



White

SW Florida Edition

FREE

FEBRUARY 2017

Lotus

magazine

INSPIRATIONS FOR CONSCIOUS LIVING

Antelope Canyon, Arizona

Peter
Geresdi

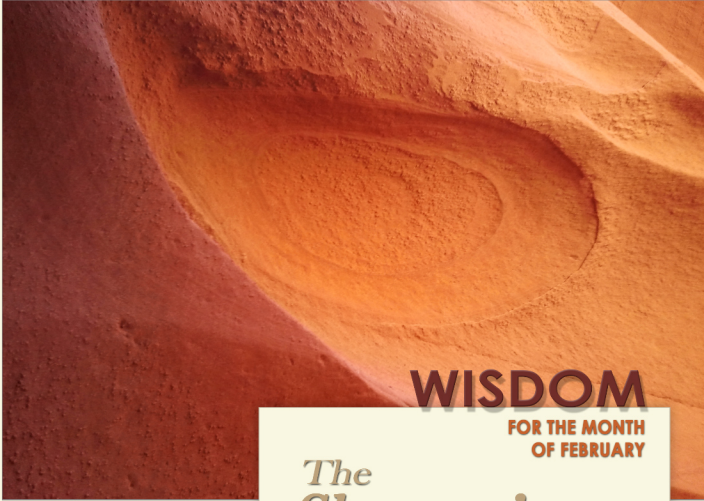
Returning violence
for violence multiplies
violence, adding
deeper darkness to a
night already devoid
of stars... Hate cannot
drive out hate: only
LOVE can do that.

- MARTIN LUTHER KING, JR.

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

PHOTOGRAPHY BY PETER GERESDI

PHOTOGRAPHY BY PETER GERESDI



WISDOM

**FOR THE MONTH
OF FEBRUARY**

*The
Shaman's
Whispers*

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

*Peace and happiness are available
in every moment. Peace is every
step. We shall walk hand in hand.
There are no political solutions to
spiritual problems. Remember this:
if the Creator put it there, it is in
the right place.*





PHOTOGRAPHY BY ZSUZSA SZABO

We need **QUIET** time to examine our lives openly and honestly - spending quiet time alone gives your mind an opportunity to renew itself and create order.

- SUSAN L. TAYLOR

Never be in a hurry;
do everything quietly and
in a calm spirit. Do not lose
your **inner peace** for
anything whatsoever,
even if your whole
world seems upset.

- SAINT FRANCIS DE SALES



PHOTOGRAPHY BY ZSUZSA SZABO





"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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FEBRUARY



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NOTE *from the Editor*

I must have little angels looking over me while I'm writing, editing, and doing the layout for the magazine, who make sure that I don't mess up (too badly) when working sometimes half asleep. Well, last month my angels must have been tired, too, as we let quite a few boo-boos pass by.

Because Carol, our assisting copy editor was on vacation, I attempted to do it all alone. I insisted on not sending her any work to ensure her proper rest, even though she offered to edit any articles and look over pages. Apparently, the magazine and I were seriously missing her eagle eyes.

As frustrating as they are, I consider these boo-boos and mess-ups essential in a way: they give the magazine its 'character'. I like to think of them as indicators that this publication is not a product of a big corporate machine with many employees, but of a very few individuals who are devoted and passionate, but may be a little overworked. I truly hope that this is how our readers view the typos and inaccuracies as well, and excuse them with a smile.

White Lotus Magazine is a work in progress – just like each person working on it month after month, and just like we all are. I believe it to be perfect with its imperfections – just like we all are. I have grown to accept the occasional mistakes, and see them as a reminder to pay more attention next time. Perhaps now I should make an extra cup of coffee as it's once again time to finalize the pages and send them to the printer. Hmmm, I wonder if angels drink coffee.

- Anna Krecicki

COVER PHOTO BY ANNA KRECICKI



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ANIMAL SPIRIT GUIDE OF THE MONTH



Photo from Google Images

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.

Ladybug has long been considered a symbol of luck. This tiny beetle has made a large impression around the globe. In many cultures, it symbolizes good fortune, happiness, faith, transformation, spiritual enlightenment, knowledge, and trust. In oriental tradition, ladybug is associated with love, while in Ireland, it is recognized as a symbol of protection.

Ladybugs are well known amongst farmers and gardeners for their preference for dining on harmful pests. Legends of ladybugs saving an entire crop from pest decimation are plentiful in folklore from all over the world.

If Ladybug shows up in your life:

- It might indicate a time of luck in which your wishes may begin to be fulfilled.
- You may be reminded that higher goals and new heights are possible.
- You may be encouraged to leave your worries behind and trust that new happiness is on its way.
- Don't try too hard or go too fast to fulfill your dreams. Let things flow at their natural pace.
- Don't be scared to live your own truth and know that it is yours to honor.
- You may need to find balance in work, play, and rest.
- Consider ways in which you can take one step at a time to feel more in control of your life and your work.

If Ladybug is your Animal Guide:

- You are most likely a very lively and interesting companion.
- You are constantly delving into the mysteries of the Universe and the unknown.
- You are also naturally highly spiritual and inquisitive by nature, and certainly not satisfied with mundane explanations or boring companions.
- You are open-minded and enjoy having your consciousness expanded.
- You have a tendency to bring joy to those around you.
- You are trusting, happy, and easy going. People enjoy being around you.

Ladybug in Folklore:

English: If a ladybug lands on your hand, you will be married within the year. If many ladybugs are seen in springtime, crops will be abundant.

American: If a ladybird lands on your hand and flies away unassisted, you will receive good luck.

Swedish: If a ladybird was to land on a girl's hand, she will be married.

Italian: If a ladybird was to fly into the bedroom, you will have good luck.

Austrian: A ladybird is a sign of good weather to come.

Chinese: It is good luck to find a ladybird in the home.

German: If you find a ladybird that has less than 7 spots, you will have a good harvest.

French: Finding a ladybird will bring good weather.

SOURCES:

Animal Speak by Ted Andrews; www.manataka.org; www.spirit-animals.com/ladybug/; www.aboutladybirds.wordpress.com/myths/

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*It's never too late to start over.
If you weren't happy with yesterday, try something
different today. Don't stay stuck. Do better.*

- ALEX ELLE

Feeling Blue?

by Anna Krecicki

*M*any of us have journeyed through periods of hardship and faced some form of depression throughout our lives. At some point, we all might have felt temporary sensations of sadness, hopelessness, and anxiety. Or perhaps we have seen someone we know or love battle depression.

With the constant political and religious conflicts around the world and the burden of our personal responsibilities and battles, it is often easy for anyone to drift into depression or a fear-based existence. Sometimes we may not even know the reason why all of a sudden we feel blue. We just find ourselves in a funk. Often a conversation with other people or hearing the news of catastrophes and cruelty can bring forth a state of apathy and put us in a bad mood. Places, memories, and thoughts can also trigger a sense of melancholy. Certain foods could also be the reason for experiencing depression: sugar and gluten can cause inflammation in the brain – which, as studies show, is the cornerstone of all degenerative conditions, including depression and anxiety.

Our inner fears can develop into phobias and personality disorders. Living in fear and depression can affect our thoughts, emotions, behavior, and health. Depressed people usually feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, angry, ashamed, or restless. All these negative, low-vibrational emotions in turn can further lower a person's frequency. And low-vibrational frequencies attract even more negativity. It is like a downward spiral that is nearly impossible to escape.

Although many people treat depression with medication and drugs, there are ways to fight it in more natural and perhaps even more effective ways.



10 SIMPLE THINGS

you can do to fight depression and anxiety naturally

1. EXERCISE

Aerobic exercise might be one of the simplest and most effective ways to fight depression. Some people swear by it. Cardio workouts release endorphins, while helping to block stress hormones and produce serotonin, a neurotransmitter that can relieve depression. So put on your sneakers and go for a jog, a walk on the beach or on the treadmill at your gym. Swimming and yoga could also prove to be powerful weapons for battling depression. Find whatever exercise works for you.

