAPHY BY *Shamana*

BLESSED IS HE WHO HAS LEARNED TO ADMIRE BUT NOT  
ENVY, TO FOLLOW BUT NOT IMITATE, TO PRAISE BUT NOT  
FLATTER, AND TO LEAD BUT NOT MANIPULATE.

– WILLIAM ARTHUR WARD



*Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality.*

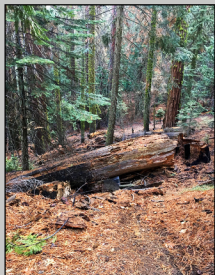
– LAO TZU





*Any fool can criticize, condemn, and complain but it takes **character** and self-control to be understanding and forgiving.*

– DALE CARNEGIE





Shamama

PHOTOGRAPHY BY *Shamama*

# Essential Oil of the Month: *Ravensara*

by Bethanny Gonzalez, Certified Aromatherapist

(*Ravensara Aromatica*)

*Ravensara* essential oil is a powerful oil from the mysterious island of Madagascar, a beautiful spot off the Eastern coast of Africa. *Ravensara* is a rainforest tree native to Madagascar. The essential oil is steam distilled from the leaves of the tree. This oil is praised in Madagascar as a "Cure All" oil, in much the same way as tea tree oil is heralded in Australia.



**AROMA:** Slightly spicy, camphory, woody, herbaceous

**PROPERTIES:** analgesic, antibacterial, antimicrobial, antidepressant, antifungal, antiseptic, antispasmodic, antiviral, tonic, aphrodisiac, disinfectant, diuretic, expectorant, relaxant

**ELEMENT:** Water & Air

**PLANET:** Mercury & Moon

**CHAKRA:** Crown

**SPIRITUAL ASPECTS:** Protection, Purification



Gaia's Healing Gifts  
Ravensara Essential Oil



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

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

## BENEFITS FOR MASSAGE & SKIN CARE

- Helpful for fighting fatigue and pain in muscles and joints
- Can be used in massage & body oils to fight against fungal infections of the skin and nails

## HEALTH BENEFITS

- Fights viral infections that can cause coughs and colds
- Sedates inflammation in cases of fever or viral infections
- Strengthens and activates the immune system and keeps the body protected from infections
- Can be used to treat improper blood and lymph circulation
- Helps reduce the allergic reactions of the body - gradually, it builds a resistance against allergenic substances so the body does not show hyper reactions against them
- Calms spasms and induces relaxation in muscles and nerves
- Enhances the libido and helps erectile dysfunctions

## EMOTIONAL USES

- Counters depression and boosts positive thoughts and feelings of hope
- Uplifts your mood, relaxes the mind, and invokes sensations of hope and joy
- Helps to let go of nervous tension, stress, and anxiety

## SPIRITUAL USES

- Clears confusion from the heart and helps release grief
- Brings positive feelings of hope and joy
- Can be used to clear the mind and help focus on a spiritual intent
- Promotes courage and helps overcome anxieties and fears
- Said to strengthen psychic powers

**PRECAUTIONS:** Can irritate skin. Be sure to mix with your preferred carrier oil.

## RECIPE

### *Massage Blend for Relaxation*

- 4 oz. Coconut Oil
- 7 drops Ravensara Essential Oil
- 3 drops Chamomile Essential Oil
- 4 drops Lavender Essential Oil

Blend essential oils together.  
Massage into skin.

*With Love and Light,*  
*Bethanny*  
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# INTRODUCING ALLINI

– the Natural, Chemical-Free Way to Purify Water

On any given day, we could be exposed to over 300 contaminants found in water. Fertilisers and pesticides from agriculture, chemical run-off from industry, heavy metals from mining, and even residues of the drugs we take can all end up in our tap water. Contaminants in the water can cause adverse health effects. To reduce the risk of infectious disease, our public water supplies are treated with chlorine, which can be more harmful than beneficial to our health. As studies show, the chlorine used to kill bacteria and microbes may actually account for a substantial portion of the cancer risk associated with drinking water. According to the U.S. Council of Environmental Quality, "The cancer risk to people who drink chlorinated water is 93 percent higher than those who don't."

