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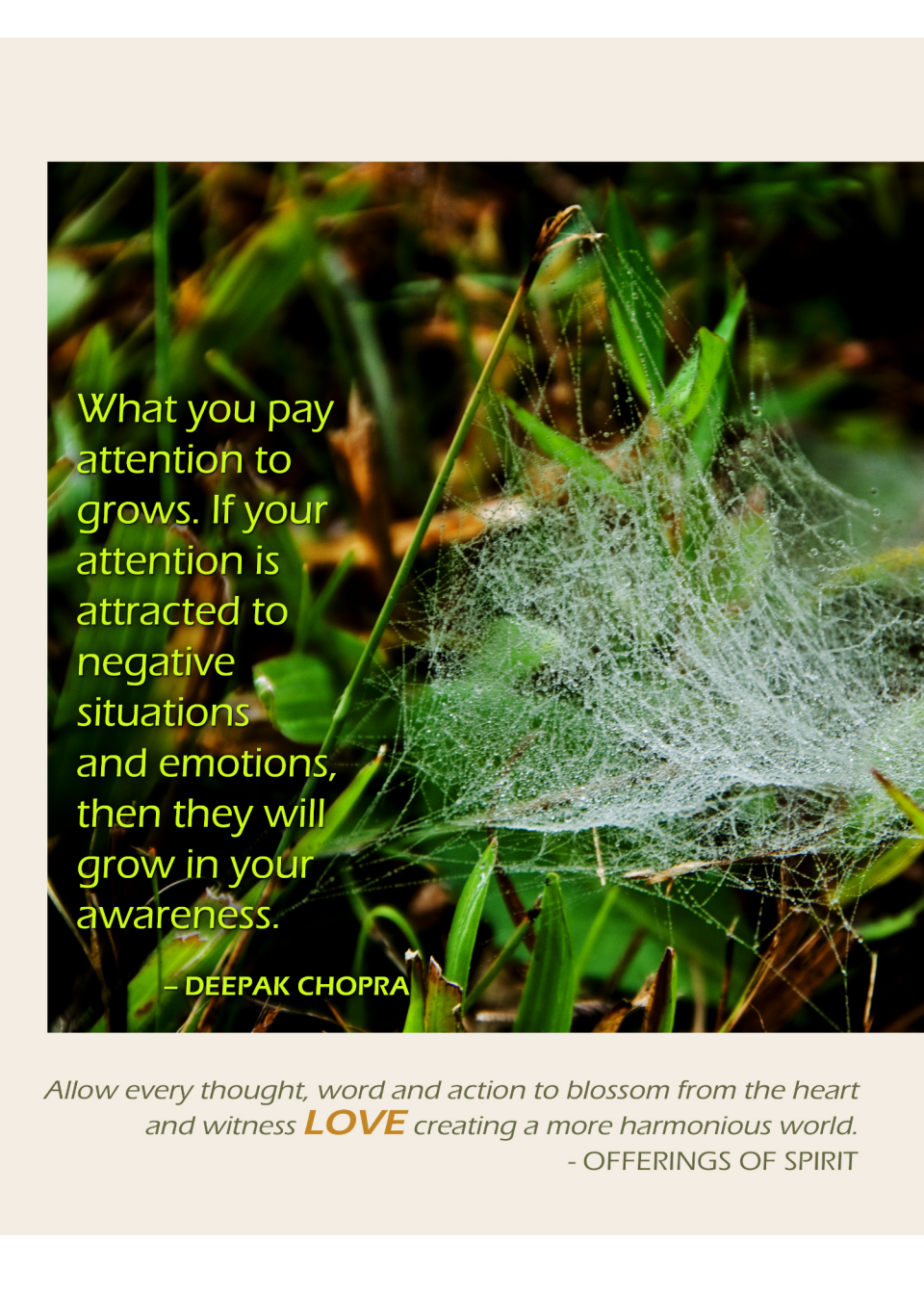
SW Florida Edition

FREE

MARCH 2017

Lotus
magazine

INSPIRATIONS FOR CONSCIOUS LIVING



What you pay attention to grows. If your attention is attracted to negative situations and emotions, then they will grow in your awareness.

- DEEPAK CHOPRA

*Allow every thought, word and action to blossom from the heart and witness **LOVE** creating a more harmonious world.*

- OFFERINGS OF SPIRIT



PHOTOGRAPHY BY ANNA KRECICKI

Consider the *advice* of your elders. Not because they are always right, but because of the wisdom they have gained from being wrong.

– ANONYMOUS

WISDOM *for* MARCH

The Shaman's Whispers

When I am dead, cry for me a little. Think of me sometimes, but not too much. It is not good for you to allow your thoughts to dwell too long on the dead. Think of me now and again as I was in life, at some moment which is pleasant to recall, but not for long. Leave me in peace as I shall leave you, too, in peace. While you live, let your thoughts be with the living.