2. RECORD JOYFUL MOMENTS

Focus on the little joys that happen throughout your day and allow these moments of delight take your attention away from anxiety and sadness. Each day, make a mental list or write down in a journal your daily achievements and joys. Anything that made you happy today; anything that you are proud or thankful for; and all the people that you love.

3. MEDITATE

Meditation has long been practiced as a way to achieve calm and inner peace, so it's not at all surprising that it can help relieve symptoms of depression and anxiety. Research has shown that formal practices of meditation can cut the risk of future clinical depression in half for people who have already been depressed several times. Its effects are comparable to antidepressant medications. Join a meditation group or start your own meditation practice. There are excellent online sources to find the best meditation techniques that may work for you.

4. LAUGH

Laughter can boost health-protecting hormones and chemicals. Studies indicate that human beings can heal from a host of different illnesses if they learn how to laugh. A 2016 research showed that two hormones – beta-endorphins (which alleviate depression) and human growth hormone (HGH, which helps with immunity) – increased significantly when volunteers anticipated watching a humorous video. You may not feel like laughing when you are depressed, so find a hilarious movie on Netflix or pull up some funny videos on Youtube to watch!

5. UP YOUR NUTRIENT INTAKE

Vitamin D, vitamin B12, vitamin K2, and vitamin C, as well as iron, calcium, magnesium, selenium, folic acid, and omega 3 fatty acids are especially important for optimal mental health. You can easily add nutritious foods to your diet that are rich in these vitamins, minerals and trace elements. See an extensive list of foods that contain vital nutrients at: www.healthaliciousness.com/most-nutritious-foods-lists.php. Or take good quality supplements.

6. EAT RAW, LIVING FOODS

Changing your diet might help fight depression naturally. Fresh vegetables and fruits, as well as certain nuts and seeds can help you achieve a clean, healthy body and mind. Foods found to help reduce symptoms of depression and anxiety are dark, leafy vegetables, berries, apples, garlic, walnuts, avocado, mushrooms, onions, tomatoes, beans, flaxseed, and chia seed, just to name a few.

7. KEEP YOUR GUT HEALTHY

Some depression and anxiety symptoms can be relieved by adding probiotic foods or supplements to your diet. Probiotics can help you to maintain healthy intestinal flora. Healthy intestines support healthy digestion and also healthy brain function. Your GI tract does more than move food from one end to the other. It's responsible for absorbing the nutrients your organs — including the brain — need to function properly, and for constraining harmful bacteria and other molecules so they can't get access to (and harm) the rest of the body. To do these important jobs, your gut relies on healthy intestinal cells and beneficial bacteria, which help manufacture vitamins, absorb minerals, and digest food. If your gut microbiome is out of whack, or if the problem develops, via irritation or inflammation, into full-blown gut permeability (a.k.a. "leaky gut"), your brain could be in trouble. The nervous system of your intestines is so complex, including an estimated 500 million neurons, that neuroscientists often refer to the gut as the second brain. The nerve cells in your gut manufacture 80 to 90 percent of our body's serotonin, the "feel good" neurotransmitter. That's more than what your brain makes. The gut is in constant communication with the brain, sending information that can affect your mood, even if the messages never come to consciousness.

8. AVOID SUGAR AND GRAINS

Dr. Perlmutter, co-author of "Grain Brain" explains that the keystone of all degenerative conditions – including depression, anxiety, and bipolar disorder – is inflammation, and the most prominent stimulators of inflammation in our diet are gluten and sugar. Perlmutter points out that study after study demonstrates that people who suffer from mood disorders also tend to be gluten sensitive and vice versa: depression is found in as many as 52 percent of gluten-sensitive individuals. He also explains how we now have documented evidence proving the relationship between hemoglobin A1C (which is a measure of our average blood sugar) and the risk of depression. Studies show that a diet that is low in carbohydrates and high in fat can improve symptoms of depression.

9. ENJOY THE SUN / USE A SUN LAMP

Spend a few hours outside in natural sunlight. On rainy days, or if you are stuck indoors for work, use a sun lamp. It can help regulate circadian rhythm, the body's internal biological clock that governs certain brain wave activity and hormone production. Studies show that the fluctuation of natural light can cause mood-related chemicals to shift, triggering symptoms of depression in some people. Sun lamp light therapy is said to be an excellent alternative to medication for treating seasonal affective disorder (SAD) which is a type of depression that typically occurs each year during fall and winter.

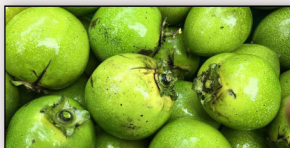
10. USE CRYSTALS

There are many crystals that may help bring the joy back into your life: Lepidolite, Carnelian, Ametrine, Citrine, Garnet, Calcite, Lapis Lazuli, Black Tourmaline, Agate, Amber, and Smoky Quartz are just a few of the many stones that are believed to be beneficial for fighting depression and anxieties.

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of White Lotus Magazine or its staff.

SOURCES OF INSPIRATION:

www.everydayhealth.com/columns/therese-borchard-sanity-break/10-things-i-do-every-day-to-beat-depression/
www.precisionnutrition.com/how-to-fight-depression-naturally-with-nutrition



In Focus: **BIO-DYNAMIC FARMING**

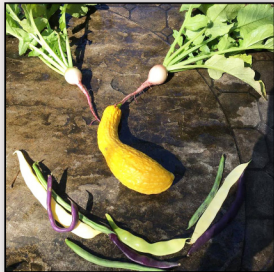
by K.T. Alaimo



*W*hat happens when a local business owner committed to living a healthy lifestyle and a young, aspiring, organic farmer combine their passions? Collier County's and Florida's first Bio-Dynamic Farm, that's what. Harvest Bee Farms is the brain child of KBC Cabinets owner, Chuck Ritter and former co-owner of Wild Heritage Organic Farm, K.T. Alaimo. The micro farm, located in Golden Gate, focuses on growing over 50 varieties of fruits, vegetables, herbs, and edible flowers. The farm is also a licensed apiary and is currently in the process of expanding its bee operation.

What really sets this farm apart, though, is its commitment to minimizing inputs, (fertilizers, pesticides, insecticides) of ANY kind, including even organic ones. The end result of this approach is what they hope will be an experience of consuming food in its purest form, whereby what you taste is 100% of the food itself, nourished by the soil and the soil alone.

This is no easy task, but after his experience with being USDA certified organic at Wild Heritage Farm, K.T. began the switch to using Biodynamic methods, acknowledging how confusing and distorted the actual organic label had become. What passes for organic these days can hardly be called organic and people definitely deserve better. They deserve real food grown in an honest manner. While many local farmers abide by the true meaning of "organic", K.T. and Chuck both agreed that a different, a more focused label was needed to separate themselves from others. By committing to primarily, and if possible ONLY, using their own on-farm made compost and worm teas, they have slowly begun the long, arduous task towards obtaining their Biodynamic certification from Demeter Association, Inc.



Part of the Biodynamic certification also includes planting according to lunar cycles, as well as planting within and around natural landscapes rather than removing those native plants. These practices are intended to bring integrity back to the way we grow and eat food. The connection between farmer and land is without a doubt a "Destiny Unbound"!

The farm began in 2014, with a three-year plan to work the land and the soil to get it to a point where food could be grown sustainably and sold to the community. While the land is not quite where it needs to reach what they feel is maximum production, thanks to a handful of other enthusiastic farmhands, the farm has started sharing its bounty around town. The farm does not sell directly from their land. However, their produce can be found at the Bed, Bath, and Beyond Farmers Market on Saturdays from 8am to 1pm.

The bee was chosen for the farm name and logo because of its extreme importance to the growing of farm-fresh food and the need to save these most precious of organisms due to their destruction at the hands of farmers using synthetic chemicals. Hence, the commitment from the farm to raise bees in their land.

For more information regarding restaurants they work with and/or their Community Supported Agriculture program, please call (239) 248-8938. The farm is also accepting volunteers at this time. For more information on Biodynamic methods, check out: <http://www.demeter-usa.org/about-demeter/index.asp>.