There are many filtration systems and purification methods out there, but often they strip the water of its natural minerals and produce a low PH, acidic water. To get pure, delicious, and healthy drinking water in your home, try the Allini Water Filters!

Allini purifies water the natural way and revolutionizes the way you drink, shower, and cook. We are proud to provide families with the cleanest, healthiest water using our advanced technology. There are no chemicals used in our filtration system, only organic carbons and bio-ceramics.

Immediately after installing your Allini filter, there will be no chlorine smell or taste in your water - 99% of the chlorine will be gone, along with any sediment or discoloration, chemical contaminants, and pesticides. Allini also removes 99% of heavy metals such as Chromium 6. Your drinking water will taste amazing!

Allini Water Filters feature the science of WaterBalance™ Technology, a bio-ceramic process designed to essentially return water to its natural balance. This technology is ahead of its time in the industry. It uses no chemicals, only the finest blend of organic carbons available. With WaterBalance™ Technology, our systems are able to rid your water of impurities while changing the ionic structure, so the healthy minerals such as calcium, potassium and magnesium naturally found in water are still present.

WaterBalance™ Technology allows you and your family to drink healthy water – the way water is intended.

Allini water is considered alkaline water because of its high PH level (7.8-8.2). Alkaline water is an anti-oxidant and proven to have beneficial effects on the body. We maintain a high PH level, higher than other systems that use Reverse Osmosis, which strips the water of its natural minerals and produces a low PH water that is considered acidic.

Clean water enhances your environment and the world around you. Our purifying needs vary greatly in different landscapes – from Florida to New York. Allini filters are customized not only region to region, but also to work specifically with the exact water coming into your home.

Our highly innovative system is easy to use with little-to-no maintenance. You can choose from a variety of filters for an entire residence, commercial property, yacht, or single-sink units. Our filter line is designed to bring the best drinking water to you that fits best with your lifestyle.

Now you know what the Allini Water Filters can do for your drinking water. Why not extend those advantages to your entire home? The Allini Water Filtration System for the whole home will purify all of the water that you use. The water you drink, cook, clean, bathe, and wash with will be free of chlorine and harmful contaminants. This means that your body will only be absorbing clean water. Your shower water will feel great against your skin, leaving it soft and silky smooth. Your hair will be shinier and bouncier, and your hair coloring will last longer than you thought possible.

Immediately after installing your Allini Water Filtration System, you will notice an improvement in the performance of your cleansers, shampoos and conditioners. You will notice an increase in hydration, softer skin, healthier hair, better tasting food, healthier pets, and even healthier plants. Your food will appear brighter and be more flavorful because they are no longer washed and cooked in chlorine. You will be amazed by the difference Allini can make.

## Good for You, Good for the Earth:

In 90% of our residential systems, we are able to use our single tank systems which result in a more economical installation with less time and labor, fewer connections, less maintenance, less waste water when backwashing, and a smaller footprint for your household.

The Allini Water Filter is designed to purify more effectively and efficiently with a unique one-step process. Our systems monitor water usage and automatically adjust regeneration cycles to save water. You will also see increased efficiency in water-using appliances resulting from the removal of harmful minerals and contaminants.

Not only do our customers see improvements with their skin, hair, and cooking, but they also have a greater peace of mind knowing they've made a healthy and sustainable choice for themselves, their family, and the planet.

Experience it for yourself! To learn more about our unique water filtration systems, contact us at 239-248-0592.



**ALLINI MODEL SERIES****600**

Tank Diameter	6"
Total Height	15"
Peak Flow Rate (GPM)	8
Number of Faucets	3

*Triple Layer Carbon*

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*Bio - Ceramics (Ceramic Blend)*

Ceramic Pouch - Creates antioxidant structured water with better taste, feel and is 3 times more hydrating than unfiltered tap water.

Super Ceramic - Produces FIR (far infra red) light which restructures and conditions water.

Negative Ion Ceramic - Catalyzes pollutants out of water, splits water molecules and creates negative ions. Increases negative ORP (Oxygen Reduction Potential) and increases hydration and metabolism.

