

White

SW Florida Edition

FREE


APRIL/MAY 2017

Lotus

magazine



INSPIRATIONS FOR CONSCIOUS LIVING

A photograph of a forest scene with tall, slender trees. The trees have dense foliage in shades of orange, yellow, and brown, indicating autumn. The trees are reflected in a calm body of water in the foreground. The sky is a clear, pale blue. The overall mood is serene and contemplative.

Resolve
to be tender
with the young,
compassionate
with the aged,
sympathetic with
the striving, and
tolerant of the
weak and the
wrong. Sometime
in life you will have
been all of these.

– **WALTER SCOTT**

PHOTOGRAPHY BY ANNA KRECICKI

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

- OFFERINGS OF SPIRIT

WISDOM

FOR APRIL/MAY

The Shaman's Whispers

*When you rise in the morning, give
thanks for the light, for your life, for
your strength. Give thanks for your
food and for the joy of living. If you
see no reason to give thanks, the
fault lies in yourself.*

*The
Shaman
Lady*

*"The Shaman's Whispers" offer bits of wisdom inspired by Native
American teachings. The above insight is based on Shawnee wisdom.*



Love is the ability and willingness to allow those that you care for to be what they choose for themselves without any insistence that they satisfy you.

– WAYNE DYER

What lies behind us and what lies ahead of us
are tiny matters compared to what lives within us.

- HENRY DAVID THOREAU



PHOTOGRAPHY BY ANNA KRECICKI

*The greatest legacy one can pass on to one's children
and grandchildren is not money or other material
things accumulated in one's life, but rather
a legacy of character and **faith**.*

- BILLY GRAHAM



"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.

6 www.WhiteLotusMagazine.com

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APRIL/MAY



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NOTE *from the Editor*

It's time for a break! While I was finalizing the pages of the previous issue, I realized that I needed some time off. I decided to put a hold on White Lotus Magazine for a little while. After the printing and distribution of this issue, I am taking a sabbatical. I'm uncertain about the length of the break, but in my heart I know that it is time for one.

It is not the end of White Lotus Magazine! I just need a mental recharge and could use some time away from the challenging task of creating and self-publishing this magazine month after month.

During this well-needed break I will also restructure the publishing of the magazine. The constant deadlines and the month-to-month printing schedules put too much pressure on me and created stressful circumstances for an otherwise joyful journey.

In order to keep the financial and mental pressures at bay, White Lotus Magazine will no longer be a monthly publication. I am considering a more relaxed, bimonthly or quarterly printing schedule after the break. My goal is to return White Lotus Magazine to what my original vision was: creating and sharing a quality publication that inspires and raises vibrations – but without the competitive, high-pressure environment of magazine publishing.

In the meantime, please visit our website to browse through previous articles that you may have missed and find inspiration for conscious living in past issues of White Lotus Magazine.

- *Anna Krecicki*

COVER PHOTO BY ANNA KRECICKI



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ANIMAL SPIRIT GUIDE FOR APRIL/MAY: bee

Photos 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.

In most cultures the bee symbolizes fertility, good luck, harmony, creativity, perseverance, dedication, and bliss. Bee is also a universal symbol of hard work - as represented by the common phrase "busy as a bee." In Hinduism, the bee is associated with the God of Love, while in ancient Egypt, bees symbolized the highest degree of royalty. In Native American tradition, the Bee Spirit carries the message of wisdom hidden within beauty, strength, passion, endurance, cooperation, and of hope that what seems impossible may yet be achievable.

Bee reminds us to make our lives fruitful and to enjoy the nectar of our efforts. No matter how great the dream is, there is the promise of fulfillment if we pursue our dreams.

If Bee has flown into your life:

- You might be guided to examine your daily habits and your productivity (mentally, physically, and spiritually). Are you doing all you can to make your life more fertile? Are you busy enough?
- Bee inspires you to take a step back and question your way of life. Ask yourself whether you are balancing the work in your life with simple pleasures. Are you making time to savor the sweet moments and memories?
- You might be encouraged to be more active in your daily life and to give back to your community.

If Bee is your Animal Spirit Guide:

- You have the ability to accomplish the impossible over and over again.
- You know how to enjoy the sweetness that life brings you and you understand the proper use of your own energy.
- Your intentions are always focused on a clear path and goal in life.
- You are self-sufficient, very focused, and a very hard worker.
- You work best when you are working with others.

Ask Bee's help:

- When you need assistance in balancing work, rest, and fun.
- When you have new ideas and projects that need to be put into action.
- When you are seeking a community to belong to.
- When you feel you are shouldering heavy burdens and need to find a solution to ease your load.



How the Honey Bee Got its Stinger

- A Cherokee Legend

Back in ancient times when the people were more pure and could converse with the animals and the Creator would visit them, the people asked the Creator for something that was 'sweet' to the taste. So the Creator sent the Bee.

Down came the Bee and it found a suitable tree in which they could build their hive, live in, produce honey, multiply and feed its young. Soon the people came to the Bee and asked for some of the sweet syrup and the Bee gave each person a container full. The people loved the syrup and greedily ate it, then went back to the Bee for more. But the Bee replied, "I have no more to give you for a while. You will have to wait." The people were not happy, as they craved the sweet syrup. So they called upon the Creator, saying, "the Bee does not give us enough of the golden syrup. We want more!!!" The Creator listened and sent down the Flower People. The Flower People began to spread all types of flowers across the land giving the Bees greater access and variety of flowers to pollinate and make more honey. The Flower People spread all kinds of beautiful wild flowers around to attract the Bees. More Bees were created to help pollinate the flowers. The hive grew to be very large. The people seeing how big the hive was went to get more of the sweet syrup. So the Bees gave all the syrup to the people but left enough to feed their young. The people devoured the syrup and wanted more. The Bees responded, "We don't have anymore, you will have to wait." The people were angry and asked the Flower People to make more flowers so they could have more of the golden syrup to eat. The Flower People responded, "We made all the flowers we could and they are all pollinated. You will have to wait until Spring." "No," said the people, "We want more now!!!" So they went back to the Bee's hive and tore it apart killing almost all of the Bees and taking the syrup. The remaining Bees were angry. They asked the Creator what to do. The Creator was also annoyed at the behavior of the people, so he told the Flower People to create some 'briar bushes' and for the Bees to eat the briars. The Bees did as the Creator said, they ate the briars and these were transformed into stingers. The Flower People created an entire briar patch around the Bee's tree. The next day, the people came back and started toward the Bee's hive for more syrup; but the briars around the tree scratched and tore at their bodies. Some of the people made it through the briars to the hive. Covered in wells, they yelled at the Bees, "Give us some more syrup now, or we will kill your young and destroy your home!" The Bees became angry and a loud hum came from the hive in the tree, and out they swarmed. The Bees stung the people all over until they were covered in wells and sent them running.

After that day, the people treated the Bees, flowers, and plants with great respect and always promised to replace whatever they asked for and never be greedy or take more than they needed.