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

This month's wisdom is based on the teachings of the Yahi.



If the people
we **love** are
stolen from
us, the way
to have them
live on is to
never stop
loving them.

- JAMES O'BARR



PHOTOGRAPHY BY PETER GERESDI



PHOTOGRAPHY BY PETER GERESDI

Peter
Geresdi



"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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MARCH



NOTE *from the Editor*

One of my strongest qualities – and perhaps one of my most annoying ones – is that I am quite stubborn. I don't give up easily. Because of that, I tend to over-commit and push myself a little too far. As a consequence, I find myself burnt out at times. That being said, I am in a desperate need of a break. I decided that I am going to put a hold on White Lotus Magazine for a little while. After the next issue I will have to take a short sabbatical.

During a well-needed break I will also restructure the publishing of the magazine. The constant deadlines, the month-to-month publication schedules, and having to rely on advertisers for the printing cost every month put too much pressure on me and created stressful circumstances for an otherwise joyful journey. I aim to cut stress out of my life, not invite it in.

One thing I feel strongly about is that after the April 2017 Issue, White Lotus Magazine will no longer be a monthly publication. Following a break, I'd like to find a way to continue with the magazine without the constant financial and mental pressures. In order to stop depending on advertising fees and contributions for the printing month after month, I am considering a more relaxed printing schedule, or going online entirely and creating only a digital version of the magazine that our readers can download to their computers or mobile devices to view.

I'd like 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.

- *Anna Krecicki*

COVER PHOTO
BY ANNA KRECICKI



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ANIMAL SPIRIT GUIDE OF THE MONTH: *Eagle*



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.

The eagle is seen by many cultures as a symbol of courage, vision, strength, healing, freedom, and endurance. American Indians believe the eagle to be a sacred messenger, carrying our prayers on its wings to the Creator and returning with gifts and visions for the people. Eagle feathers assist medicine people/shamans in connecting with Spirit for healing. They are deemed the most sacred healing tools, a symbol of power, healing, and wisdom.

Humans have for long been inspired by the sight of eagles soaring high in the sky. In ancient Greece the eagle was associated with Zeus, who according to myth, sometimes shape-shifted into an eagle so he could hurl his lightning bolts. In some Native American belief systems the eagle symbolizes the Thunderbird (lightning and thunder), associated with great power and glory.

If Eagle shows up in your life:

- It may be time to reconnect with your spiritual path.
- You may be encouraged to listen and heed your spiritual directives as well as your heart, and to allow them to lead the way for you.
- Higher powers may be communicating with you, so listen carefully to your intuition.
- You may be reminded that when you stop resisting and start flowing with life, all the doors will open and the directions you need to follow will be made clear. Like a beacon, your heart will follow the light.

If Eagle is your Animal Spirit Guide:

- You are most likely a very lively and interesting companion.
- As you soar to spiritual awareness, you always remain well grounded in reality.
- You have an intuitive and creative spirit.
- You are guided by great power and balance in all dimensions to achieve inner growth.
- You have respect for the boundaries and grace achieved through knowledge and hard work.

Ask Eagle's assistance when:

- You need help seeing the big picture.
- You long for freedom, balance, strength, clarity, and patience.
- You wish to connect with spirit guides, teachers, and higher truths.
- You struggle with rising above the material to see the spiritual.

Did you know?

Bald eagles can fly to an altitude of 10,000 feet. During level flight, they can achieve speeds of about 30 to 35 mph.

SOURCES:

Animal Speak by Ted Andrews; www.manataka.org; www.spirit-animals.com/eagle/; www.shamanicjourney.com/eagle-power-animal-symbol-of-spirit-vision-and-strength



Photos from Google Images



*In order to fly,
you have to
let go of the
world that
you're
hanging
onto.*

– KUREK ASHLEY

PHOTOGRAPHY BY **DREW NASH**, TIMES-NEWS



*“What you think you create,
what you feel you attract,
what you imagine you become.”*

We Are What We Believe

by Anna Krecicki

Everyday we have thousands of thoughts running through our minds. We tend to worry about what the future might bring, dwell on past events, contemplate our present circumstances, and complain about what is missing in our lives.

Some of us may spend a lifetime judging, resisting, and thinking mostly negative thoughts, or in constant fear – fear of failure, loss, growing old, dying, being lonely, or concerning finances. Based on the Law of Attraction and teachings of great minds, *the things we think about the most are the things we become*. In other words, *what we believe we create*.

This may be true. What we think about we bring about: our thoughts lead to actions, our actions lead to habits, our habits lead to a personality, and the personality determines how we perceive our present reality. If we wish to enhance our present reality, we have to examine our thoughts. It all traces back to the thoughts we allow to enter into our minds.

It is hard to erase old patterns and conditionings we have accumulated over the years, but the mind is a very powerful tool – one that creates our present reality. We can choose that reality to be filled with inner peace, love, joy, and happiness, or to be burdened by fear, anxiety, judgment, and pain.