Softening Ceramic - Reduces mineral hardness in drinking water. Creates softened and healthy water without the use of chemicals.

*Rapid Sand*

Rapid Sand Provides high efficiency filtration.

*KDF*

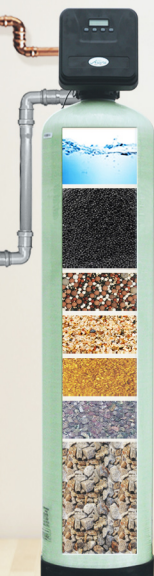
Extends the life of the filter media up to 15 times and removes chlorine, heavy metals and bacteria.

*Garnet Grades*

A combination of both fine and coarse garnet. Hard and durable minerals that assist in the filter's ability to remove all fine sediments.

*Layered Stone & Quartz Crystals*

The backbone of the Allini system prevents water channeling, aids in the preservation of filter life and assists in the body's ability to hydrate more efficiently.





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# FOLLOW YOUR BLISS

by Angela Passidomo Trafford

When we are not true to ourselves, deep within our hearts we have the feeling that, no matter how hard we try, we are not genuine. We are fraudulent. We feel this way because we are not authentic in our emotions or actions.

We stay in relationships that are stale and dry because we are afraid to move forward into the unknown. We work at jobs we despise for money or gain, or the fear that we are not capable of better. We live this way because we do not trust ourselves or the Universe to provide us with the opportunities we need to grow and change.

I firmly believe that if we do what we love, the money will follow. If you believe this as well, it will be true for you.

I also believe that as we become restless within a relationship, it is time to grow and change within ourselves, within that relationship, or we must have the faith it takes to let go of the relationship and make room for change. If we act correctly, in accordance with our inner guidance, the Universe will provide us with the prosperity and the relationships that allow us to be joyful and feel alive each day. Remember, if we live life correctly, we always move toward a higher livelihood, a higher purpose, a higher love.

But how could all of this be possible for us if we don't believe it?

I feel that God and the angels must mourn the fact that human beings feel too guilty, fearful, and unworthy to receive their higher good. We must move forward in order to do that.

We must give ourselves permission to receive joyous, fulfilling lives. No one else can do it for us. We alone must take the responsibility and find the way of love. When we do, we invite joy and abundance into our lives. It is our divine birthright to be happy, and it is possible right now for each one of us!

Don't wait until tomorrow to begin to create the changes necessary to improve your life. True change means opening to creation. Get in touch with your creativity and allow the light to enter and heal.

Look back in time to childhood and remember the things you loved to do that charmed and delighted you. Why must you leave those things behind in order to grow up? We must learn how to play and enjoy as adults, pouring our energy into actions that allow us to feel good about who we are.

Your creativity will feel good to your body. The flow of creation will pour into your life and turn the tide to love and inner healing.

Take your life in your hands and create! Get in touch with a cherished dream and believe it can come true. Then make it come true! Come out of hiding so others can see you. You are beautiful and powerful! Have you forgotten?

## 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](mailto:aptrafford@aol.com)

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

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

## *Andrea Beloff* FINE ART

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(305)773-0358

Gallery hours during the school year are Monday through Friday, 8-3pm, Saturday by appointment.

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**

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

## **NEW LIGHT**

Oil on Canvas 30" x 48"  
Preparing the new energy for 2017



# feedback SECTION

A dear friend suggested that we should include a feedback section where our readers could reflect on previous articles and photos published in White Lotus Magazine, and share with other readers how the content has inspired them.

If you'd like to comment on past articles, photography, or quotes that have in any way inspired you, please send your comments to [whitelotusmagazine@gmail.com](mailto:whitelotusmagazine@gmail.com).