INTERESTING FACTS *about Bees*

- Bees have been producing honey for at least 150 million years.
- Bees have to fly over 55,000 miles to make 1 lb. of honey.
- 80% of the pollination of the fruits, vegetables and seed crops in the U.S. is accomplished by honeybees.
- Honey bees have five eyes.
- Honey bees never sleep!
- A queen is the largest bee in the hive. She can lay up to 2,000 eggs per day, twice her own body weight per day. She can also select the gender of the larvae. Most larvae that will be produced will be female.
- Worker honey bees are all females. Males do not know how to even feed themselves and their only reason for being in the hive is for reproducing with the queen. The males do not have a stinger and they are kicked out of the hive in the fall, because there is no use for them.
- Honey bees are very clean. They want their hive (which they made themselves, hexagon by hexagon) to be immaculately clean. If something dirties their hive, they will immediately get the offense out. The only honey bee in the hive that uses the bathroom inside the hive is the queen. She never leaves the hive, so her faithful workers get her mess right out. Bees will also make sure that when their time comes, they will die outside of the hive.
- There is only one queen per hive. The queen lives 2-3 years. The queen is made, rather than born. Worker bees will feed larvae royal jelly for a certain period of time. The royal jelly is secreted through the heads of the worker bees and is fed through their antennae to the larvae. The royal jelly has so many vitamins and nutrients it will allow for the larvae to become queens. Since there can only be one queen per hive, the potential queen bees will fight to the death until there is one queen remaining.
- Honey bees, like their name implies, are the only insects to make honey. Bumblebees make a honey like substance, but it tastes nothing like the sweet honey we know and love. They also make this in very small quantities. Honey bees though make honey in surplus so bee keepers are able to take a certain amount without depriving the bees of food.
- In the summer a worker bee only lives for about 40 days. As no young are raised over the winter months, the workers born in the autumn will live until the following spring.
- The honey bee colonies each have a distinct odor which allows for them to identify the members. Often times bee keepers will need to assimilate colonies. A way to do that would be to place bees from each colony into a paper bag together. The paper bag should have a divider so each colony stays in its own side. Being in the container together the smells will mix and they will not be able to recognize the other bees as enemies due to their familiar odor.

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"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend."

- Albert Camus

LIFE IS NOT A COMPETITION!

by Anna Krecicki

I am not a competitive person. I don't envy others and am not spiteful. I'm simply happy for other people's achievements. Having a prestigious career, money, and material possessions somehow have never been motivational forces for me. I'm grateful for what I have and I feel content with my life.

Unlike some people, I'm not driven by the thrill of chasing success, power, or wealth. And I don't find enjoyment in trying to outdo others or get a rush from winning. This doesn't mean that I am apathetic or dispassionate, only that I have a preference for finding peaceful solutions, helping others, and working together.

Even when I was a kid, I steered away from competition. I didn't sign up for school contests or tournaments, and I enjoyed letting my friends win when we played cards or board games. This strange dislike of competing followed me into adulthood. I developed somewhat of an aversion to any type of rivalry, not only in my personal but also in my professional life.

I strive to create a peaceful home and work environment and I try to avoid situations where I'd find myself having to cross swords with anyone. I don't feel comfortable in the demanding and competitive world of business where everyone tries to do better or more than the other, stepping on each other to get ahead. To me success means something other than attaining popularity or riches. I believe that the true measure of success in life is not how much money we make or how many cars and houses we own, but how many lives we impact.

I believe that the real empowerment lies in helping and inspiring each other, not in trying to impress or outshine our fellow peers. Each one of us is a unique individual, with different goals, lessons, and potentials, yet we all are connected. Finding and cherishing these connections is what's important, I think, not focusing on the differences that may separate us.

Life is a journey, not a competition. It is a journey where no one is more ahead of you or behind you, where no one is more enlightened or evolved than the other. We are exactly where we are supposed to be. We all are teachers and we are all students at the same time.



Throughout our lives we may compete for attention, for love, for jobs, and for attaining wealth and possessions. Some people believe that competition is healthy; it pushes us to be the best versions of ourselves. I do not share that belief. The urge to compete with one another comes from the ego's need for excitement and control. In order to become the best versions of ourselves, I believe the ego needs to be silenced; we shall be filled with love, and our thoughts and actions shall come from the heart.

If we are able to learn to live from the heart, we will be able to get in touch with our higher selves, our eternal essence. And that is the true goal of spirituality. Spiritual life is not so much about knowing, it is more about loving. It is about opening our hearts and living from the heart to such a degree that eventually there is no such concept in our lives as "others". We all become one.

In every moment of our lives we have a choice – the ego or the heart, dishonesty or truth, anger or joy, hate or love. When we live from the heart, we choose to live in love, happiness, and the truth. We begin to tap into the universal love which surrounds us. This love is the source of everything; it is the fabric that makes up our very existence. When we experience universal love, we understand all aspects of our existence and we see everything in harmony with everything else. This is the natural response of our hearts to the essence of all of life.

11 SIMPLE THINGS

you can do to learn to live from the heart

1. let love guide you

In any situation, look for the response that is peaceful, loving, and free of stress. Put aside your fears and conditioned habits, and let love guide you. Even when things get tense, drop your instant emotional reaction, try to focus on love and to avoid drama.

2. silence your mind

Meditation has long been practiced as a way to achieve calm and inner peace. It is one of the best ways to quiet the mind. With a little practice, you can cut out the 'chatter' and dismiss the thoughts as they enter your mind, one by one, until your mind is a clear slate.

3. move from the mind into the heart space

Stop using your mind to constantly analyze, plan, organize, and figure everything out. As you let go of all of that mind activity, you are able to relax into presence and move into your heart space, where there is no trouble and no resistance, only stillness and love.

4. love yourself

When it comes to love, you are included, too. Be good to yourself, forgive yourself, be honest, and treat yourself well. Live as stress-free a life as possible.

5. live in the now

Spinning stories in your mind about things that have happened in the past and what might happen in the future takes you away from what is right here and right now. When you are stuck in your mind, it is impossible to be fully in touch with the love that is in your heart. Let your attention explore this very moment. Open your senses, open your heart, and live from there.

6. become aware of the oneness of love

Treat others the way you would treat yourself – be loving, understanding, honest, and forgiving to others. When you meet another, you are actually meeting the essence of yourself. When you understand this, love is impossible to deny.

7. don't plan obsessively

In fact, only plan when absolutely necessary. Planning takes place in the mind, and when you realize how little planning you actually need, there is space to recognize that you are alive right now. And in that aliveness, let your heart glow.

8. let go

When you live from the heart, you begin to be very honest with yourself. You may realize that certain situations or people are not in alignment with your highest good. You will see your own tendencies that no longer serve you. Cultivate detachment. Sometimes, the most loving response you can make is a kind but firm "No".

9. honor your personality quirks

As conditioning falls away, your natural gifts and inclinations have space to be expressed. Let your creativity flow in whatever way it wants to. Go where you are guided, learn what you want to learn, enjoy yourself in all your activities.

10. listen to your inner voice

Live from intuition, not logic. Intuition is the voice of the higher self. It is the most objective perspective that there is – which always is in alignment with your highest good.

11. explore your heart space

When you relax away from the ego, from the 'chatter', and from all your conditioned habits, you will discover stillness, a formless space that is clear, open, and inherently loving. Become familiar with this space, as it is the true essence of your existence. Listen and let it guide you.

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

SOURCES OF INSPIRATION:

10 Love-Filled Ways to Live From Your Heart by Gail Brenner
<http://gailbrenner.com/2011/10/10-love-filled-ways-to-live-from-your-heart/>

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HAPPINESS is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. - FRANCESCA REIGLER

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Crystal Therapy: **RHODONITE**

ATTRIBUTES	Compassion, Love
ELEMENT	Fire, Earth
CHAKRA	Heart and Root
MINED IN	Spain, Russia, Mexico, Brazil, Germany, Sweden

RHODONITE nurtures love and encourages the brotherhood of humanity. It helps to balance the emotions and calm impatience. Rhodonite is a very supportive stone that works with the Heart Chakra to attract love and ground negative energies. Rhodonite allows you to see areas in your life that can be improved without criticizing or judging yourself. It can reveal your inner gifts, and bring much-needed love into the world. Rhodonite can also help you remember your soul-purpose of incarnation and facilitate living from the heart. This stone also helps you remember that the best rewards come from serving the highest good.