6 WAYS DRUMMING HEALS BODY, MIND AND SOUL

by Sayer Ji



From slowing the decline in fatal brain disease, to generating a sense of oneness with one another and the universe, drumming's physical and spiritual health benefits may be as old as time itself.



Photo from Google Images

Drumming is as fundamental a form of human expression as speaking, and likely emerged long before humans even developed the capability of using the lips, tongue and vocal organs as instruments of communication.

To understand the transformative power of drumming you really must experience it, which is something I have had the great pleasure of doing now for twenty years.

Anyone who has participated in a drum circle, or who has borne witness to one with an open and curious mind, knows that the rhythmic entrainment of the senses^[i] and the anonymous though highly intimate sense of community generated that follows immersion in one, harkens back to a time long gone, where tribal consciousness preempted that of self-contained, ego-centric individuals, and where a direct and simultaneous experience of deep transcendence and immanence was not an extraordinarily rare occurrence as it is today.

This experience is so hard-wired into our biological, social and spiritual DNA that even preschool children as young as 2.5 years appear to be born with the ability to synchronize body movements to external acoustic beats when presented in a social context, revealing that drumming is an inborn capability and archetypal social activity.^[ii]

But drumming is not a distinctively human technology. The use of percussion as a form of musicality, communication, and social organization,^[iii] is believed to stretch as far back as 8 million years ago to the last common ancestor of gorillas, chimpanzees and humans living somewhere in the forests of Africa.^[iv]

For instance, recent research on the drumming behavior of macaque monkeys indicates that the brain regions preferentially activated by drumming sounds or by vocalizations overlap in caudal auditory cortex and amygdala, which suggests "a common origin of primate vocal and nonvocal communication systems and support the notion of a gestural origin of speech and music."^[v]

Interestingly, percussive sound-making (drumming) can be observed in certain species of birds, rodents and insects.^[vi] Of course you know about the woodpecker's characteristic pecking, but did you know that mice often drum with their feet in particular locations within their burrow, both for territorial displays and to sound alarms against predators? Did you know that termites use vibrational drumming signals to communicate within the hive? For instance, soldiers threatened with attack drum their heads against tunnels to transmit signals along subterranean galleries, warning workers and other soldiers to respond accordingly.^[viii]

Even more amazing is the fact that wasps appear to use antennal drumming to alter the caste development or phenotype of their larvae. Conventional thinking has held for quite some time that differential nutrition alone accounted for why one larvae develops into a non-reproductive worker and one into a reproductive female (gyne). This is not the case, according to a 2011 study. The findings indicate that the acoustic signals produced through drumming within certain species carry biologically meaningful information (literally: 'to put form into') that operate epigenetically (i.e. working outside or above the genome to effect gene expression).

This raises the question: is there ancient, biologically and psychospiritually meaningful information contained within drum patterns passed down to us from our distant ancestors? Could some of these rhythms contain epigenetic information that affect both the structure (conformation) and function of biomolecules and biologically meaningful energetic/information patterns in our body? If so, this would mean these ancient patterns of sound could be considered "epigenetic inheritance systems" as relevant to DNA expression as methyl donors like folate and betaine and not unlike grandmother's recipe (recipe literally means "medical prescription" in French) for chicken soup that still adds the perfect set of chemistries and information specific to your body to help you overcome the common cold or bring you back from fatigue.

We do have some compelling evidence from human clinical and observational studies on the power of drumming to affect positive change both physically and psychologically, seemingly indicating the answer to our question about the biological role of acoustic information in modulating micro and macro physiological processes in a meaningful way is YES.

Taking into account the beneficial evolutionary role that drumming likely performed in human history and prehistory, as well as the new scientific research confirming its psychosocial and physiological health benefits, we hope that it will be increasingly looked at as a positive medical, social and psychospiritual intervention. Considering the term recreation in its root etymological sense: re-creation, drumming may enable us to both tap into the root sense of our identity in the drumming-mediated experience of being joyful, connected and connecting, creative beings, as well as find a way to engage the process of becoming, transformation and re-creation that is also a hallmark feature of being alive and well in this amazing, ever-changing universe of ours.

Read full article and see the list of References at <http://www.greenmedinfo.com/blog/6-ways-drumming-heals-body-mind-and-soul>

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of GreenMedInfo or its staff.

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6 EVIDENCE-BASED HEALTH BENEFITS OF DRUMMING:

1. Reduce Blood Pressure, Anxiety/Stress: A 2014 study published in the Journal of Cardiovascular Medicine enrolled both middle-aged experienced drummers and a younger novice group in a 40-minute djembe drumming sessions. Their blood pressure, blood lactate and stress and anxiety levels were taken before and after the sessions. Also, their heart rate was monitored at 5 second intervals throughout the sessions. As a result of the trial, all participants saw a drop in stress and anxiety. Systolic blood pressure dropped in the older population postdrumming.

2. Increase Brain White Matter & Executive Cognitive Function: A 2014 study published in the Journal of Huntington's Disease found that two months of drumming intervention in Huntington's patients (considered an irreversible, lethal neurodegenerative disease) resulted in "improvements in executive function and changes in white matter microstructure, notably in the genu of the corpus callosum that connects prefrontal cortices of both hemispheres." [ix] The study authors concluded that the pilot study provided novel preliminary evidence that drumming (or related targeted behavioral stimulation) may result in "cognitive enhancement and improvements in callosal white matter microstructure."

3. Reduced Pain: A 2012 study published in Evolutionary Psychology found that active performance of music (singing, dancing and drumming) triggered endorphin release (measured by post-activity increases in pain tolerance) whereas merely listening to music did not. The researchers hypothesized that this may contribute to community bonding in activities involving dance and music-making. [x]

4. Reduce Stress (Cortisol/DHEA ratio), Increase Immunity: A 2001 study published in Alternative Therapies and Health Medicine enrolled 111 age- and sex- matched subjects (55 men and 56 women; mean age 30.4 years) and found that drumming "increased dehydroepiandrosterone-to-cortisol ratios, increased natural killer cell activity, and increased lymphokine-activated killer cell activity without alteration in plasma interleukin 2 or interferon-gamma, or in the Beck Anxiety Inventory and the Beck Depression Inventory II." [xi]

5. Transcendent (Re-Creational) Experiences: A 2004 study published in the journal Multiple Sclerosis revealed that drumming enables participants to go into deeper hypnotic states, [xii] and another 2014 study published in PLoS found that when combined with shamanic instruction, drumming enables participants to experience decreased heart rate and dreamlike experiences consistent with transcendental experiences. [xiii]

6. Socio-Emotional Disorders: A powerful 2001 study published in the journal Evidence-Based Complementary and Alternative Medicine found that low-income children who enrolled in a 12-week group drumming intervention saw multiple domains of social-emotional behavior improve significantly, from anxiety to attention, from oppositional to post-traumatic disorders. [xiiii]

ABOUT THE AUTHOR

Sayer Ji is founder of Greenmedinfo.com, a reviewer at the International Journal of Human Nutrition and Functional Medicine, Co-founder and CEO of Systome Biomed, Vice Chairman of the Board of the National Health Federation, Steering Committee Member of the Global Non-GMO Foundation.





COLOR THERAPY: BROWN

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NOTE *from the Editor*

We shared the story of "Building a Selenite Network" in the September 2015 issue of White Lotus Magazine. The response from our readers was heart-warming, and the article seemed to have motivated others to share their stories of Selenite with us. I was inspired to publish some of these stories and call them "Selenite Transformations".

This is one of the stories:

SELENITE TRANSFORMATIONS

"When I was preparing to take a trip to Utah, at the last minute I decided to borrow my husband's Selenite necklace. It was a white one, shaped like a pillar, that Shamama had previously given him as a gift. I was only there for a couple of days and the last day before I left, a friend of mine asked me to visit her daughter.

When I arrived, her daughter was very busy cleaning her house. She was nine months pregnant and I immediately recognized what was going on: her nesting instinct was operating in high gear! I also felt that there was some tension in the household, but I couldn't really figure out what it was about, so I sat down with her five little girls and began playing with them. The mother-to-be and I were chatting, getting to know each other a little better. As she became more comfortable with me she began to tell me her story. Her baby was due in a few days and she was getting a little bit anxious.