"I got inspired to do more traveling by the incredibly realistic photography of Peter Gerosdi!" – **Barbara**

"This magazine is simply beautiful. Every time I open it, I step into my Zen mind." – **Laura**

"Sandor Geresdi's deep space photography is so moving and beautiful. It provides me with deep inspiration to compose for Alchemy, to compose music influenced by the beauty, magic, and mystery of outer space." – **Jen**

"I loved the artwork by Andrea Beloff showcased in the November 2016 Issue and the story behind her angel art. Very inspiring!" – **Barbara**

Read *The Story behind the Painting Angel Art Collection* by Andrea Beloff at [www.whitelotusmagazine.com/the-story-behind-the-painting-angel-art-collection/](http://www.whitelotusmagazine.com/the-story-behind-the-painting-angel-art-collection/)

"I enjoyed the *Conscious Eating: Exploring the Plant-Based Diet* articles in the October and November 2016 issues. They were very easy to read and understand. They reminded me why I felt better when I was eating less meat and processed foods. Peter's articles inspired me to get back to eating healthier and making healthier choices. I'm looking forward to his next article!" – **Connie**

Read the article *Conscious Eating: Exploring the Plant-Based Diet, Part 1* by Peter Geresdi at [www.whitelotusmagazine.com/conscious-eating-exploring-the-plant-based-diet/](http://www.whitelotusmagazine.com/conscious-eating-exploring-the-plant-based-diet/)

Read the article *Conscious Eating: Exploring the Plant-Based Diet, Part 2* by Peter Geresdi at [www.whitelotusmagazine.com/conscious-eating-exploring-the-plant-based-diet-part-2/](http://www.whitelotusmagazine.com/conscious-eating-exploring-the-plant-based-diet-part-2/)

"Interesting articles with lots of great information on fabulous topics. The design, layout, and photography is BEAUTIFUL!" – **Jen**

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**BIOFEEDBACK - BIOENERGETIC BODY SCAN**

# How to Handle Spiritual Bullies?

by Beth Brown-Rinella

What, you might be wondering, is a *spiritual bully*? I define them as individuals who are drawn to the spiritual world but have not left their third dimensional dramas behind. Spiritual bullies are often filtering their thoughts and beliefs through the ego.

I believe that part of our learning in spirituality is controlling or dampening the ego and its direction/control in our lives. Remember, we are all works in progress! But there is a difference in the way we truly are and behave vs. making a misstep. For example, a person who is committed to living mindfully and is striving to find his balance in this crazy world of ours may gossip about someone, but then catch himself in the act. It will weigh on him. It will show him how uncomfortable it feels when crossing that line between gossip and truth.

Gossip seems to have an energy of defaming someone, showing others the warts that someone has. Truth is without the charge of negativity. It isn't trying to harm or keep someone down in any way. It simply is the truth. Many of us try to avoid crossing the line by not speaking of others. It seems to be a safer route, since our words are open for interpretation by those hearing them.

Spiritual bullies enjoy drama and gossiping. They often use the words of spirituality to 'cover up' when they are going into ego-based action: "I thought that she was on the path..." or "Apparently you are not evolved enough for our group..."

Often their behavior as they deliver these ego-driven statements is as if they were letting you in on a great secret. It is a way to cover for the fact that they are about to go into drama disguised as spiritual advice. When you pay attention to this, it is almost comical.

I have heard of one person who sends out emails to others accusing them of "not being Spiritual". Our spiritual journey is so personal and quite private that for someone to step in and judge you is, well, not very spiritual.

So what do we do when we find ourselves involved in some way with a spiritual bully? I often ignore their behavior, while recognizing that they are stuck somewhere on their path. It is not in judgment – just observation. If then determines my level of interaction with them going forward. I try distancing myself and spending no or very little time with them. If however, they are actively harming another or behaving negatively on a consistent basis, it is time to address it with them.

Bullies will continue to bully until they are called out. I may point out that they are judging or inserting their beliefs onto

someone else, who is really the only person in charge of his or her choices. When we feel compelled to push others to act or go in a direction, we must remind ourselves that they have free will and we are not in charge of that for them – that is their choice! It is their path, their journey, their decision.

Then I remember the sand box. If we watch children playing in the sandbox and one kid begins throwing sand at the other kids, one of us moms would tell him that he needs to leave the sandbox until he can play nice. This is my belief about spiritual bullies, too. They need to learn how to play nice in the sandbox of life! Specifically, in the yoga studios, temples, gatherings and other places where spiritual folks go to be with their tribe. It is hard to call them out on this because most of us prefer being in peace and try to avoid confrontation. But when it is necessary, we have to uninvite them, ask them to leave, or tell them that their behavior is not tolerated within these walls.