It is our beliefs that determine our perceptions, and our perceptions determine our behaviors. Consequently, it is our beliefs that determine who we are! “What you believe creates your life,” says Dr. Bruce Lipton, cell biologist and author of *The Biology of Belief*.

It seems that our beliefs control how we experience our reality. So don't let your thoughts create a life of fear and suffering. Conquer your mind and start to form new beliefs, write new patterns, and give yourselves new 'programs' that are empowering and can create a healthy, joyful life!

It's the repetition of affirmations that leads to **belief**.

And once that belief becomes a deep conviction, things begin to happen.

– MUHAMMAD ALI



11 SIMPLE THINGS

you can do to conquer your inner fears

1. ACCEPT YOUR FEAR

Fear is a normal human reaction. Faisal Rehman, author of *11 Simple Things You Can Do To Get Over Your Inner Fear* suggests that denying your fear is a common way of allowing it to integrate itself with your subconscious and cause you anxiety. An inner fear often develops on an account of a situation that may be beyond your control. Instead of trying to ignore it or reacting badly towards it, accept it. Embracing your inner fear means that you take control of the situation and expect the outcome to be in your favor. Just remember, it is okay to be afraid sometimes. Acceptance is the first step of overcoming your fear.

2. REMAIN POSITIVE

Assumptions and imagination can amplify your inner fears. During our moments of anxiety, we tend to over-dramatize a situation and imagine the worst-case scenarios that may not conform with reality. To overcome your inner fears, start by thinking of the positive outcomes. Don't let your mind trick you – remain positive and you are likely to stay calm. Rehman explains that by thinking on a positive track of mind, it is more likely for you to develop the strength to face a situation.

3. STOP DWELLING ON THE NEGATIVE

Stop focusing on what you fear and what you don't want, and start focusing on what you *do* want. If you constantly dwell on your fears and only think about all the bad things that have happened to you, or the bad things that could happen to you, then you will only attract more of the bad stuff that you don't want to happen.

4. EXPOSE YOURSELF TO YOUR FEAR

According to Rehman, the best way to overcome your fear is to explore yourself and find what makes you afraid the most – in phases. For example, if you are afraid of frogs, then start off by looking at a frog without freaking out. The next time, perhaps you could touch it, and then finally hold it in your hands. Of course you shouldn't try this technique if you are afraid of snakes or alligators! If what you are afraid of is potentially hazardous, using the above analogy, visualize yourself going through the different phases. Once you have accomplished all the phases, it is more likely for you to overcome your fear.

5. CONFRONT YOUR FEAR

Sometimes what we fear is also something that could create feelings of exhilaration in our bodies. Try to become fascinated by your fear so much that you start to enjoy experiencing it. A good example is extreme sports. People in extreme sports are not all fearless. They just are more thrilled in confronting their fear than being afraid of it. By seeing your fear as a potential source of energy, says Rehman, you are likely to embrace it and eventually overcome it.

6. BREATHE

Literally. When facing your inner most fear, you may experience a state of panic, causing your brain to shut down and your entire body to react passively. At such times, remember: slow and deep breathing can provide relief from anxiety. It can help your body to calm down, regardless of what your brain is causing you to think. Try counting to 10 to clear your mind while taking a deep breath in. Then breathe out by counting to 10. Repeat this until you are able to calm yourself – which would probably take a minute or so. According to Rehman, this is an effective way of relaxing your mind and body to help you overcome the situation at hand.

7. ANALYZE YOUR FEAR

When you have a sudden panic attack, usually your brain is being over-emotional and subsiding your logic. Rehman says that the best thing to do at this time is to use a different part of your brain and force yourself to think in a logical and analytic manner. To achieve this, try scaling your fear from 1-10 where 10 is the highest terrifying state. When you feel anxious, ask yourself what is the level of your anxiety? What exactly are you afraid of? By questioning your fear, you are forcing yourself to use the logical/analytical part of the brain (left hemisphere), steering yourself towards a calmer state of mind.

8. MEDITATE

To leave your fears behind, even if just for a bit, you may try to meditate. Research in cognitive neuroscience shows that meditation changes brain structure and function in ways that decrease fear and panic. During meditation you can learn to direct your attention away from your inner most fears. Over time and with practice, you will find that when you are completely absorbed in a peaceful meditative state there is no room for the experience of fear. Achieving inner peace is one way in which meditation can help you overcome your fear.

9. EXPRESS YOURSELF

Many psychologists recommend their patients to keep a journal and document their feelings whenever they become anxious. Recording your feelings could be a source of catharsis, as they may help in pointing out the trigger behind your inner fears. There are also discussion groups and meetings for people with phobias and those battling their inner demons. By joining a group, you can share and openly discuss your fears with others. Rehman points out that by facing the root cause of the fear, you are bettering your chances of finding a solution to conquer it.