She explained that when she was well into the birthing process of her fourth child, the baby presented her arm for delivery. This set off a whole series of circumstances that almost ended in both mother and baby losing their lives. The baby was delivered emergency C-section and everything was okay.

When the day came for baby number five to be born there was some anxiety that I think was totally natural. The mom has insisted on home births for the sake of the baby, as well as the other children. Both she and her husband hold the belief that a birth is a family affair. Even though there were many challenges with baby number five, she did manage to deliver without surgery. It was very painful however, and now everything was coming back into her memory, as she was nearing the time to deliver baby number six. Everyone, including her mother was encouraging her to do it in a hospital because of the previous issues, but she really didn't want to do that. She and her husband had prayed and prayed about it, and had also discussed it with their children.

As she was telling me this story, I was looking at her little girls and I could tell that they were worried also.

The young mother then told me that she was supposed to have had a 'Beauty Way Ceremony', but it hadn't taken place in time. She truly believed with all of her heart that the ceremony would have put her in alignment with The Grandmothers, and would have helped her to be at peace, resting in the assurance that she and the baby were safe.

As we were sitting and talking, I was holding the Selenite and I understood the message it was telling me. I took off the necklace and put it around her neck and hugged her. I told them all about where it came from and what its properties are. I also told them that because of the way it is shaped, it's meant to bring down all the Light from heaven to help the baby be born swiftly and without any problems. When I had been sitting, holding the Selenite, these ideas had formed in my consciousness, and I knew I had to tell them, and I also believed it was absolutely true. I encouraged all of the little girls to put their love for their mother and their new baby sister, coming soon, into the stone.

Well, it happened just like that. My friend barely had time to get over to the house after she received the phone call from her daughter. By the time she walked in the door, contractions were less than three minutes apart. She had another one and three more big ones in succession, and out came baby girl number six. It was just that easy. The little girls barely had time to work up any anxiety.

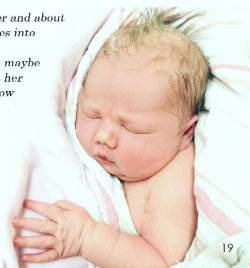
The love of Shamama is a big part of this story and I told them all about her and about the Selenite grid she has been building for years. I believe that nothing comes into our lives just to stay; love isn't love till you give it away.*

One day, a beautiful little blonde girl is going to walk into Shamama's life, maybe in a mall, or on the beach, or in a park somewhere and she's going to smile at her and say hello. She may not know who she is, but the little girl's spirit will know her, because she helped her find her way straight into her mother's arms."

Susan Stanton
CEO & Founder of Grandmothers Circle the Earth Foundation

Grandmothers Circle the Earth Foundation is a nonprofit organization created by Prophecy to carry a message of Love and Peace to the Global Community during a time of Earth Changes.

* Read about Shamama's work and how she's been spreading the "Selenite Love" at: www.whitelotusmagazine.com/building-a-selenite-network.



local ARTIST REVIEW

ALEXIS MARTINEZ PULEIO

Born in Lakeland, Florida, in 1987, Alexis is a young Cuban artist specializing in commission artwork. She moved to Naples, Florida in 2005 to attend Florida Gulf Coast University, where she obtained a Bachelor of Science degree in Biology and Chemistry. Alexis actively participates in Naples' Third On Canvas art event each year, and is a member of The Naples Art Association.



Alexis Martinez Puleio

Finding inspiration in the natural world, her artwork allows her the ability to explore different mediums, texture, and movement in her art. Each piece striving to convey and instill the emotions captured in the painting to the viewer.

"In Her Angel Wings" - Infused with Selenite Crystals and Powder | Original Size 11" x 14" on Wood Panel
Available to view and purchase at the White Lotus Studio in Naples



"Resined Emotions" - Purple and White Abstract Resin Art
Currently available to view and purchase at the White Lotus Studio in Naples



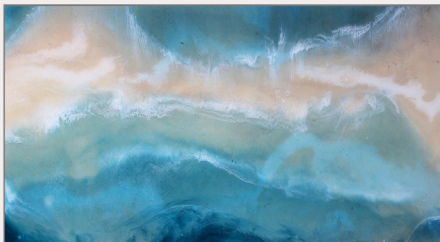
Yoga Painting | Yoga Art

Abstracts & Aerial Ocean Paintings



"Siren's Bay" - 8" x 8" - tinted resin on wood

"The Sandbar" - 12' x 24" x 1.5" acrylic tinted epoxy resin



"Pastel Valley" - Abstract Resin Art - Currently available to view and purchase at The White Lotus Studio in Naples



"Flowing into the Deep"
Abstract Resin Art - Currently available to view and purchase at The White Lotus Studio in Naples



Ocean Inspired Aerial Resin Painting



20" x 20" x 1.5" Acrylic Tinted Resin Painting



Ocean Inspired Aerial Resin Painting

COCONUT OIL FOR ORAL HEALTH

Many of us put off the visit to the dentist, mainly because we fear that it will mean painful and/or expensive treatment. Some of us believe that natural remedies can provide relief and postpone or even prevent having dental work. In some cases that may be true. Unfortunately, delaying proper treatment and avoiding the dentist visit can often lead to serious consequences.

However, there are certain home remedies that could prove to be beneficial for your oral health. One of these natural and effective substances may be coconut oil.

Coconut oil is a gentle but very powerful anti-bacterial food. In alternative medicine, it has long been used for preventing and treating different health conditions. Although medical science remains skeptical, in recent years, coconut oil has gained wide-spread popularity in promoting oral and systemic health.

Coconut oil can be used in several different ways as a natural remedy for dental problems, including tooth abscess, decay, or infections.

INTERNAL USE

Coconut oil has been used for a variety of bacterial and viral infections. It can be taken orally several times a day. According to www.earthclinic.com, three tablespoons is the maximum amount of coconut oil recommended for internal use daily for an adult. At this amount, it may provide relief for an abscessed tooth and oral infections. It can be taken off the spoon, added to a smoothie, soup, coffee, or spread on crackers or bread.



Photo from Google Images

TOPICAL USE

Coconut oil can be massaged onto the tooth and gum where there is pain. Ideally this should be done every two hours during the day. This may provide temporary relief for tooth aches, as well as sensitive, sore, and bleeding gums.

OIL PULLING

The technique of oil pulling has a long history of treating infections and aiding oral health. Used primarily in Ayurvedic medicine, oil pulling is believed to be an effective oral detoxification procedure that may provide relief from symptoms of inflammation and infection. Traditionally, plant oils like sesame oil or sunflower oil have been used for this practice, but coconut oil seems to be one of the most efficient oils for oil pulling because of its high concentration of antibacterial fatty acids.

Simply swish 1-2 tablespoons of coconut oil in your mouth for 10-20 minutes, then spit it out. Coconut oil pulling is recommended three times a week for healthy gums and teeth.

Oil pulling works by detoxifying the oral cavity. It literally 'pulls' toxins out of your mouth and creates a clean, antiseptic oral environment that contributes to the proper flow of dental liquid that is needed to prevent cavities and disease. Removing oral bacteria greatly reduces your risk of periodontal disease.

The potential therapeutic value and uses of coconut oil go beyond what most people realize. **Just a few of the numerous health benefits of coconut oil:**

- Reduces inflammation and arthritis
- Improves memory and brain function
- Boosts the immune system
- Improves digestion and reduces stomach ulcers
- May prevent heart disease and high blood pressure
- Strengthens gums and jaw
- Improves skin conditions (eczema, psoriasis, acne)
- May halt tooth decay
- Kills bad breath germs
- Soothes sore and bleeding gums
- Prevents gum disease
- Whitens teeth
- Prevents cavities
- Soothes throat dryness
- Heals cracked lips and moisturizes dry skin
- May help naturally balance hormones
- Fights Candida and yeast infections
- Improves energy and endurance
- May prevent osteoporosis
- Promotes weight loss
- Has anti-aging properties
- May improve Type II Diabetes



Photo from
Google Images

There are over a thousand studies proving coconut oil to be one of the healthiest foods on the planet offering incredible benefits for the body. However, the use of coconut oil for your oral health, just like many other natural and unconventional remedies, has not been accepted as a safe and effective treatment by the scientific community, claiming that there is not enough evidence and research that points towards its efficacy.