Rhodonite can assist you in discovering your true passion and learning brand new skills to enhance that passion, if necessary. Rhodonite encourages you to find ways to be of service to humanity and helps to draw in synchronization related to this goal. Rhodonite can enhance power in those who have truly altruistic intentions.

Rhodonite clears, stimulates, and activates the Heart and Root chakras. It is a stone of power that brings strength and vitality to the body and spirit, so that they can support higher vibrations needed for personal evolution.

POSITION

Place or wear as jewelry over the heart to heal emotional wounds. Carrying Rhodonite will help provide support to the Heart Chakra, which in turn will promote the service of the Spirit.

SOURCE:

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

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INTERESTING FACTS

about *Honey*



- Honey never spoils. No need to refrigerate it. Unopened, it can be stored indefinitely at room temperature in a dry cupboard.
- Sealed honey vats found in King Tut's tomb still contained edible honey, despite over 2,000 years beneath the sands.
- Due to the high level of fructose, honey is 25% sweeter than table sugar.
- Honey is created when bees mix plant nectar, a sweet substance secreted by flowers, with their own bee enzymes.
- To make one pound of honey it would take 556 workers and 2 million flowers.
- 50-100 flowers are pollinated during one collection trip.
- About one ounce of honey is all it takes to give the honey bee enough energy to fly around the world (although the farthest they usually fly away from their hive is six miles).
- Honey contains vitamins and antioxidants, but is fat free, cholesterol free, and sodium free.
- Honey has different flavors and colors, depending on the location and kinds of flowers the bees visit. Climatic conditions of the area also influence its flavor and color.
- In the days before biology and botany were understood, people thought it was a special kind of magic that turned flower nectar into honey.
- For years, opera singers have used honey to boost their energy and soothe their throats before performances.
- Honey has the ability to attract and absorb moisture, which makes it remarkably soothing for minor burns and helps to prevent scarring.
- Honey speeds the healing of open wounds and also combats infection.
- As recently as the First World War, honey was being mixed with cod liver oil to dress wounds on the battlefield.
- Queen Anne of England, in the early 1700's, invented a honey and olive oil preparation to keep her hair healthy and lustrous.
- To make honey, bees drop the collected nectar into the honeycomb and then evaporate it by fanning their wings.
- Modern science now acknowledges honey as an anti-microbial agent, which means it deters the growth of certain types of bacteria, yeast, and moulds.
- Honey and beeswax form the basics of many skin creams, lipsticks, and hand lotions.
- Recent studies have proven that athletes who took some honey before and after competing recovered more quickly than those who did not.
- Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.



Photos from
Google Images

SOURCE: kare.co.nz/honey-bees/interesting-facts-about-honey-bees/

HONEY: NATURE'S MIRACLE HEALER

Honey has been used as a medicine for thousands of years. In ancient Egypt, Greece, China, India and countless other cultures, honey has been an invaluable substance for wound care and used as a natural cure for infections and diseases. Early thinkers like Homer, Pythagoras, and Hippocrates mentioned that people should eat honey to preserve their health and vigor.

Today honey is a popular ingredient in many foods, desserts, and skincare products, and is still extensively used as a home remedy for the treatment of wounds, colds, coughs, and allergies.

COLDS & COUGHS

When you are coming down with a cold, you can easily relieve your symptoms by consuming honey. Honey has antioxidant, antibacterial, antiviral, and antimicrobial properties that fight against the virus, bacteria, and fungus to treat the cold and its underlying symptoms. It helps to soothe a sore or scratchy throat naturally and relieves irritation. It boosts the immune system, which reduces the severity of colds and also prevents future colds and other viruses. Take one tablespoon of honey at the first sign of a cold or cough or add honey and lemon juice to tea or warm water.

ALLERGIES

Honey is well known to reduce or eliminate the suffering from seasonal allergies. This effect is essentially because you're pre-exposing yourself to allergens in a contained and controlled manner. Honeybees collect pollen, a.k.a. allergens, and turn that pollen into calorie rich liquid. So when you're consuming that honey you're basically immunizing yourself against what causes your allergies. But you will not get this effect from pasteurized and commercial brands of honey. For true allergy relief you must consume local, raw, unfiltered, totally natural honey.



Photo from Google Images

WOUND CARE

Honey has been used to heal open wounds for thousands of years. It's antibiotic and anti-inflammatory properties are well known. It has also been found to stop necrosis (cell death) in tissue when applied to wounds. Honey can be applied directly to open wounds. It is proven very effective to prevent infections while greatly decreasing the healing time.

ENERGY

Honey is nature's energy booster! It provides a concentrated energy source that helps prevent fatigue and can boost athletic performance. Honey supplies two stages of energy: the glucose in honey is absorbed by the body quickly and gives an immediate energy boost; the fructose is absorbed more slowly providing sustained energy.

NOTE: Honey is a little higher in calories than sugar and should be considered the same as sugar to diabetics and treated cautiously. Pediatricians strongly caution against feeding honey to children under 1 year old, because of the risk of botulism. Honey can contain spores of a bacterium called *Clostridium botulinum*, which can germinate in a baby's immature digestive system and cause infant botulism, a rare but potentially fatal illness.

SOURCES: homeremediesforlife.com/honey-for-cold/
kare.co.nz/honey-bees/interesting-facts-about-honey-bees/
prepcabin.com/2015/09/10/honey-for-wound-healing-natures-miracle-drug/

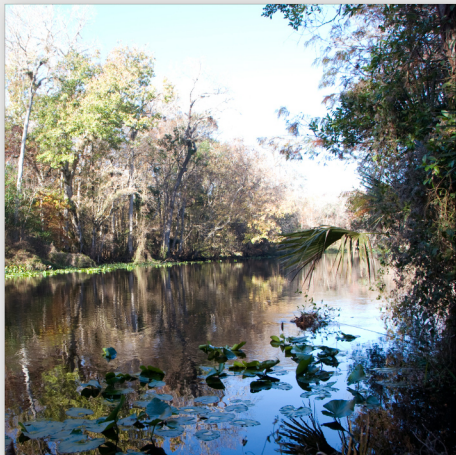
Ocala National Forest



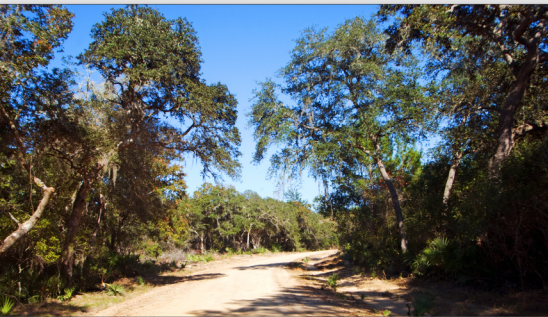
PHOTOGRAPHY BY ANNA KRECICKI

AMAZING PLACES

Near & Far



PHOTOGRAPHY BY ANNA KRECICKI



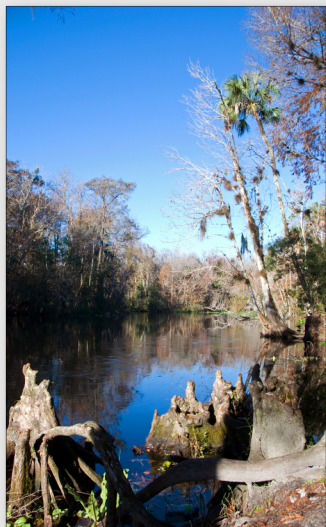
From vast Florida sand pine flatlands and cypress-studded welland prairies to densely wooded oak hammocks and colorful palm-shaded sub-tropical oases, the variety of eco-systems to explore is remarkable. Several cool springs and rivers, as well as hundreds of lakes and ponds are accessible to visitors in the Ocala National Forest.