10. REWARD YOURSELF

Overcoming a deep-rooted inner fear implies taking small steps towards an overall recovery from it. Rehman suggests that you need to celebrate each victory as it comes along the way. If you don't give yourself a pat on the back, chances are that you will indirectly discourage your improvement. It is important to recognize your gradual recovery and reward yourself in order to completely overcome the inner fear.

11. MIND OVER MATTER

Research in epigenetics and quantum physics define the existence of molecular pathways connecting the mind and the body. Scientists now believe that the mind can control our bodily functions. Dr. Lipton, a pioneer in epigenetics believes that "our perception of the environment controls our DNA, not the other way around." He claims that our perception not only controls our genes but it can also rewrite the genetic code. "The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly – you usually don't use it at all. It uses you." Eckhart Tolle

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:

11 Simple Things You Can Do To Get Over Your Inner Fear by Faisal Rehman, at www.lifehack.org/articles/communication/11-simple-things-you-can-get-over-your-inner-fear.html;
The Holographic Universe: Part Five at www.youtube.com/watch?v=cJqgTUXRvIs;
www.bigquestionsonline.com/2013/09/17/can-meditation-help-you-overcome-fear/

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

Dear Shamama,

I hope you'll remember me. I met you a few weeks ago at Michael's, the crafts store. I was your cashier and when I complimented you on your stunning necklace you shocked me by taking it off and placing it over my head. That was incredibly generous of you and I wanted to thank you again.

I've been wearing the necklace almost every day. I love it so much. The beauty of it alone, is plenty enough reason to wear it, but I wanted to let you know that you gave me SO much more than an aesthetic piece to wear and admire.

I catch myself looking and noticing the stone several times a day, and it always makes me smile. I think of how you gave me this precious gift, and it makes me feel so grateful. Your stone is a daily reminder to me to think of all of the good that has come, and all of the good that is on its way, and most importantly, to be grateful for all that goodness. It reminds me that I never know what wonderful and unexpected people and opportunities will show up next.

Thank you, so much for sharing your light with me. I am so grateful.

*With so much gratitude, love, and light,
Monika*

SELENITE vibrates at a very high frequency. It quickly disperses accumulations of negativity in the aura, and will remove blockages and stagnant energy from the body. Sleeping with or near Selenite can induce lucid dreaming; it can help you recall your dreams more easily and understand the messages that they are bringing to you. Selenite is a calming and soothing crystal. It instills a deep sense of inner peace.

Selenite is said to be a "bringer of light", the stone of "mental clarity", enhancing awareness and strengthening the ability to make good decisions. It can be used to meditate on one's life purpose, and as a tool in accessing past and future lives. Selenite heightens spiritual insight and creativity. It helps to open the Crown and higher chakras, which can result in deepening spiritual connections with guides, angels, the Creator, and your own higher self. It creates a clear channel to the soul and to the highest levels of self.

On a physical level, Selenite can help to relieve tension from the body. It is believed to be especially useful for skin issues, such as wrinkles, age spots, acne, itchy dry skin, eczema, psoriasis, shingles and pressure sores. It can assist in maintaining skin elasticity and a youthful appearance. It may also be beneficial to the skeletal, muscular, and cellular structure.

Selenite cleanses itself and it never needs to be cleared or charged. You can even cleanse or charge other crystals by placing them on top of Selenite.

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

Shamama

WHITE LOTUS STUDIO



5555 Taylor Rd, Unit C, Naples, FL 34109

FULL MOON DESPACHO CEREMONY

with Shamama
Sunday, March 12th, 7PM

Despacho is a sacred ceremonial offering to honor Pachamama (Mother Earth) and the Mountain Spirits.

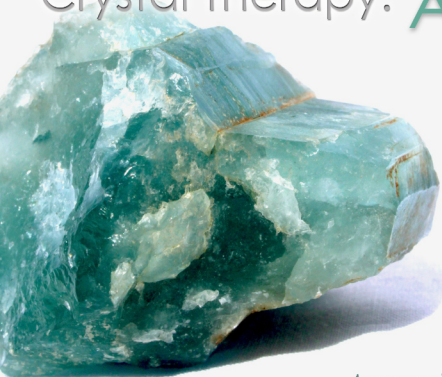
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Crystal Therapy: AQUAMARINE



Photos from Google Images



*Aquamarine
is a stone of **courage**.
Its soothing energy makes it a perfect
companion to calm fears and phobias.*

ATTRIBUTES	Soothing, Calming, Overcoming Fears, Clear Communication
ELEMENT	Water
CHAKRA	All, especially the Heart and Throat
MINED IN	USA, Mexico, Russia, Brazil, India, Africa, Pakistan

Aquamarine is a blue or blue-green variety of beryl. Its name is derived from the Latin meaning 'water of the sea'.