I have actually seen someone 'make hostages' of a group of meditators who strongly wished not to involve themselves in the drama. They wanted that person to no longer be part of their group. But no one felt that they could speak up without feeling as if they were overstepping their spiritual boundaries. In that instance, the teacher needed to set the tone for the class and speak privately to the bully.

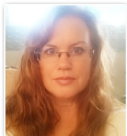
We are not spiritual doormats! We are allowed to speak our truth – gently or forcefully, if need be, when the situation calls for it. We must realize that ego-driven behavior is a red flag for all of us. We learn to recognize when we do it and shift out of ego into heart-based feeling. That, I believe, is spiritual growth!

Perhaps the best thing to do with spiritual bullies is to send them love and assist them if they ask for help. Just be open and honest without judgment. Speak and live your truth – it will set you free of spiritual bullies!

*Namaste!*

## ABOUT THE AUTHOR

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ♀♁ NEW YEAR'S DAY KWANZAA ENDS HANUKKAH ENDS	2 ♀♁	3 ♀♁  Quadrantids Meteor Shower	4 ♀♁  Quadrantids Meteor Shower	5 ♀♁	6 ♀♁	7 ♀♁
8 ♀♁	9	10	11	12 ☉ FULL MOON	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 ● NEW MOON  CHINESE NEW YEAR
29	30	31	SOURCE: <a href="http://www.seasky.org/astrology">www.seasky.org/astrology</a> , <a href="http://www.mindbodygreen.com">www.mindbodygreen.com</a> , <a href="http://www.Earthsky.org">www.Earthsky.org</a> , <a href="http://www.MoonMagick.com">Moon Magick by D.J. Conway</a> , <a href="http://www.Nature-Speak.com">Nature-Speak by Ted Andrews</a> <a href="http://www.manspurpose.com">www.manspurpose.com</a> , <a href="http://www.wincalendar.com">www.wincalendar.com</a>			

## January 12 FULL MOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 11:34:46 UTC. This full moon was known by early Native American tribes as the Full Wolf Moon because this was the time of year when hungry wolf packs howled outside their camps. This moon has also been known as the Old Moon and the Moon After Yule.

### METAPHYSICAL ASPECTS

Since the full moon pours down a tremendous amount of energy, you must be in a calm state of mind to receive a positive effect. Remember that whatever is going on in your body, mind and spirit will be amplified. Refrain from arguing and getting angry. Think positive thoughts. Envision your dreams manifesting. Send blessings to people in need. The full moon is the time to stay calm, let things go, breathe deeply through difficult moments and forgive others.

## January 28 NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 00:07 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

### METAPHYSICAL ASPECTS

The new moon is the symbol of beginnings. This is a good time to contemplate upon your true motive. Now you can tune into your Soul or Higher Self. Stay calm, and let your Higher Self give you a vision of your true purpose. This is a time to breathe in deeply and move into a calm state of mind. In this state, you can watch your emotions come and go and not be affected by them. In this calmness, you begin to see your life more clearly; you begin to see what is possible.

## December 19 - January 8 MERCURY IN RETROGRADE

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

### METAPHYSICAL ASPECTS

Although it may only be an illusion in the skies, many of us insist that Mercury in retrograde influences our everyday life tremendously. In Astrology, the planet Mercury has rulership over such things as communication, negotiating, buying & selling, information, formal contracts, documents, travel, transportation, and so forth. All of these areas of life can be affected when Mercury is in retrograde. Mercury's retrograde period can cause our plans to go awry. During this time, remain flexible and allow time for extra travel. Decision-making is challenged during Mercury in retrograde. It is not advised



Sandor  
Geresdi

*"When the Sun gets angry, a storm  
bird emerges: an enormous sunspot  
occurs, exceeding the size of the  
Earth multiple times."*



# SUNSPOTS

by Sandor Geresdi

Ancient cultures worshiped the Sun as a god. They considered it a pure, life-giving force – just like we do today – and believed it to be flawless, with no possible imperfections.