OCALA NATIONAL FOREST, established in 1908, is the second largest nationally protected forest in Florida. Located just three miles east of Ocala, it is one of Central Florida's last remaining traces of forested land.

Encompassing more than 600 square miles, the Ocala National Forest offers a variety of landscapes, wildlife, and lots of adventure. You can ramble the forest roads backcountry style, stop anywhere and take a hike, camp in the deep woods, fish, or paddle a spring run, a lake or a river.

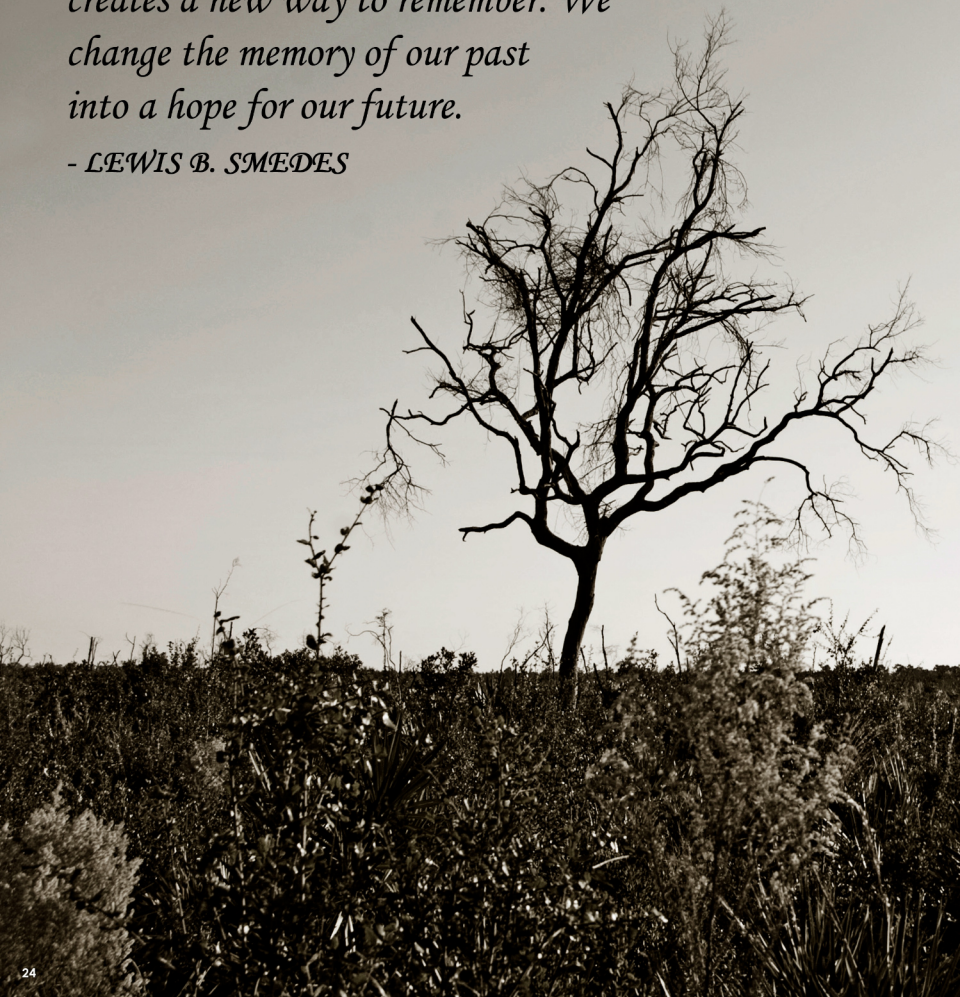
The Ocala National Forest is a mecca for hikers as it is the birthplace of the Florida Trail.

SOURCE: en.wikipedia.org/wiki/Ocala_National_Forest



Forgiving does not erase the bitter past.
A healed memory is not a deleted memory.
Instead, forgiving what we cannot forget
creates a new way to remember. We
change the memory of our past
into a hope for our future.

- LEWIS B. SMEDES



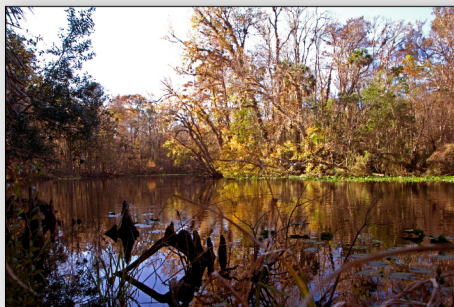
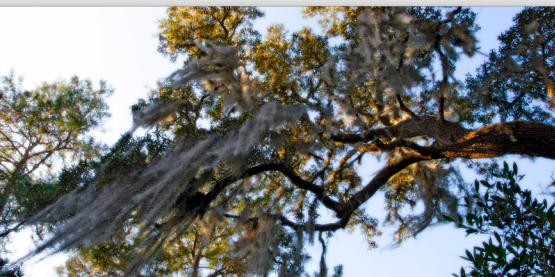
Forgive

A black and white photograph of a large, leafless tree standing in a field of tall grasses under a pale sky. The tree is the central focus, with its intricate branches reaching out against the light background. The foreground is filled with dense, textured grasses, and the horizon line is visible in the distance.

Forgiveness
simply means
loving someone
enough to
pursue healing
instead of
punishment
when they have
wronged you.

– DAVE WILLIS

PHOTOGRAPHY BY ANNA KRECICKI



GRATITUDE is not only the greatest of virtues, but the parent of all the others.

- CICERO

PHOTOGRAPHY BY ANNA KRECICKI





PHOTOGRAPHY BY ANNA KRECICKI



Judging is preventing us from **understanding** a new truth. Free yourself from the rules of old judgments and create the space for new understanding.

– STEVE MARABOLI

PHOTOGRAPHY BY ANNA KRECICKI



Essential Oil for April/May: *Rose*

by Bethanny Gonzalez, Certified Aromatherapist

(*Rosa bourbonca*)

Roses are widely considered the most beautiful flowers in the world. The flower is an integral part of many legends, myths, stories, and legacies. With its varied colors, incomparable fragrance and range of shapes and sizes, you can find one for every mood and occasion. Rose essential oil is extracted by steam distillation of the rose plant. This oil is widely used in aromatherapy for its ability to invoke positive thoughts, spiritual relaxation, and feelings of joy, happiness, and hope. Besides its well-known emotional and psychological effects, rose essential oil has many health benefits as well.