PROPERTIES:

- Calms the mind and helps reduce stress
- Clarifies perception and sharpens the intellect
- Helps break old, self-defeating programs
- Clears communication and promotes self-expression
- Soothes fear and increases sensitivity
- Sharpens intuition and opens clairvoyance
- Encourages service to humanity
- Shields the aura and aligns the chakras

SOURCE:

The Crystal Bible by Judy Hall
The Book of Stones by Robert Simmons & Naisha Ahsian
www.healingcrystals.com/Aquamarine_Articles_135.html

AQUAMARINE shields the aura from harmful energies and aligns all chakras, especially the Throat Chakra, opening communication with higher planes. It can also work with the Heart Chakra by helping us realize our innermost truth. Aquamarine facilitates the releasing of old patterns of behavior that no longer serve, and that actually inhibit our growth. Aquamarine can also bring peace and calm to the overactive mind, making it a great aid for deepening the meditative state.

Encouraging clarity of thought, Aquamarine can aid in the assimilation of new knowledge, making it a great crystal for students of all kinds. It also encourages intellectual growth and inner knowledge, opening us up to intuition. It can help us overcome judgment of others and encourage tolerance. Aquamarine can calm fear and worry, by opening the mind up to understanding the nature of Divine Perfection in the Universe.

MEDITATION

Aquamarine is a wonderful stone for meditation; it invokes high states of consciousness and spiritual awareness. Meditating with Aquamarine can bring new insights from the higher self to be applied in daily life.

HEALING

Aquamarine is believed to be useful for a soar throat, swollen glands, and thyroid problems. This stone has a general tonic effect. It is said to strengthen the body's cleansing organs, and aid the eyes and jaws.

POSITION

Hold or place as appropriate. Wear as jewelry or use as an elixir.

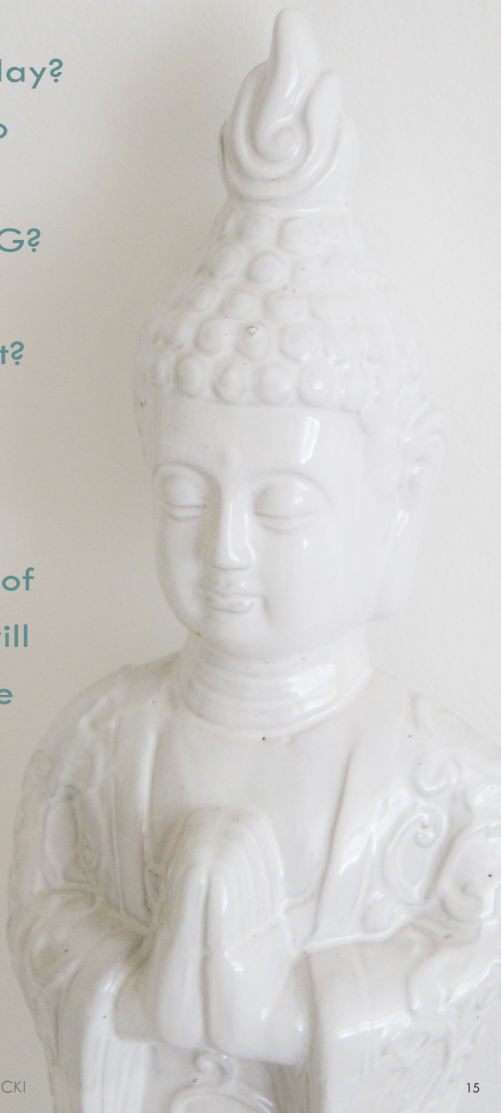


Did you know?

Aquamarine's first recorded use was in Greece between 300 and 500 B.C. The largest aquamarine stone was found in 1910 in Brazil, weighing 243 pounds. In ancient times it was carried by sailors to promote safe travel and to protect against drowning.

Did I offer PEACE today?
Did I bring a SMILE to
someone's face? Did I
say words of HEALING?
Did I LET GO of my
anger and resentment?
Did I FORGIVE? Did I
LOVE? These are the
real questions. I must
trust that the little bit of
love that I sow now will
bear many fruits, here
in this world and the
life to come.

– HENRI NOUWEN





Photos from Google Images

COLOR THERAPY: **TURQUOISE**

renewal

tranquility

acceptance

empathy

joy

balance

creativity

intuition

courage

peace

turquoise

patience

humanity

serenity

letter

wisdom

loyalty

optimism

protection

PHOTOGRAPHY BY PETER GERESDI



Somewhere we know that without **SILENCE** words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure.

– HENRI NOUWEN





DO YOU HAVE A LIVING LEGACY?

by Carol Glassman

A few days ago a woman I knew, in her 90s, passed away. I hadn't thought about her for some time, as she had moved out of the area following the death of her husband. I'll call her Jane.

I first met Jane and Jack when we moved to the same community where they lived. They already had a reputation for going against the grain of most residents, by not voting for improvements or spending funds to maintain the daily upkeep of the property. They were famous for taking advantage of every free event and although they lived well, rarely put their hands in their pockets to contribute to anything.