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of White Lotus Magazine or its staff.

SOURCES:

www.draxe.com/coconut-oil-benefits/
www.draxe.com/oil-pulling-coconut-oil/
www.earthclinic.com/coconut-oil-for-tooth-abscess.html

Antelope Canyon, Arizona



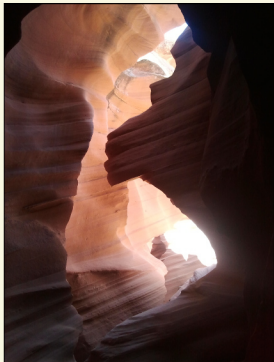
PHOTOGRAPHY BY PETER GERESDI

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.

— ALBERT CAMUS

AMAZING PLACES

Near & Far




ANTELOPE CANYON is located on Navajo land east of Page, Arizona. The slot canyon was formed by erosion of Navajo Sandstone, primarily due to flash flooding and secondarily due to other sub-aerial processes. Rainwater, especially during monsoon season, runs into the extensive basin above the slot canyon sections, picking up speed and sand as it rushes into the narrow passageways. Over time the passageways eroded away, making the corridors deeper and smoothing hard edges in such a way as to form characteristic 'flowing' shapes in the rock.

SOURCE: en.wikipedia.org/wiki/Antelope_Canyon

PHOTOGRAPHY BY PETER GERESDI




Peter
Geresdi



*Happiness is not
something ready
made. It comes
from your own
actions.*

– DALAI LAMA



*Don't make assumptions. Find the **courage** to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.*

- DON MIGUEL RUIZ

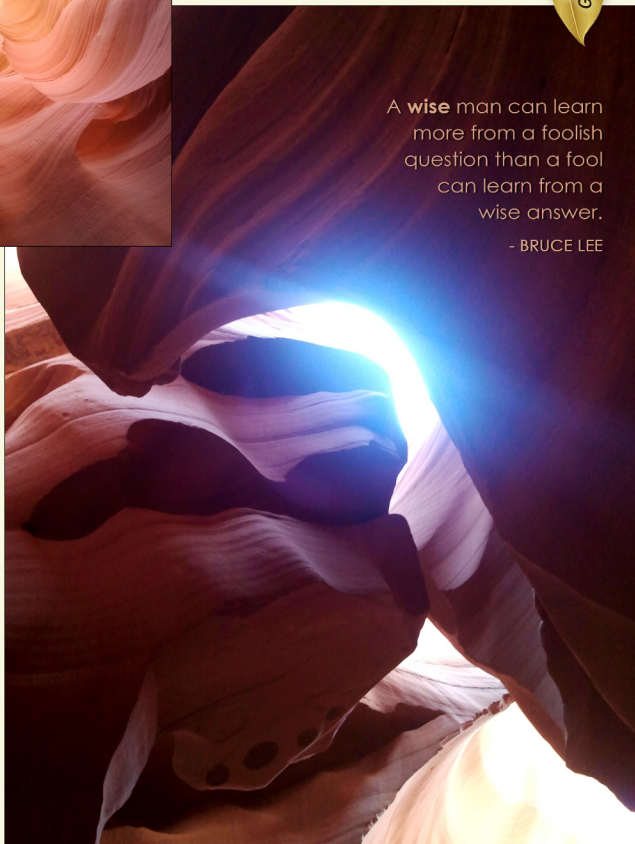
Peter
Geresdi

How few there are who have *courage* enough
to own their faults, or resolution
enough to mend them.

– BENJAMIN FRANKLIN



PHOTOGRAPHY BY PETER GERESDI



A **wise** man can learn more from a foolish question than a fool can learn from a wise answer.

- BRUCE LEE

PHOTOGRAPHY BY PETER GERESDI

Essential Oil of the Month: *Ylang-Ylang*

by Bethanny Gonzalez, Certified Aromatherapist

(*Cananga odorata var genuina*)

Ylang-ylang essential oil is extracted by steam distillation of fresh flowers of the ylang-ylang tree, which bears the scientific name *Cananga Odorata* and is commonly found in the rain forests of certain Asian and South Pacific Islands like Indonesia, Philippines, Java, Sumatra, Comoro and Polynesia. It can also be grown here in SW Florida.



AROMA: Floral, intensely sweet, sensual, exotic

PROPERTIES: Antidepressant, antiseborrheic, antiseptic, aphrodisiac, hypotensive, nervine and sedative

ELEMENT: Water

PLANET: Venus

CHAKRA: Sacral & Solar Plexus

SPIRITUAL ASPECTS: Clearing Negativity, Protection
Calmness, Joy, Upliftment



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www.GaiaHealingGifts.com

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BENEFITS FOR MASSAGE & SKIN CARE

- Reduces skin irritation and redness
- Protects wounds from bacterial, viral or fungal infections
- Helps to speed up the healing process of wounds

HEALTH BENEFITS

- Balances hormones by having an affinity with reproductive system
- Regulates the cardiac system: benefits circulation
- Calms the heart and strengthens the nervous system
- Can reduce blood pressure
- Beneficial for frigidity and loss of libido
- May help relieve pain

EMOTIONAL USES

- Lifts depression and relaxes both the body and soul
- Relieves anxiety, fear, stress, frustration, anger, and shock
- Calming and soothing for those with troubled minds

SPIRITUAL USES

- Creates peace, joy, and inner trust
- Protects our spirit from negativity
- Soothes away the frustrations of life
- Stimulates the senses and dispels jealousy
- Can help those who need to forgive and to love themselves
- Encourages self-confidence bringing awakening to tender hearts

TIP: Wear or inhale its soothing scent prior to anything nerve-racking like a job interview or public speaking.

PRECAUTIONS: Some cases of sensitivity, nausea and headache have been observed when taken in excessive amounts. Otherwise, when taken in recommended doses, it is non-toxic and is not reported to cause any irritation.

RECIPE

Bath Soak for Depression

- 1/2 cup Sea Salt or Himalayan Pink Salt
- 1/2 cup Epsom Salt
- 3 drops of Ylang-Ylang Essential Oil
- 4 drops of Grapefruit Essential Oil
- 2 drops Orange Essential Oil
- 2 drops Lavender Essential Oil

Mix ingredients and pour into warm bath and soak.

With Love and Light,
Bethanny
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Crystal Therapy: JASPER

Jasper is a fine-grained chalcedony, a microcrystalline form of quartz. Jasper is a common stone and comes in many beautiful colors and patterns.



Mookaite Jasper

ATTRIBUTES	Grounding, Protection, Nurturing
ELEMENT	Earth
CHAKRA	All (some color specific)
MINED IN	Worldwide

JASPER is sometimes called the "nurturing stone" for its nurturing and protective energies. It enhances one's ability to relax and it brings tranquility, comfort, wholeness, and healing. It is a strong grounding and protecting mineral.

Jasper is a wonderful stone for working with emotional disturbances and trauma. It can bring deep emotional healing and a sense of peacefulness, in spite of past or current conflict. Jasper can be used for inviting beauty into your life and into specific situations. This can be striking inner beauty as well as external beauty. Jasper can also bring peace to endings, whether it be the end of a relationship, the end of a situation, or something else. Therefore, Jasper is a good stone for finding closure and healing grief. In some cultures, particularly Native American, Jasper is traditionally used for rain making.

PROPERTIES

- Brings peace, wholeness, and healing
- Provides protection and absorbs negative energy
- Clears electromagnetic and environmental pollution
- Encourages honesty with oneself
- Provides courage to assertively tackle problems
- Aids quick-thinking and mental clarity
- Stimulates the imagination and transforms ideas into action
- Facilitates shamanic journeys and helps recall dreams

SOURCE:

The Book of Stones by Robert Simmons & Naisha Ahsian
The Crystal Bible by Judy Hall
www.healingwithcrystals.net.au/jasper.html



Red Jasper

RED JASPER is called a stone of fairness and justice. It is said to help in unfair situations. It is also believed to encourage responsibility and compassion. It can enhance dream recall. It is also said to be a stone that helps in all areas of survival, and is a very protective stone. It assists in healing by maintaining positive movement with all types of disorders and disease; it is particularly helpful with diabetes. Red Jasper balances the Root Chakra.