AROMA: Sweet-floral, rich, deep, slightly spicy scent

PROPERTIES: Antidepressant, antiseptic, antispasmodic, antiviral, aphrodisiac, astringent, tonic of the heart and nervous system

ELEMENT: Water

PLANET: Venus

CHAKRA: Sacral, Heart, Third Eye and Crown

GENDER: Feminine

SPIRITUAL ASPECTS: Healing, Love, Protection, Contentment, Happiness, Patience

BENEFITS FOR MASSAGE & SKIN CARE

- Popular in skincare for its rejuvenating and anti-aging properties
- Makes scars and after marks of acne and pox fade quickly
- Strengthens gums and hair roots, while toning and lifting the skin
- Beneficial for broken capillaries and dry, mature skin
- Reduces spasm in back muscles

HEALTH BENEFITS

- Reduces high fever and calms inflammation
- Helps protect wounds from becoming septic and developing infections
- Relieves muscle spasms and cramps, as well as spasms in the respiratory system and intestines
- Protects against many different types of viral infections
- Purifies the blood by helping in the removal and neutralization of toxins
- Speeds up clotting of the blood and stops excessive bleeding
- Promotes circulation and reduces blood pressure

EMOTIONAL USES

- Boosts self esteem, confidence, and mental strength
- Helps relieve anxiety and fight depression
- Reduces stress and relaxes the nerves
- Invokes positive thinking, happiness, and hope
- Helps to open your heart and receive love
- Brings forth romantic feelings and emotional comfort

SPIRITUAL USES

- Useful in spiritual/energy work as it has the ability to raise your vibration
- Has the highest healing frequency of all oils (380 Hz) according to some scientist
- Brings forth unconditional love, comfort, and harmony

NOTE: It can eliminate headaches if used in mild concentrations, but its strong aroma can do just the opposite if a very high concentration is used.

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

RECIPE

Raise Your Vibration Massage Blend

- 4 oz. Jojoba Oil
- 7 drops Rose Essential Oil
- 3 drops Patchouli Essential Oil
- 3 drops Sweet Orange Essential Oil
- 1 drop Geranium Essential Oil

Blend oils together. Massage into skin.

Photos from Google Images

With Love and Light,
Bethanny
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This Essential Oil can be purchased locally.
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*I am
deeply
loved,
I am
divinely
blessed,
I am my
own sacred
Light,
I honor the
Goddess
within.*

Honoring the Goddess within

by Beth Brown-Rinella

The word "Goddess" brings different ideas to everyone. For some, the Goddess may evoke images of mythical deities, like Aphrodite, Pele, Lakshmi, Diana or Isis. For others, it may be screen goddesses, such as Sophia Loren, Marilyn Monroe or Angelina Jolie, or some other feminine idol. For me, the Goddess is very personal. The Goddess in my heart has MY face, MY ideals, and holds MY power.

The Goddess is a creative force and a strength that takes on many forms. It is a feminine energy that can be drawn from at any time, by everyone. The Goddess is right there next to God. She is the feminine version of the Source. She carries the softer, maternal energies and creates the balance that we all need. The Goddess is also a warrior energy that will not put up with nonsense. The Goddess energy is all that you need to help move you through life's challenges.

It's an energy that says, "You go for it! What's stopping you, but you? Don't be afraid to take chances!" It's a strength that doesn't allow for abuse, belittling words, gossip, and unkindness. It is a vibration that brings forth ethics, right living, and taking the high road. It is like a pool from which we can drink and pull strength, power, and nurturing whenever we feel put down by life or someone else. This Goddess energy is available at all times, by everyone – male and female – whenever it is needed.

When you need a bit of Goddess energy, meditate, dance, sing out loud, write in a journal, ask for assistance through prayer, or take a long walk. All of these activities can make you feel better. They may not solve your problem, but they can offer you clarity, insight, or an open space to draw in what you need. The Goddess energy is an opening to energies readily available to you.

I feel that simply by thinking about how the Goddess resides within me, I get clearer information. It's as if I am mentally walking on a road with a fork and the path to the left is the Goddess path, the path to the right is where I have been stuck. If I go to the left, answers come easily and will make sense. If I stay on the road I was already on, the situation stays muddled, unclear, stagnant, and stuck.

After so many years of walking in this way, the choice becomes easy.

The Goddess force is so present, so alive in our energies when we awaken her and invite her to come and stand with us in this life, that we find our path to be clearer, more potent, and more meaningful.

To awaken the Goddess in you or to spend meaningful time allowing the energies of the Goddess to pour through you is very simple. You can set up an altar with a Goddess statue, flowers, candles, anointing water or essential oils. These will help you to focus on calling in the Goddess. Spend time in meditation, getting centered and balanced. It doesn't take long as she isn't far. In truth, she is within you: you *are* Goddess. Not 'a' goddess, simply Goddess.

Another wonderful way to connect with the Goddess energy is through oracle cards. These differ from Tarot cards in that each oracle card has a message written on it. You can select a Goddess deck (there are many to choose from) and pull a card each day with a message from Goddess to you. Place the card on your altar or a special place where you will see it throughout your day. Know that the messages are usually spot on for what you have going on in your life. They are a daily source of fun and awe.

Bring the Goddess into your daily life. Draw from her strength, power, and wisdom. Know that you hold these energies within you. Honor them and feel honored by them. You are Goddess!

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.*



Eat Dirt! - with a Mud Pie for Dessert

by Carol Glassman



"You are what you eat"; the famous phrase by Anthelme Brillat-Savarin, has been used often since 1826 ("Dis-moi ce que tu manges, je te dirai ce que tu es" - literally from the French, "Tell me what you eat and I will tell you what you are"). It's a frightening thought when you think of some of the things we ingest. I'm not just referring to fried grasshoppers, roasted roaches, ants, worms and other creepy crawlies, but think of the bottom feeders such as halibut, flounder, eels, bass, grouper, snapper, catfish and shark, or scavengers such as shrimp, or frogs' legs. Add to these, tasty dishes like brains, eyeballs, stomach linings and intestines, and other cooked delectable parts of animals' and amphibians' bodies. Where will it end? Read on --

Trust me, I am not here to sell you on a vegetarian diet, but to tell you of a newer food trend - and by the way, a vegan might love it.

I recently was made aware of a Parisian restaurant called Le Plat Sal (the dirty plate) owned and operated by Chefs Solange and Gael Gregoire. While plugged into my usual Saturday morning dose of National Public Radio, host Scott Simon was rhapsodizing about this new way of cooking. I wonder if it would be a challenge to those 'greasy spoons' or 'greasy sleeves' to which I have been subjected in the past? They didn't look terribly appetizing either outside or in, but the food was magic.

The style of food in Paris known as *Veritable Cuisine du Terroir* (Real Food from the Earth) makes Le Plat Sal currently one of Paris' hottest places to dine. I suppose I shouldn't knock it until I try it, and I have tried a lot of unusual dishes in my day; but somehow I think hell will freeze over before I sit down to a meal of cooked rocks (artisanal or not) dirt, and mud, washed down with wine made from sewer water.

The main ingredient of one of the restaurant's most popular soups, Ile de Cité, is nuggets of doggie 'ordure' which, the French chefs scoff, wasteful, spendthrift Americans throw away. Mmmm good! (Are you gagging yet?)

Deux Lorraine, is a sweetish, gran-colored stew made of water from a river drainage basin.

Scoff away, I say, pretty soon we'll be sending them some of the earth from adjacent pig pens and cattle barns as well as fertilized fields, and we will be told how picky and nervous we Americans are for shunning these natural foods. They make genetically altered foods look rather appealing!

But wait a minute: the French chefs are not the only ones enamored of this cuisine - it has been adopted by some American chefs as well, who claim eating dirt has been around for years and "adding chunks from Wrigley Field" can make a stew really tasty. I guess all those expectorating shortstops really add flavor.