My late husband played bridge with Jane and Jack, and when I became interested in tennis, I began a 15-year association with Jane. I'll call it an association because it never was a friendship. There wasn't much about Jane that I admired.

She was a scrawny little woman of about 100 pounds, who had an odd, affected gait: she walked pigeon-toed on her tiptoes. A person's physical attributes never influence how I feel about them, but their actions always do. Jane did her best to prevent my playing on the tennis team she attempted to rule. Until I caught up by taking a lot of lessons and practicing hard, she was a much better player. However, that didn't last. As I became more adept, I found I could easily return her frequent lobs, and 90% of her "out" calls were untrue. In other words, Jane was a cheat.

On the rare occasions when I played bridge against her and her long-time partner, I saw them constantly signaling each other — she also cheated at bridge.

At golf, needless to say, Jane's golf balls that landed in the rough miraculously turned up on the green after falling out of her pocket, without adding a penalty.

I had no problem standing up to her on the tennis court and in fact, eventually formed my own team, making it clear that although everyone was free to join us, as long as league levels and standards were met, we would not allow any cheating or negative behavior. Poor Jane - half of her team deserted to join us, leaving her with those of like habits.

Jane and her friends practiced another little game that I disliked immensely: they were racists. I overheard them planning a bridge tournament. As they made up tables of 4 players, they planned to "put all the Indians together" at two tables. Indians? I questioned what that meant and was told, "You know, people with the surnames of Cohen, Schwartz, Goldberg..." and they all laughed. As I stood up to leave they protested that I had not finished my lunch, but I replied that I had to go home and clean my tepee. I guess minus horns, a hooked nose and other stereotypical traits I had somehow flown under their nasty radar.

Jane's husband Jack was not so blatantly rude, but considering their relationship I could only assume he was of the same opinions and biases. After he passed away, she moved to an assisted living facility in another city. I haven't thought about her often, until I got her obituary notice.

Since I try to consider each person on her own merit, how a person acts to me is how I judge them, trying to ignore gossip and what others may say. I had enough confrontations with Jane to know that I could be civil to her face but would not put her on my 'guest list'. Why would I want to associate with a cheating, lying, racist?

According to Jane's obituary, she was a loving mother, wife, aunt, sister, daughter, grandmother, friend. Those are usual comments from a grieving family. Over 40 years ago, diagnosed with breast cancer, she underwent a radical bilateral mastectomy and was said to have devoted the rest of her life to helping others cope with that disease. I admit I did not know any of that. If I had, perhaps I might have looked at Jane's behavior from a different perspective, but would I have accepted or forgiven it? I know a lot of survivors these days, thanks to advanced medical treatments, and most of them have a *joie de vivre*, not using their medical history to advance themselves in any way.

I don't want to rain on anyone's parade, but I had been very familiar with the local chapter of the American Cancer Society at one time and do not ever recall her either being there or participating in any of their events. However, possibly all her good works were done anonymously and in another location.

Now that Jane has passed away, reading about her and her achievements almost made me smile. Perhaps it is superstition that prevents us from speaking ill of the dead, even when it's true. I am sure there are enough of her friends, who live and act as she did, to maintain the facade of her as a good woman who lived well. I am just as sure that there are enough hypocrites who walked alongside Jane while she lived, and quietly tolerated her behavior. Then there are the rest of us, who observed how she acted and chose not to associate with her.

The bottom line is, death is a leveler. Your beliefs about an afterlife do not matter at all here on earth, because you will be remembered as you lived. Those who survive you will recall the kind of person you were, and that will be your legacy.

In many religions you can regularly ask for forgiveness and do penance for the hurtful things you have done and said, and some even give you a 'get-out-of-jail-free' card to leave all your sins and crimes behind you and consider tomorrow the first day of the rest of your life. Fortunately, most of us are not major criminals and the wrongs we have committed, mostly against others, are of a petty nature. I wonder if there were some kind of public final reconciliation, we would live our lives differently? What would it take for us to simply, on a daily basis, make a concerted effort to treat others as we would like to be treated, and fulfill the saintly vision with which others see us, after we are gone?