In the ancient and medieval times, those who observed the Sun setting or rising on the horizon were convinced that the tiny spots they sometimes saw were silhouettes of birds. They strongly believed them to be eagles, wild ducks, and vultures with their wings spread. For long, people considered this to be true and thought that the small spots and dark, irregular smears appearing on the Sun time and time again were flocks of birds.

A few centuries ago, this belief changed in an instant and the birds 'disappeared'. Astronomers and scientific explorers observing the Sun now possessed telescopes and opened humanity's eyes to the truth: mankind had to realize that our Sun, with its spots, is actually a star among many.

Our Sun, with billions of other stars, has its own lifespan and goes through its own stages of life – just like the trees of the forest or the people of the Earth that are of different ages. The Sun had a birth and youth, it has its adulthood, and it will have a death. The current adult life of the Sun is accompanied by intense solar activity.

The tempestuous solar flares and the appearance of sunspots are related. Sunspots indicate intense magnetic activity. They are areas of reduced surface temperature caused by concentrations of magnetic disturbance. It has been observed that solar flares and coronal mass ejections originate in magnetically active regions around visible sunspots.

PHOTOGRAPHY BY SANDOR GERESDI

Individual sunspots may endure anywhere from a few days to a few months, but eventually decay. Sunspots expand and contract as they move across the surface of the Sun with sizes ranging from 10 miles to 100,000 miles in diameter. Sunspots usually appear in pairs and often show up over and over again with the sun's 27-day rotation, smaller and smaller until their decay.

Sunspot activity cycles about every eleven years characterized by a multitude of occurrences and intensity. This is called the solar cycle. This process is part of the Sun's current and stable stage of life – which is its longest phase, lasting approximately 6 billion years.

Solar cycles seem to have a powerful effect on the Earth. During solar maximum, large numbers of sunspots appear and the increased energy output can impact Earth's global climate, as well as the electrical and communications systems. Enormous sunspots, multiple times larger than our planet may become visible and cause electromagnetic storms that can reach the Earth.

The electrically charged particles released from the Sun that enter the Earth's atmosphere collide with gases such as oxygen and nitrogen, creating a colorful light show called the *aurora* or polar light. Seen around the northern (*aurora borealis*) and southern (*aurora australis*) poles, this incredible phenomenon is like a dramatic symphony played on an organ of lights.

We are currently experiencing a 'quiet period'. Forecasters are not anticipating any major bursts of activity in the next few years. But we don't know how intense the next cycle of sunspots could be and how big the electromagnetic storms will get. We do know, however, that the effects of these storms can threaten our radio transmissions, telephone network, electrical grid, the internet, IT systems, and satellite communications.

The Earth has seen and survived many celestial events. For millennia people have laid their heads to rest at night without fearing the death of the Sun or concerns about sunspots and solar flares. But our Sun – just like a god – has an unpredictable nature, and we can't with certainty know when it might send a glob of solar matter streaming towards the Earth next.

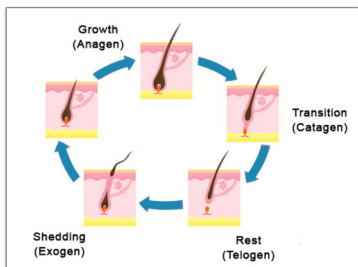
# HAIR LOSS... WHY?

## The Truth about Hair Loss

by Rocio Debella

We lose about 50 to 100 hairs daily as the normal hair renewal process. There are many other reasons to excessively lose hair at certain times in our lives.

Stress, hormonal changes, medication, radiation, chemotherapy, exposure to chemicals, nutrition, medical conditions, and certain diseases are the most common reasons to lose hair temporarily or permanently.



### HORMONAL

Hormonal changes have the greatest impact on hair loss for both men and women. The Androgen DHT or Dihydrotestosterone is produced by everybody, and is the hormone responsible for hair to fall out. So why doesn't everybody suffer from severe hair shedding? The difference could be that some people have a greater number of Androgen receptors in follicles for the DHT to attach to. This is a genetically inherited component. The most effective treatment is anti androgen medication.