YELLOW JASPER is said to protect during spiritual work, astral travel and physical travel. It channels positive energy and energizes the endocrine system. It stimulates the Solar Plexus Chakra.

GREEN JASPER can help release disease and obsessions. It is said to be beneficial for treating skin disorders, indigestion, and bloating. It may also reduce inflammation and toxicity. Green Jasper stimulates the Heart Chakra.

BLUE JASPER can connect you to the spiritual world. It balances yin-yang energies and stabilizes the aura. It is said to be beneficial for degenerative diseases and for mineral deficiencies. Blue Jasper stimulates the Throat Chakra.

PLUME JASPER opens the Crown Chakra and aligns the spiritual energies to your current purpose in life. It eliminates contradictions and supports preserving your dignity. It brings emotional and mental stability.

BASANITE (BLACK JASPER) can be used for scrying. This stone is believed to be able to take one into an altered state of consciousness and bring prophetic dreams and visions.

BROWN JASPER is strongly connected to the earth and encourages ecological awareness. It brings stability and balance. Brown Jasper is believed to boost the immune system and clear toxins from the body. It may be beneficial for skin disorders. Brown Jasper stimulates the Earth Chakra.

PICTURE JASPER is said to be "Mother Earth speaking to her children". Picture Jasper is believed to contain messages from the past within its pictures for those who can read them. This stone can bring hidden feelings and thoughts to the surface that are normally pushed aside or suppressed. Picture Jasper can alleviate fear and instill a sense of harmony and comfort. It stimulates the Root and Third Eye chakras.

BRECCIATED JASPER is a stone of strength and vitality. It can be used to bring emotional stability, mental clarity, and focus to a previously scattered event, experience, or life in general. A detoxifying stone, Brecciated Jasper promotes health and recovery from illness. It stimulates the Root and Sacral chakras.



Ocean Jasper



Brecciated Jasper



Yellow Jasper

OCEAN JASPER (ORBICULAR JASPER) stabilizes the emotions and allows you to feel safe through changes. This stone supports service to others, instills patience, and assists in accepting responsibility for your actions.

MOOKAITE JASPER (also called Australian Jasper) is a powerful healing stone that helps provide stability to one's perspective of life, helping make the right decisions based on objective knowledge. Mookaite can connect you to the energies of the earth, allowing for a deeper connection to your eternal instinct. Meditating with Mookaite can help you connect with ancestors' spirits, bringing an intuitive understanding of the natural evolution of Spirit. Activates the Root and Solar Plexus chakras.

ROYAL IMPERIAL JASPER provides protection and reduces fears and insecurities. It helps us understand that we are a part of the Divine /God/Universe; we are never alone and we never have to be afraid.

SESAME JASPER can sustain and support during times of stress and bring tranquility and wholeness. Used in healing, it unifies all aspects of life. Sesame Jasper aligns the chakras and absorbs negative energy. It can uplift the spirit and elevate the mood.

POPPY JASPER is cleansing and energizing. It can be used to organize and redirect scattered energies. Poppy Jasper encourages a deeper connection with the Earth. It inspires a positive and joyful outlook on life.

LEOPARD SKIN JASPER is a stone of shamanic journeying. It also aids in service to others. It helps discover and connect with one's animal totems or spirit animals. It makes it easier for one to take responsibility properly. Leopard skin jasper is said to bring energies of success in work or business. It helps with creative visualization.

DALMATIAN JASPER can help remove disillusionment. It helps you to see your strengths and weaknesses, and encourages grounding both with the Earth and in reality. Dalmatian Jasper increases loyalty and is beneficial for long term relationships. It brings a sense of fun to your life. Physically, it can help purify the blood. It is a stone of protection from nightmares, depression, and negative thinking.

FOSSIL JASPER helps you with self-expression, eases fear of the unknown, and helps you cope with emotional and social strain. This stone will guide you through understanding your life and soul purpose. It will help you understand the Universe's great plan and your part in it. Fossil Jasper will guide you down your life's path.

UNAKITE encourages psychic abilities and enhances visions. It works through the Third Eye Chakra and aids visualizing the things you desire in your life. Unakite balances the emotional and spiritual bodies, and provides gentle release of energetic blockages. It helps us to move on from our old beliefs from the past. Unakite can assist better sleep and help to relieve stress.

ZEBRA JASPER is said to be very helpful for balancing energies: balancing work and play, and allowing you to see both sides of a situation. It keeps you centered with the earth during higher spiritual works. Zebra Jasper is also a grounding stone, allowing you to tune into Mother Earth and find joy in your surroundings. It encourages you to be optimistic, despite life's stresses and gives you more initiative to tackle challenges. Zebra Jasper can ward off negativity, and transmute dense energies into higher frequencies. It is believed to help with depression and anxiety.

RHYOLITE/RAINFOREST JASPER is known as a stone of resolution and perseverance. It is said to assist communication of all kinds. It can help you listen easily and without distorting the message. It is also a wonderful stone for general healing, meditation, and strengthening our connection to Mother Nature. Rainforest Jasper balances the Yin/Yang energies and resonates with all chakras.

BLOODSTONE/HELIOTROPE is an excellent centering and grounding stone. It is helpful for emotional traumas and grief, and also in survival situations. It brings energies of increasing adaptability and organization, abundance, success, and lessening confusion, stress, and anxiety. It is said to be a stone of courage, bringing mental, physical and emotional renewal by releasing blockages.

FANCY JASPER varies in color from forest green to burgundy and gold. This stone is useful for general healing. Fancy Jasper nurtures and brings comfort, efficiency, delight, and peace into chaotic situations. It resonates with all chakras.



Fancy Jasper 33

When I Was Your Age

by Carol Glassman

I often wonder if, when people decide to have children, they really comprehend not just the tremendous responsibility they will have for another's life, but aside from all the clichés, what it will mean to hold the future in their hands.

Raising children takes more than luck these days: it's hard work. Surviving babyhood trials of bottles, possibly colic, teething, diapers and sleepless nights, parents then face toilet training, 'the terrible twos' learning to hear "No", food dislikes, and finally off to school! However, that doesn't guarantee freedom for parents as their youngsters begin to bring home all the childhood diseases as well as diagnoses for AHAD, the need for glasses, braces, designer jeans to pocket the cell phone and iPads, and expensive designer running shoes that seem to shrink every month. Let us not forget the often outrageous language and behavior learned from their new buddies. And that's just primary school. Whatever happened to the days when kids went off to school with a pat on the head and were supplied with pencils, rulers, erasers and notebooks? These days it seems no self-respecting schoolchild enters those hallowed halls unless he is as fully equipped as the local stationery or office supply store. But wait, have you covered everything? What could possibly be missing?

How many youngsters go to school hungry? No, this is not an appeal for food or lunch money, this is to draw your attention to some other missing elements from a child's diet these days. How many children are sent out into the daily world totally unprotected from the kind of people they might encounter? It's a jungle out there and not everyone in it, professionals included unfortunately, may have been raised with your ethics and morals, kindness and intolerance for bullying. Your children are not going to learn these qualities from others, and like 'stranger danger' it's not something you want them to learn as a reaction or after the fact.

A really lucky child may never have to face any of these situations himself, but wouldn't it be wise to teach him in advance how to handle being threatened? Shouldn't you be aware of all of his daily encounters?

Little kids share a lot in common, one of them being how often they have to hear something repeated mantra-style before they really get it. You can repeatedly hammer him what to do when a stranger offers candy or asks for help in finding his puppy, but when it really happens, most kids have a memory block and think of being helpful before protecting themselves.