The New York entrepreneur who started The Shake Shack is rumored to be opening a chain named Rock and Roll.

Some years ago a restaurant in Tokyo, Japan offered dirt meals for \$110 per adventurous person. The menu included a potato starch and dirt soup, salad with dirt dressing, dirt risotto with sautéed sea bass and dirt ice cream with dirt gratin for dessert. The meal was described as delicious but the restaurant confessed it used not just any old soil but the best dirt on earth, bought from a company that makes organic compost with coconut husks imported from India and Sri Lanka, strictly testing products for safety. That almost sounds like cheating. Instead of using the pebbles from a Parisian street that almost sounds like cheating!

Geophagy, the scientific name for eating dirt or clay, has been around for centuries and although some may feel it's useful in strengthening the immune system other experts neither agree nor recommend the practice.

In America's deep South, there is a belt of white clay (kaolin) running through the state of Georgia. It has been reported that some convenience stores sell small chunks of it for snacks, as it has a low sand content and is smoother and 'healthier' to eat than dirt. Apparently pregnant women exhibit an appetite for this kind of "sand-lapping".

'Eat White Dirt', a film addressing this phenomenon, treats the eating of kaolin in a matter-of-fact manner, pointing out that if you have ever taken Kaopectate for a stomach ailment, you have also inadvertently had a dose of white clay. The film maker said the purpose of making the film was to help people understand sand-lapping and to remove the stigma.

It makes one wonder if it is the desire to be really different or truly creative, which produces these trends. My impulse is to call them 'bizarre', but that might indicate that I have a closed mind (to go with my closed mouth) when it comes to experimenting with drastically new foods. Heaven forbid!

I can hope that global warming will not cause hell to freeze over in my lifetime, or I can simply invite these adventurous chefs to visit my house and garner ingredients from around my mailbox, where thoughtless neighbors walking their pooches refuse to stoop and scoop.

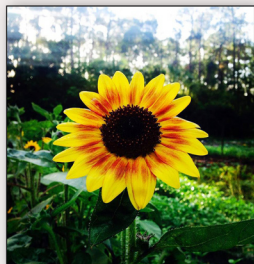


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Project NatureConnect:

Reclaiming and Restoring Our Connection to Nature

by Janet Weisberg



*M*y name is Janet and Earth is my other body! Curious? To understand why I can make this statement please read on.

Trained as a Traumatologist, for years I have continuously searched for a simple, peaceful, and available solution to our dramas and traumas on the global, local, and personal stages. Several years ago I asked myself a very important question: "Is it normal for my awareness to be out of contact with the immediate moment of my life, and where am I if not in the *now*?" I shockingly realized that I was spending most of my waking and sleeping time in the past or in the future. So the obvious next question was: "Why?"

We all have stories and dreams but most of the time they remain a painful distraction and we become resigned to the outcomes. The past holds our perceptions and beliefs (our stories) and the future holds our dreams. We seem to somehow feel rewarded for this addiction to limited stories and prayerful dreams. The tragedy is that we are not really living and I wanted to LIVE! And so did everyone else I knew. The answers came flooding through as I restored and reconnected to the present moment – which is where life thrives. It was simple, yet foreign.

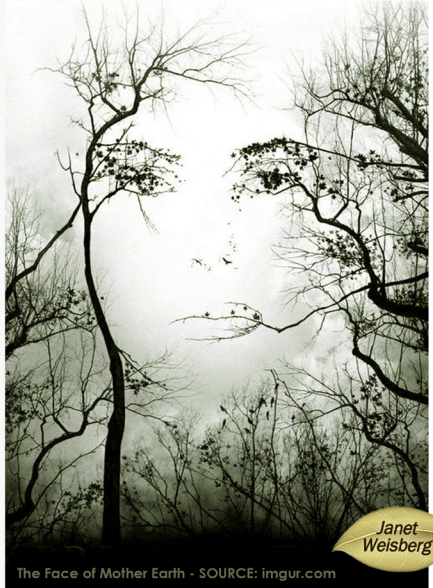
Why didn't I know about Earth's real flow that supports all life? I've come to learn that this undeniably valuable information was diminished by the paradigm we collectively entered and so we lost our way. The reasons are sad, however, knowing the importance of our reclaiming and restoring its value is so exciting and life affirming! It is Earth's nature to restore balance where there is none!

My personal declaration is that I am actively grateful to be living, enjoying, growing, and sharing my reconnection to Nature by following my natural attractions daily which are sensory by nature. I know that Earth supports, balances, and sustains all life without judgment. As part of Nature I'm sustained the same way if connected. Otherwise, I flounder with the rest of humanity, still living out traumas and dramas. The disconnected outcome is that we feel like visitors on this beautiful planet, living without the benefit of our 54 natural, self evident senses which are our inheritance.

“ There will be no peace until we make peace with Earth.”

OFFERINGS:

- **Give the Gift of Life!** Life-giving opportunities can make a real difference. Several flexible options to choose from. One is a ten-week interaction that provides a life-changing experience reestablishing the recipients' senses of Love, Support, Balance, and Reconnection. Call for details and to schedule.
- **Private Sessions, Family Sessions and Reconnection Parties** are powerful and playful ways to learn with loved ones, friends, and co-workers. Call for details and to schedule
- **Formal Orientation and Advanced Courses:** Maximum 10, minimum 6. Locations vary weekly as we meet in natural settings. Call for details and to schedule.



The powerful truth I learned is that only in the now is Nature available and are our natural senses active, including our senses of reason and consciousness. In addition, only in the now can we make changes.

The July 4th, 2012 confirmation of the identity and role of the Higgs Boson God particle was discovered by physicists at the European Organization for Nuclear Research laboratory in Switzerland. The Higgs Boson was identified as the fundamental natural attraction 'clumping' energy in the Big Bang of 14 billion years ago. Without the Boson attraction energy net things cannot hold together and be things from atoms to galaxies.

Life (matter) is sustained by natural attractions! The reason we suffer today from things coming apart is because we overlook the natural attraction bonds that we desperately need for unification.

TESTIMONIALS

"Janet was my Project NatureConnect Orientation Course teacher this summer, but is a mentor in life. Janet worked with me privately for ten weeks, sharing, experiencing, and giving. I was able to share and recover words that seemed to have been covered in a layer of dust. I knew what they were, however to communicate with someone openly and for Janet to receive so graciously, was immeasurable. When it came down to it, in true PNC fashion, the words did not matter, the expression and awareness did. Being able to be with Janet on an individual basis was community because of the quality connectedness we were able to share with life thriving around us."

- Mary Jane Nardulli, Private Client

"Nature holds a very magical healing balm for us to heal. When you are in the attraction all sense of time is gone. Stress reduces, our soul essences dances, our inner self soars, a greater sense of self esteem and so many more. Most importantly the means to thoughtfully obtain nonverbal information from nature that beneficially modifies destructive stories we carry."

- Lira Bennett, Pink Ribbon Restoration Yoga Teacher

"Project NatureConnect has given me another language in counseling to facilitate the healing process by coming back to the sensorial experience in nature, to mindfully, in the moment to moment experience with nature, allow self-healing and natural mechanisms to take over by bringing us back to balance. Nature's presence is what heals, its life force which is what we have been disconnected and separated from. The Earth and the body both can repair themselves if we only let them without interfering with our fragmented thoughts, fear and desire to control."

- Ivette Gomez, Psychotherapist

ABOUT JANET WEISBERG

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

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

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



Is Your Cook Goosed?