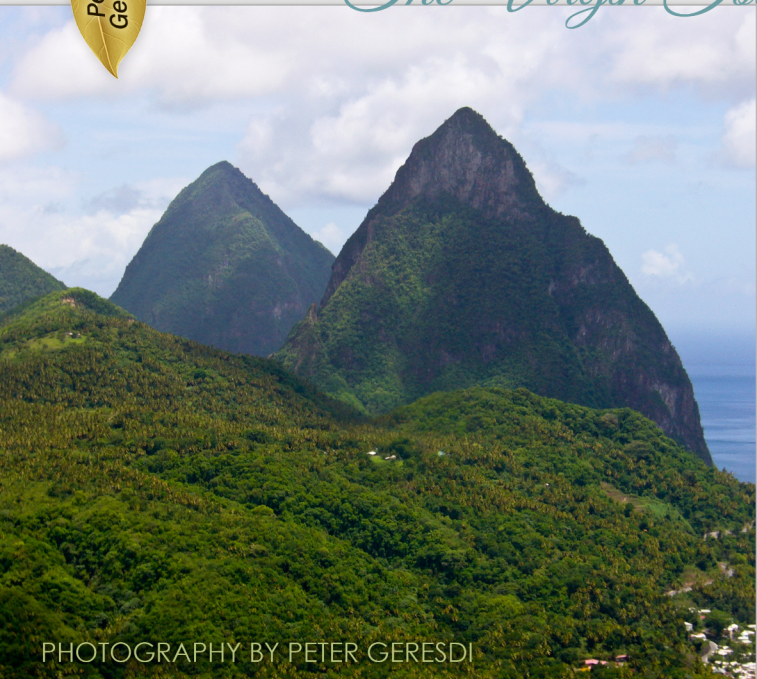
They say an artist's work is never really appreciated until he is no longer with us — why wait until then, to show your best side and get the best out of life. Give the term 'a living legacy' a new meaning!



St. Lucia

PHOTOGRAPHY BY PETER GERESDI

The Virgin Islands



PHOTOGRAPHY BY PETER GERESDI

SAINT LUCIA

is a sovereign island country in the eastern Caribbean Sea. The French were the island's first European settlers. They signed a treaty with the native Carib Indians in 1660. England took control of the island from 1663 to 1667. In ensuing years, it was at war with France 14 times, and rule of the island changed frequently (it was seven times each ruled by the French and British). In 1814, the British took definitive control of the island. Because it switched so often between British and French control, Saint Lucia was also known as the "Helen of the West Indies".

NOTE *from the Editor*

A little while ago I asked my brother to go through his photo archives and find some pictures for me that I could use for this month's "Amazing Places - Near and Far". He gathered some photographs he took a few years back while he and his wife were vacationing on the Virgin Islands. He commented on them with a grimace, claiming that "they suck." He didn't think they were "good enough" to use them. Well, I beg to differ!

He explained that back then he wasn't looking at places he visited with the same eye he does now. He said that wherever he goes now he views the scenery differently and takes photos with the intention to offer it to be shared in White Lotus Magazine. Needless to say, these pictures are still beautiful, even if he doesn't agree, and the Virgin Islands certainly qualify as "amazing places"!



AMAZING PLACES

Near & Far



THE VIRGIN ISLANDS are a group of islands in the Caribbean. Geographically, they are part of the Virgin Islands archipelago and are located in the Leeward Islands of the Lesser Antilles. They form the border between the Caribbean Sea and the Atlantic Ocean. Politically, the group is divided into the British, Puerto Rican and US Virgin Islands.

The US Virgin Islands consist of the main islands of Saint Croix, Saint John, and Saint Thomas, and many other surrounding minor islands. The British Virgin Islands consist of the main islands of Tortola, Virgin Gorda, Saint Lucia, and Anegada, along with over 50 other smaller islands and cays. The Puerto Rican (or Spanish) Virgin Islands are part of the Commonwealth of Puerto Rico, and are located east of the main island of Puerto Rico.

SOURCE: en.wikipedia.org/wiki/Virgin_Islands

PHOTOGRAPHY BY PETER GERESDI



Peter
Geresdi

PHOTOGRAPHY BY PETER GERESDI

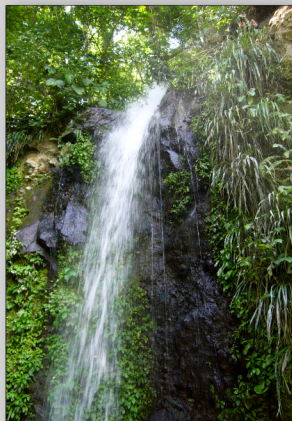
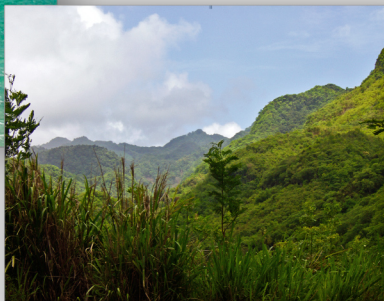


VIRGIN GORDA is the third-largest (after Tortola and Anegada) and second most populous of the British Virgin Islands. Christopher Columbus is said to have named the island "The Fat Virgin", because the island's profile on the horizon looks like a fat woman lying on her side.

Explorer **Christopher Columbus**, traveling on behalf of the Spanish Crown, is credited with being the first European to see the Virgin Islands in 1493, during his second voyage to the New World.

SAINT JOHN is an approximately 20 square mile island with breathtaking landscape and views of the Caribbean Sea. The Danish West India and Guinea Company represented the first Europeans to settle the island in 1718. They are also credited with naming the island Saint John.