The teen years offer a bevy of new, hormonally-induced problems. Along with cracking voices, acne, budding figures and unexplainable urges, add smoking, drinking, and drug experiments along with peer pressure and the desire to own a car paid for and insured by the lucky parents. How can you expect a kid to attend a \$1,000/night prom on a bicycle? You may be looking for a freebie ride to the airport on occasion but your kid simply must have a limo for the night.

It's a parent's goal to raise children who finally become independent enough to go and get jobs and make their own career decisions. But wait a minute: what if you don't want them to work at dirty classless places with long hours and low wages, and what if you don't want them to attend those schools, or become a judo instructor or an artist as their occupation? How can you reconcile what you have been beating into their brains for years, when they finally make decisions and you don't agree? What then?

What would Waldo do — if you could find him? Does your child have a Waldo in his life?

It can be more than difficult to remind kids that, "When I was your age..." because frankly, they are not interested and they don't want to hear it. Why not? It's boring and irrelevant. This is today — now — and their dearest desire is to be like their friend Waldo whether or not you approve. Perhaps one solution might be to make sure all the Waldos in your children's lives are worth emulating.

I have always felt that pre-adolescent children were pretty much a product of their homes and their parents, and their behavior reflected it. Foul language? Always late? Untidy? Unreliable? They could still escape by saying, "I am this way because of my parents..." After that, they become those independent, almost-mature adults, old enough to exist and vote and make their own choices and decisions. They can no longer 'blame' anyone for how they act. In the past, this marked some kind of rite of passage where the child moved out, got a job, went on to higher education or enlisted. In the past, the girls all wanted to be old enough to wear high heels and makeup and get married, while the boys couldn't wait to move out on their own with a room-mate and find work.

These days it's not so easy to have an empty nest as most kids tuck themselves in to the free meals and laundry because the beginners' jobs are simply not offering \$100,000 per year as a starter's salary and they feel they are over-educated to drive a taxi or do some kind of menial labor until 'a real job', which they think they deserve, comes their way. Meanwhile, the young ladies seem to be busy graduating as professionals - doctors, lawyers, engineers, and delaying marriage and child-bearing for at least 10 years.

So don't be too quick to convert that extra bedroom you always wanted for a den, or to sell the family home. Console yourself — while your children live under your roof and you support them financially, you have a responsibility and a right to demand how they live and pay for room and board. So few parents have what it takes to risk battling with their kids and then wonder why they face a generation of entitled young people whose lives in no way resemble what it was like "When I was your age."



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Salt Cave

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NURTURE COMES IN MANY SHAPES AND FORMS

by Anna Krecicki

I realized long time ago that I wasn't meant to have children. Perhaps in a previous life I had one too many! Yet nurture fills my life in so many ways.

I grew up in a nurturing, loving home. My parents gave up a lot to provide for us, to make sure we had everything we needed for a fulfilled childhood and a morally strong upbringing. I will always be grateful and will always respect them for that. In spite of my happy childhood memories, I chose not to have children of my own.

Most people who know me know that I am not a "kid person". From an early age I knew that I never wanted to have children. As I grew older, that strong feeling became a life choice that my parents had to come to terms with. Granted, it was hard for them to accept that they won't have grandchildren, as my brother never had any kids either, but with time they understood my reasons.

I strongly believe that some people probably should not have any children. I am one of them. Having a child is a tremendous responsibility and it involves many sacrifices, hard work, patience, time, and financial responsibilities. I have encountered people who simply didn't have what it takes to raise a child (not judging, merely an observation). And that's just not fair to a child. Whether it is lack of time, financial security, commitment, or moral standards that one may be missing, any responsible adult should consider if they are ready to bring a new life into today's world – for the sake of the child.

Some of us consciously choose not to have children – for different reasons. But that doesn't mean that we don't have nurturing, maternal instincts.

I tend to channel my nurturing impulses into my work, my home, and my many projects. My protective instinct shows in the way I care for my loved ones and my friends. I know people who tend to their gardens with the same love others care for their children. While pet lovers often consider their pets their 'babies'. Nurture comes in many shapes and forms.

I love observing nurture in nature: watching animals taking care of their young and each other; or seeing beautiful vegetation growing wildly only nurtured by the elements and the love of God. I also cherish crystals that have nurturing energies. There are many gemstones that have nurturing properties that promote emotional healing, including Agate, Amber, Calcite, Jasper, Jade, Aragonite, Emerald, Larimar, Rose Quartz, and Rhodochrosite. They can help calm the mind, soothe deep emotional traumas, and strengthen the spirit.

Nurturing is a combination of emotional warmth, tenderness, care, and goodness. For me it is the feeling I get when I'm hugged by a loved one, when I cuddle with a good book under a blanket on a cold day, or when my special someone brings me coffee in bed first thing in the morning or a warm cup of soup when I am sick.

*"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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THE GUIDING ANGEL

by Andrea Beloff

*The Sovereign Lord
is my strength; he
makes my feet like
the feet of a deer,
he enables me to
tread on the
heights.*

Habakkuk 3:19 NIV

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STAND IN THE LIGHT

by Beth Brown-Rinella

It seems that moving into 2017 has brought about high emotions and a strong sense of separation. The events of the past months have fueled fears like no other that I can remember. There are always concerns and challenges we have to face, but the rabid, out of control contempt currently felt by so many all around the world is quite troublesome.

However, I believe that what's been happening is necessary in order to awaken a higher consciousness. It is as if we have ridden along in a fog, mildly paying attention to the road ahead while others steered and set the pace for us. Now we realize with new clarity, that we must sit in the driver's seat and set a course for our collective future. Many of our concerns are being challenged, but rather than turning on one another and seeing things with an "us vs. them" mentality, we all should try to see what really is important with greater awareness and step towards a solution.

Know that finger pointing and justifying your side of the fight literally stalls any progress. Are you able to see past the conflict and find peaceful resolutions? Are there new ways to enact change? How about learning and sharing knowledge so others are better informed about things that affect us all, like fluoride in our water system, fracking, and oil wells off the coast? By educating others you help create more support for your cause. When we are all well-informed and unite in a collective voice, we will be heard.

Let us find a new topic of conversation. How can we support one another in these times? Can we encourage our friends to go to meditation and yoga? Can we uplift and encourage our artist friends who don't have the confidence to open to their gift? Can we sing together in Kirtan and in joyful work? Let's plant a garden and enjoy the fruits of our labor at a later date. Shall we find new ways to bring in Light and lift away the heavy, dark energies that hold us down? When we offer love to others it seeps into our pores and fills us with love, too!

Support those who have the time, energy, and devotion to fight the good fight on all of our behalf. I am thinking of those brave souls protecting the water in the Dakotas. Water is life, so we all should support their/our cause. But don't continue to engage in hollow, unfulfilling arguments that keep us in separation. Work on the fears that have arisen during these difficult times. Get clear within your heart. Know what is important to you and what matters not. Stand in your Light. Be brave enough to step away from the fray and send peace and kindness to all stuck in the mud-slinging.

Namaste!

ABOUT THE AUTHOR

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

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5	6	7	8	9	10	11  FULL MOON PENUMBRAL SOLAR ECLIPSE
12	13	14 VALENTINE'S DAY	15	16	17	18
19	20 PRESIDENTS DAY	21	22	23	24	25
26  NEW MOON ANNUAL SOLAR ECLIPSE	27	28 MARDI GRAS	SOURCE: www.seasky.org/astrology/astrology-calendar-2017.html www.mindbodygreen.com , www.Earthsky.org , www.manspurpose.com , www.winclendar.com			

February 11 FULL MOON, LUNAR ECLIPSE

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 00:33 UTC. This full moon was known by early Native American tribes as the Full Snow Moon because the heaviest snows usually fall during this time of the year. Since hunting is difficult, this moon has also been known by some tribes as the Full Hunger Moon, since the harsh weather made hunting difficult.

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.

February 11 LUNAR ECLIPSE

A penumbral lunar eclipse occurs when the Moon passes through the Earth's partial shadow, or penumbra. During this type of eclipse the Moon will darken slightly but not completely. The eclipse will be visible throughout most of eastern South America, eastern Canada, the Atlantic Ocean, Europe, Africa, and western Asia.