Hormonal changes occurring from post pregnancy make hair enter the resting (Telogen) phase. This could last from 1 to 6 months after childbirth and is normally resolved completely.

Hormonal changes produced by taking birth control pills can trigger Androgenic Alopecia in women if they have a genetic predisposition or family history of hair loss. Talk to a physician before taking this birth control method, since in some cases this process cannot be reversed.

### ALOPECIA AREATA

A common autoimmune skin disease, causing hair loss on the scalp, face and sometimes on other areas of the body. It occurs when the immune system mistakenly attacks hair follicles. It usually begins when clumps of hair fall out, resulting in small patches that look smooth and shiny. In extreme cases, hair on the entire body can disappear, including the eyelashes. Topical medications, light treatments, or prescription medications are recommended.

### FUNGUS INFECTION

Ringworm of the scalp begins with small patches of scaling; spreading and causing hair to break. Redness, swelling and even oozing can occur, leading to hair loss. Most common in children and rare in adults, this disease requires oral medication as treatment.

### STRESS

Severe stress can lead to excessive hair loss in some cases. It is temporary, unless the person is predisposed to Androgenic Alopecia, which can trigger permanent hair loss.

## MECHANICAL DAMAGE

Mechanical damage refers to damage that occurs due to improper handling of the hair. It can be self-inflicted, intentionally or unintentionally, as a bad habit or behavior and should be treated by a qualified professional.

## TRICHOTILOMANIA

Trichotilomania is more common in children than in adults; it is the habit of twisting and pulling their own hair, and if done persistently, it can cause permanent loss of hair in the spots that are constantly under stress.

## HAIRSTYLING

Hairstyling and using non-reputable chemicals on the hair and scalp by a non-qualified professional can cause extreme stress to the hair and scalp, leading to hair damage, thinning or breakage. To ensure the integrity and health of your hair, make sure to only use reputable products handled by licensed professionals.



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## DISEASE OR ILLNESS

Hair follicles are very sensitive to imbalances in the body. Hair loss as a reaction is usually temporary and self-corrected.

Sometimes after an episode of high fever, severe infection, or the flu, hair loss could be experienced, but this is mostly temporary.

An overactive or under active Thyroid can cause hair to excessively fall out. Once the condition is treated properly, the shedding stops and hair will normally grow back.

When the body is not receiving proper amounts of protein, the hair will go into the resting phase of growth to save protein. This can be identified if you can easily pull out hair by the roots. To resolve the issue, check your diet and make sure you are eating the right amount of protein.

Intake of some prescribed medications can trigger temporary hair shedding. Some of the conditions where consumption of prescribed medications may cause hair loss are: gout, arthritis, depression, heart disease, high blood pressure, blood clotting, and vitamin A deficiency.

As we all know Chemotherapy and radiation will cause hair loss because it stops the hair cells from dividing. Hair becomes thin and breaks off. In most cases hair will grow back after the treatment is over.

Iron deficiency (anemia) can also cause hair to fall out. Anemia is easily diagnosed by blood test, and taking iron supplements will correct it.

Major surgery is a tremendous shock to the system causing hair to fall out indefinitely. Hair transplantation can cause "shock fall out" creating additional hair to fall out. In some cases the hair never grows back.

Hair braiding with too much tension on the hair can also cause damage to the hair follicles, and permanent hair loss can occur.

If you have questions about hair loss or about treatment options available, visit **O coiffure & petite boutique** at 3104 Tamiami Tr. N., Naples.

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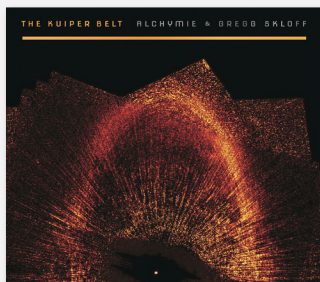
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# BOB:

## the Bug Out Bag



SOURCE: **THE BUG OUT BAG ACADEMY**  
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Traditionally, a bug out bag (BOB) is intended to be a 72-hour survival kit of sorts that you can take with you when you are escaping danger or waiting for rescue crews to arrive. It is not a survival kit for the zombie apocalypse, but rather a personal emergency pack for crisis situation.