A Cookbook for Everyone

by Carol Glassman

This could be a very dangerous year. I was looking through cookbooks, some new and some old, when a few titles caught my eye. The danger is dual: not only do I have an extra large collection of cookbooks, but I also tend to use them. Let me be more specific: I read them like novels when about to prepare a meal, canvassing several, taking the best from each, and then concocting my own version. On most occasions the results might be edible!

I'm immediately attracted to books about cooking Duck. That doesn't mean, "Duck, I'm cooking."

I like Duck Salad, but the last one I made inadvertently became Smoked Duck Salad. I intended to serve it for a large dinner party, before the main course, on New Year's Eve. I fired up the barbecue, performed all the necessary functions, put the duck on the grill as usual, set a pan of water beneath to catch the grease, put the lid on, and went to finish preparations.

I noticed odd puffs of black smoke coming from the barbecue. It was windier and cooler than usual but this shouldn't have affected my duck's progress – I didn't think. When I checked, the thermometer was correct but the thick black smoke pouring out the tiny air vent was daunting. Even though the lid should be left in place during cooking, I took a chance and peeked: there lay an ebony blackened duck. It still had another hour to cook – what should I do? (Run and buy one precooked?) "Leave it," my cooking intuition said. "It's raw inside."

Reluctantly, I left it. When enough time had passed, I retrieved my black ball of duck and stared at it. When it was cool I debated giving it a bath or ditching it. No, more stringent measures were in order. I 'peeled' it. Amazingly enough, the inside (where I didn't touch it with char-stained fingers) was pure white. Thus encouraged, I tasted a small sample. It was enough to make me wonder: could I char the duck like this each time? The salad was a roaring success. Only my trash can full of black duck skin knew the truth.

In the Land of Make Reservations for Dinner, there are several books encouraging 'Rotisserie Chickens to the Rescue'. That should be a hit. Just think about what can be done with a pre-cooked bird, as long as you don't try to pass it off as your own. There is no more recognizable flavor than a chicken from the supermarket or local delicatessen. In my opinion, roasting the hen is the easiest part. Now you get to prepare, slice and dice, and add all the other ingredients.

When I was young, my Dad conducted weekly marketing trips when we all piled into the car for visits to the butcher, the baker, the dairy, the fish market, and the poultry man. We visited a local green grocer more often and supermarkets were only for boxed items and cleaning supplies.

As much as I loved to eat chicken, I detested the place where we bought them. The unlucky fowl were caged in a storefront with no heat and a wooden floor covered with sawdust. After the customer chose his chickens, one swarthy fellow grabbed them by the feet and hauled them squawking to the rear lane where he performed his ritual. Thank goodness he removed most of the feathers before he returned to the back room where he lit a hand burner of some sort (a welding torch?) and singed the pinfeathers. When we got home, the chickens were still warm to the touch. We all knew the ceremony. Dad spread out the newspapers and proceeded to 'clean the chickens' while we took lessons in poultry anatomy. Patiently he named each part he removed and commented on its condition and function. It's a wonder we didn't become vegetarians! Nothing was wasted, from the tiny undeveloped eggs to liver, stomach and the feet, which we fought over once they were cooked in soup.

The first time I, as a newlywed, brought home a supermarket chicken and got ready to clean it before roasting, I was convinced I had been swindled. In agitation, I called my mother, reporting the 'missing parts'. "Not everyone is as loony as your father," she said. "Most people buy chickens that are already clean."

How hard is it to roast a chicken? I guess the success of books like these will depend on the need not to prepare food from scratch.

Were you hooked on Fudge Ribbon Pie, Apple Dumplings, Cabbage Rolls, or New England Boiled Dinner? (I don't think I could lick my lips over the last one!) There are books of 'Endangered Recipes – Too Good to be Forgotten' that may remind you of all the comfort foods you grew up with, but tossed aside for low fat, gluten/dairy free, no sugar/carb, no taste diets. No wonder we're so stressed!

Do you like to dish the dirt along with a meal? You might have an appetite for 'Dishing Hollywood', cookbooks that retell Tinsel Town Tales and scandals, with a recipe for each one. You may read about Gary Cooper's (whose?) numerous affairs and prowess while enjoying a plate full of his famous griddlecakes.

With shelves full of books, I might as well let my imagination take over and be intrigued by titles like, 'Slow Cookers Do It In The Kitchen', '101 Things to Do With A Cake Mix', and 'How to Make Love and Dinner at the Same Time'. A book like 'Dinner at Buckingham Palace: A Unique Collection of Recipes, Anecdotes and Tastes of the Royal Household' wouldn't get my second glance.

So many choices – so few good cooks. You can lead people to cookbooks, but that won't make them chefs.



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16 ♀ _R X EASTER PASSOVER	17 ♀ _R X PASSOVER	18 ♀ _R X PASSOVER ENDS	19 ♀ _R X	20 ♀ _R X	21 ♀ _R X	22 ♀ _R X EARTH DAY Lyrids Meteor Shower
23 ♀ _R X Lyrids Meteor Shower	24 ♀ _R X	25 ♀ _R X	26 ♀ _R X ● NEW MOON	27 ♀ _R X	28 ♀ _R X ARBOR DAY	29 ♀ _R X CHINESE NEW YEAR
30 ♀ _R X	SOURCE: www.seasky.org/astrology/astrology-calendar-current.html www.mindbodygreen.com , www.Earthsky.org , cfaastrology.com/mercuryretrograde.html www.manspurpose.com , www.wincalendar.com					

April 11 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 06:08 UTC. This full moon was known by early Native American tribes as the Full Pink Moon because it marked the appearance of the moss pink, which is one of the first spring flowers. This moon has also been known as the Sprouting Grass Moon, and the Growing Moon.

METAPHYSICAL ASPECTS

Since the full moon pours down a tremendous amount of energy, you must be in a calm state of mind to receive a positive effect. Remember that whatever is going on in your body, mind and spirit will be amplified. Refrain from arguing and getting angry. Think positive thoughts. Envision your dreams manifesting. 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.

April 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 12:17 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.

April 9 - May 3 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 approx. three 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

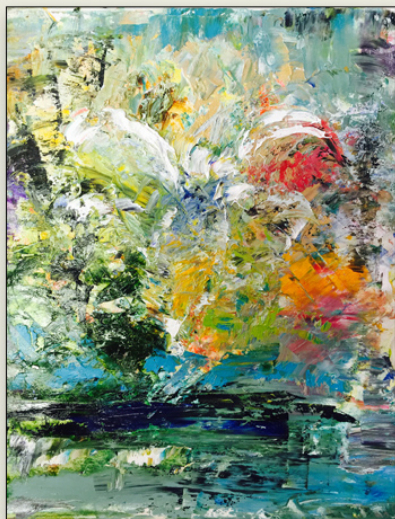
Although it may only be an illusion in the skies, many of us insist that Mercury in retrograde influences our everyday life tremendously. In Astrology, the planet Mercury has rulership over such things as communication, negotiating, buying & selling, information, formal contracts, documents, travel, 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

INTO *the* FUTURE

with **Andrea Beloff**

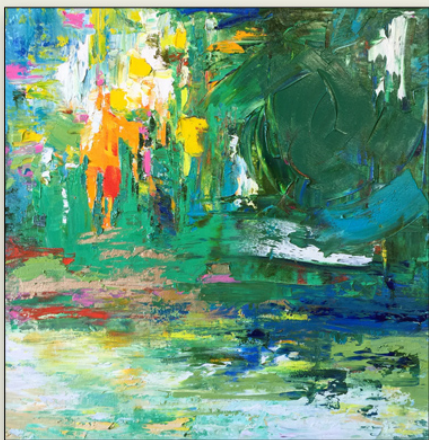
Into the Future is an oil painting that reflects a new path that was divinely chosen for me. I went thru a period of being renewed and molded for a purpose that I would later come to understand. Since so many Angels surfaced during the new oil painting direction, I felt I was being revealed something that now I must share. I am writing a book about the Angels. It is my intention to give my audience a deeper understanding of how Angels reveal the greatness of God's love and also his plan for us as is written in the Bible. This invisible world has been an artistic revelation and their purpose and functions as Servants of the Lord are expressed in the Painting Angel Collection. I will touch on as much as God has revealed about his Angels in the Word and now in painting! It is valuable information worth sharing.