February 26 SOLAR ECLIPSE

An annular solar eclipse occurs when the Moon is too far away from the Earth to completely cover the Sun. This results in a ring of light around the darkened Moon. The Sun's corona is not visible during an annular eclipse. The path of the eclipse will begin off the coast of Chile and pass through southern Chile and southern Argentina, across the southern Atlantic Ocean, and into Angola and Congo in Africa.

METAPHYSICAL ASPECTS

Eclipses are tied to changing circumstances. However, we are usually the ones to precipitate or to attract changes because our "inner guides" know that we need it. Deep down inside we know that change is necessary for growth.

February 26 NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 14:59 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

METAPHYSICAL ASPECTS

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

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THE RETURN TO WHOLE

by Janet Weisberg

All Life (Matter) was designed and supported by a creative force of essential energy through action known as Natural Attractions. We were and still are part of this brilliant design. Initiated billions of years ago, this experience established life's ability to live (survive) and evolve (thrive) in balanced, creative, respectful and supportive ways with all forms of consciousness.

Through our evolutionary journey, we received the gift of "self determination". Through millennia, we've had the opportunity to explore and discover the various blessings and consequences that come from self-determined (free will) decisions. While this unique opportunity opened new evolutionary possibilities, we chose to continue evolving with balance, never losing sight of our relationship with All. Recognizing and appreciating the beauty and benefits of living in this perpetual stream of Essential Creative Intelligence (E.C.I.), we were supported within the "Whole" – also known as the Unified Field or Essential Love!

For the last approximately 10,000 years, we began shifting our use of self-determination, not to work with Nature but to control Nature. Desiring the idea of a better life, we gently began the journey into the realm of power and control. In the excitement of these new possibilities, we were unable to sense the dangers and consequences inherent when checks and balances are ignored, and so a snow ball effect began. We lost our desire to remain true to our wholeness as part of this Essential Creative Intelligence!

Now we, the human species, are living as separate, disconnected, and fearful conquerors for what we've determined is our highest good. We have become the Antithesis of Creation. Are we now the Destroyers of Life? Extremely provocative, power and control acts as a diversionary stream of energy that sees Life as a commodity that must be controlled, and its value is in its selling price. If life is a commodity and we are part of life, then we must be controlled and bought or sold to the highest bidder.

We are not outside looking in; we are included, moving at quantum speed to yet an undetermined outcome. Free will intact, human life continues within this Unified Field. However, this gift was meant to be used for the benefit of All. How have you used your gift? Who are you? What do you want? What can you do? If you're silent, why?

This is not about a Father God or a Mother Earth, this is about finally recognizing that separation created by power and control is a hole – a hole that we've fallen into because we've chosen to glorify parts instead of celebrating and living the original design, which is Whole! This is about ending the idea that there is even such a concept as separation. Prior to our fall into the hole of power and control, there were no labels and no divisions, only inclusion that supported Life. Whole exists and thrives outside your thoughts, your boxes and your beliefs. Separation is a story that is now coming to an end.

Creation happened as a natural attraction to exist and Life/Matter was birthed. If Life matters, reconnect to this stream of Essential Creative Intelligence which is wholly inclusive. Wake up, stand up, and speak up!

Join me by opening your heart center, soften your gaze and enter the E.C.I stream! I'll be there...



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Janet Weisberg

ABOUT THE AUTHOR

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

EXPERIENCE & TRAINING:

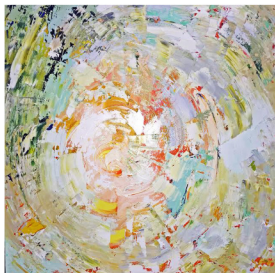
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For more information, please visit www.53senses.com or contact Janet Weisberg at janet@53senses.com or at (239) 280-8229.



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1st Wednesday Naples Art District Studio and Gallery

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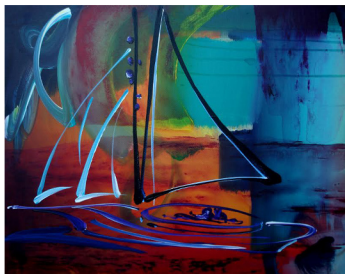
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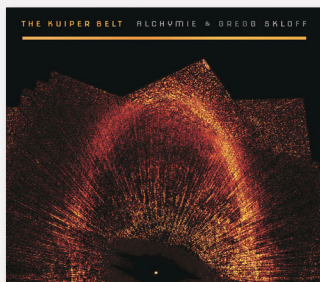
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THE AMAZING SWEET POTATO

SOURCE: **8 HEALTH BENEFITS OF SWEET POTATOES**

by Melissa Breyer



Photo from Google Images

Sweet potato is actually not a potato. Nor is it a yam. It is a root tuber! Sweet potato hails from the *morning glory* family, while the white potato is from the *nightshade* family.

Melissa Breyer explains that root tubers like the sweet potato are known as perennating organs which are thickened roots that serve as storage bins for a plant's nutrients when above-ground conditions aren't good. They provide food for new shoots when the growing season returns. Root vegetables in general are the subterranean power plants of the botanical world, and it often shows in their exuberant color and density of nutrients.

HEALTH BENEFITS:

While white potatoes' high glycemic index means that their carbohydrates are quickly converted into sugar and a corresponding elevation in blood sugar levels, sweet potatoes are different. They fall much lower on the glycemic index which is better for avoiding sugar crashes and better for diabetes control, according to the American Journal of Clinical Nutrition. Sweet potatoes in moderate amounts can help maintain healthy blood sugar levels even for those with diabetes.

A study by the Harvard School of Public Health's Department of Nutrition found that for younger men, beta carotene – a fat-soluble plant pigment that can be converted into vitamin A – could provide protection against prostate cancer. Meanwhile, a Japanese study revealed that beta carotene may decrease the risk of colon cancer. Sweet potatoes have the highest amount of beta carotene of all fruits and vegetables. Beta carotene is great for the eyes as well. Ophthalmologist Jill Koury, M.D. says that vitamin A deficiency causes the outer segments of the eye's photoreceptors to deteriorate, damaging normal vision. Sweet potato's high antioxidant levels from vitamins C and E are also very kind to the eyes and may prevent degenerative damage.

Plant-based iron, like that found in sweet potatoes, can potentially promote fertility, according to the Harvard Medical School. The vitamin A from sweet potato's beta carotene is also important for hormonal health during pregnancy and lactation.

Sweet potatoes also contain manganese – a trace mineral required by the body for proper enzyme functioning, nutrient absorption, wound healing, and bone development. While huge amounts of manganese aren't healthy, experts estimate that up to 37 percent of Americans don't get the recommended dietary intake (RDI) of manganese in their diet. Along with promoting good bone health, one study found that boosting manganese intake from 1 mg to 5.6 mg of dietary manganese per day helped women with PMS to have fewer mood swings and cramps.

Sweet potatoes are a good source of choline, a micronutrient in the B-vitamin family. While choline is readily available in meat and eggs, good plant-based sources are harder to come by — but sweet potato can be counted as one of them! Choline helps with sleep, muscle movement, learning and memory, among other things, but it is also important in reducing chronic inflammation.

One medium sweet potato with skin provides roughly between 4 to 6 grams of fiber, which doesn't make them the highest fiber source from the plant world, but they are commonly included with foods recommended as good sources of fiber. Fiber can reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease and constipation.

SOURCE: www.mnn.com/food/healthy-eating/stories/8-health-benefits-sweet-potatoes



HOMEMADE SWEET POTATO CHIPS:

Sweet potato chips are simple to make and only take 15-20 minutes to bake in the oven. After washing the potatoes, the easiest way to slice them would be to use a mandolin. You can also use a sharp knife, which takes a little more patience. The thinner you can cut the sweet potatoes, the crispier they will become. Simply spread the sliced sweet potatoes with a little water or oil (e.g. olive or coconut oil) and any seasonings of your choice onto a baking pan. You can add a variety of flavors, like salt, rosemary, cinnamon, etc. But they taste delicious even when they are unseasoned! Preheat oven to 375 degrees F and bake for 15-20 minutes. Enjoy!

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