Whether the disaster be natural or man-made, it is wise for everyone to have a well-equipped BOB just in case. During a disaster scenario, every minute of every hour counts. Since the contents of a well-thought-out BOB are intended to help keep you alive for at least 72 hours, having one on hand could mean the difference between thriving versus barely surviving.

The origin of the bug out bag comes from what is known as a "ball-out bag" used by aviators in the military. This kit held several items critical to survival in the event they were shot down or experienced engine failure. Today, it is an essential part of emergency preparedness. BOBs are not only for the *hardcore preppers* with a "doom and gloom" mentality that the world is coming to an end. They are simply a practical way to prepare for an emergency scenario, with an awareness that disasters do happen and it is smart to position ourselves and the ones we love to have the best chance of coming out alive on the other side when the dust has settled.

Building your BOB doesn't have to be difficult. In fact, it could be a fun and enjoyable experience. The contents may vary from person to person, and certain items could be more important to one individual than to another. But there are a few particular things that are vital in case of an emergency and should be included in all BOBs. These items to consider are related to water and hydration, food, shelter, heat source, first aid, lighting, and self-defense.

Having a solid bug out bag, and knowing that you are planning well in advance should help put your mind at ease about unexpected emergency situations.

SOURCE:  
[www.bugoutbagacademy.com/emergency-preparedness-17-questions/](http://www.bugoutbagacademy.com/emergency-preparedness-17-questions/)

# TIPS *for your* BOB

An excellent bug out bag starts with an excellent bug out bag list. It doesn't necessarily mean that everything you put on the list will end up going into your bag, but at least you've got a pretty good idea of where to start. Write down all essential things that you would need if you were stranded for 72 hours in the wild with nothing else but a BOB.

First, think of items that are vital for your survival, and then make a separate list of non-essential items that would serve your comfort and convenience – in case there is room. Remember, you might have to carry your BOB, so it shouldn't be extremely large and heavy!

## A few essential items to include in your BOB:

- Drinking Water (at least 3 Liters)
- Metal Water Bottle / Canteen
- Water Filters / Water Purification Tablets
- Protein / Energy Bars
- Dehydrated Meals / Canned Food
- Can Opener
- Small Metal Cooking Pot
- Lightweight Long Sleeve Shirt
- Underwear
- Wool Hiking Socks
- Hat
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SOURCE: [www.bugoutbagacademy.com/free-bug-out-bag-list/](http://www.bugoutbagacademy.com/free-bug-out-bag-list/)



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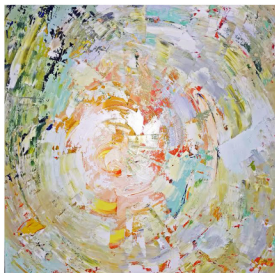
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DISTRICT**

# *Art Alive*



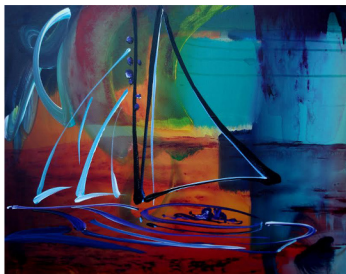
**1st Wednesday Naples Art District Studio and Gallery Tours** will be held January 4, 5-8pm. "ART ALIVE" evening consists of 40+ professional artists, who will be showcasing their recent works of art and demonstrating their medium. Meet the artist, party and bring home unique treasures for your home. Look for the magenta and white art flags.

Call Barbara at (239) 596-5099.  
Go to [NaplesArtDistrict.com](http://NaplesArtDistrict.com) for directions. Like us on FB!



**3rd Saturday Naples Art District Studio and Gallery Tours** will be held January 21, 11am-4pm. "ART ALIVE" consists of 40+ professional artists, who will be showcasing their recent works of art and demonstrating their medium. Meet the artist, party and bring home unique treasures for your home. This tour will feature Parkinson's awareness events. Look for the magenta and white art flags.

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