The Angel that accompanies this particular art, which asks specifically for divine direction for my life is *The Guiding Angel*.



The Guiding Angel by Andrea Beloff - Oil on canvas

I welcome you to experience the Angels through the Painting Angel Collection at my Studio/Gallery, or at the ART Gallery Collective at the Vanderbilt Shoppes, and also through my website: www.andreabeloff.com.



Into The Future by Andrea Beloff - Oil on canvas (20" x 20")

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

Artist | Teacher | Writer

Studio | Gallery

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See website for available classes.

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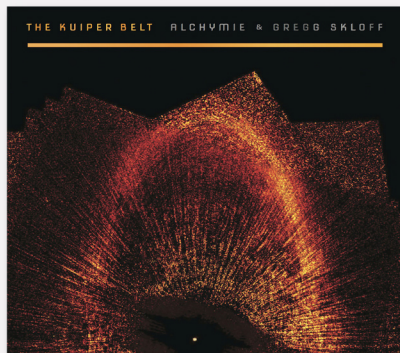
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Grandma's HOME REMEDIES



When suffering from an annoying minor health issue, such as a cold or sunburn, we often overlook the simplest yet incredibly effective home remedies and completely natural solutions. Who could provide the most effective home remedies for all kinds of ailments? Our dear grandmothers, of course!

HICCUPS

Swallow 1 to 2 teaspoons of sugar. The dry granules stimulate and reset the irritated nerve that is causing the spasms of the diaphragm. Any coarse substance, such as salt, can work in a pinch.

FEVER

A cold compress on the forehead can help bring a fever down. Just soak a face cloth in cold water and put it on the forehead or under your armpits.

For a high fever (above 102°F), take a tepid bath or a cold shower, which simply cools the body to match the water temperature. Bathe or shower until your temperature decreases to 101° to 102°F.

Sip linden flower tea. It works in two ways: It stimulates the hypothalamus to better control your temperature, and it dilates blood vessels, inducing sweating. Steep 1 tablespoon of dried herb (available in health food stores) in a cup of hot water for 15 minutes, then sip. Drink three to four cups a day. If you still run hot after a day of sipping tea, seek medical attention.

CHAPPED LIPS

Rub on olive oil two or three times a day to soothe, soften, and lubricate. Your lips will feel immediately better, but it will take a few days before they start to heal on their own. Some research suggests that applying extra virgin olive oil to skin after sunbathing may help prevent skin cancer.

STIFF NECK

A stiff neck results from slowed circulation and lymph flow to muscle tissues. Use contrast hydrotherapy—a quick blast of hot, then cold water—to get the blood pumping again. In the shower, first run hot water over your neck for 20 seconds to increase blood flow, then switch to cold for 10 seconds to constrict blood flow. Alternate three times, always ending with cold.

INSOMNIA

Before bedtime, eat a handful of cherries (or drink tart cherry juice), which scientists discovered are jam-packed with melatonin, the same hormone created by your body to regulate sleep patterns. Then steep yourself in a hot bath to relax your muscles and your mind. Sprinkle a few drops of Lavender essential oil on your pillow – the fragrance induces sleepiness.

STAINED TEETH

Crush a few fresh strawberries into a scrubbing pulp and then mix in a pinch of stain-removing baking soda and enough water to make a paste. Apply the mixture to a soft-bristled toothbrush and polish for a few minutes once every 3 or 4 months. (More often can erode tooth enamel.) The astringent malic acid in strawberries helps buff coffee and red-wine stains from teeth.

PUFFY, TIRED EYES

Black tea is chock-full of astringent compounds called tannins that can help deflate and tighten the bags under your eyes. Dip two tea bags in a cup of hot water for several minutes. Let them cool off, and then apply one bag to each (closed) eye as a compress for 10 minutes.

DRY, ITCHY SKIN

Oatmeal is an excellent moisturizer and has anti-inflammatory properties for itchy skin conditions. Put whole oats in a clean, dry sock. Seal the open end with a rubber band, and then drop the sock into a warm or hot bath. Soak yourself for 15 to 20 minutes.

HEADACHE

Peppermint contains menthol that helps open up clogged blood vessels that cause headaches. It also has calming and soothing effects. Mix three drops of peppermint essential oil and 3 drops of Lavender essential oil in one tablespoon of olive oil. Massage your forehead and temples with it.

NAUSEA

Douse a cotton makeup pad with isopropyl alcohol, hold it up to your nose, and take a few deep breaths (no more than three in a 10-minute period). According to a recent study, emergency room patients who inhaled the isopropyl alcohol-saturated pads saw a 50% reduction in nausea, compared with patients who sniffed pads doused in saline solution. Fresh Ginger is an effective remedy if you suffer from nausea. Put a few slices of ginger in a mug and pour boiling water over them. Let the ginger steep in the mug for about 3-5 minutes. You may wish to add a little bit of honey or brown sugar to make the infusion even tastier.

MENSTRUAL CRAMPS

Take 1/2 to 1 teaspoon of crampbark tincture every 2 hours on the days of your worst cramps. Test-tube studies show that this North American plant works as a muscle relaxant to quickly relieve painful spasms.

SOURCE: www.prevention.com/health/natural-home-remedies



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KUNZITE

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KUNZITE is a highly spiritual stone, connecting to the source of unconditional love, producing loving thought and action. This crystal centers the holder, projecting a sense of inner peace. Kunzite is a high vibrational stone and can be used to go into a deep, meditative state. It enhances creativity and self-expression. Kunzite can help fight depression and anxiety.

Kunzite is a stone of romantic love. It's said to be helpful for communication of love when you are nervous, as well as for healing heartaches. It is also a stone of self-love, promoting humility and self-tolerance. Kunzite can strengthen and cleanse the aura, and clear negative energy from a room or environment. It activates the Heart Chakra and aligns it with the Throat and Third Eye Chakras to support loving communication.

Kunzite can help those who are focused on the outside world, to become more introspective and contemplative. This crystal can be used for releasing energy blockages and increasing acceptance of love. Kunzite dispels negativity and removes emotional baggage, replacing the void with Divine Love.

POSITION

Hold or place as appropriate. Wear as a pendant over the heart or use as an elixir. Holding Kunzite over the Solar Plexus Chakra can help alleviate panic.

NOTE: Sunlight causes Kunzite to fade.

SOURCE:

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

*"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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**NAPLES ART
DISTRICT**

Art Alive



1st Wednesday Naples Art District Studio and Gallery Tours will be held **April 5, 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 for directions. Like us on FB!



1st Wednesday Naples Art District Studio and Gallery Tours will be held **May 3, 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.

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