SAINT THOMAS is the gateway isle of the U.S. Virgin Islands in the Caribbean. It's known for its beaches and snorkeling spots. Territorial capital Charlotte Amalie, founded by the Danish in the 1600s, is a busy cruise-ship port.



If you limit your **CHOICE** only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise.

– ROBERT FRITZ

PHOTOGRAPHY BY PETER GERESDI





A
moment
of anger
can destroy
a lifetime
of work,
whereas
a moment
of **LOVE**
can break
barriers
that took
a lifetime
to build.

– LEON BROWN



SAINT CROIX is an island in the Caribbean Sea, and a county and constituent district of the United States Virgin Islands, an unincorporated territory of the United States.

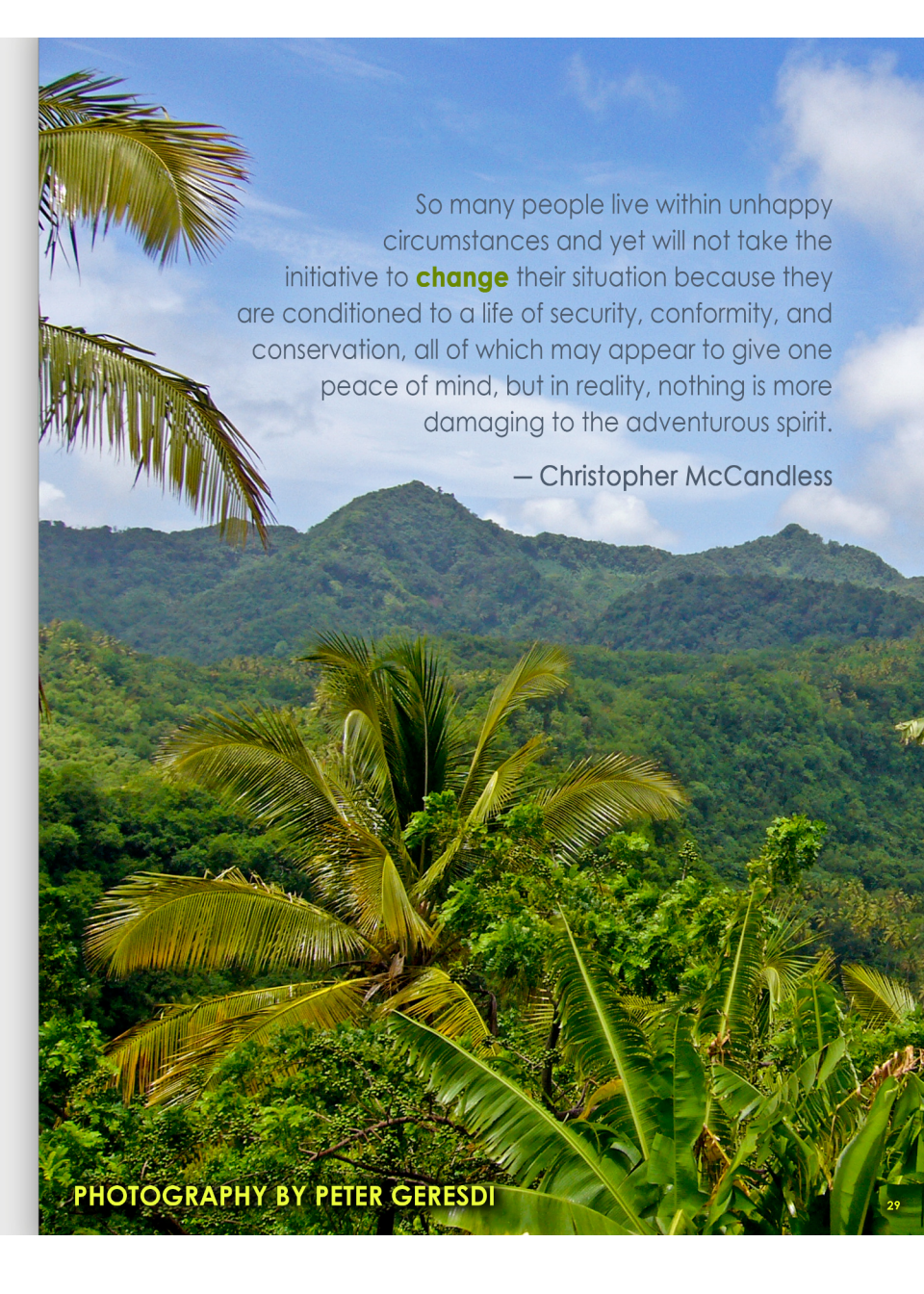


PHOTOGRAPHY BY PETER GERESDI



With its 84 square miles, Saint Croix is the largest of the islands in the territory. However, the territory's capital, Charlotte Amalie, is located on Saint Thomas.





So many people live within unhappy circumstances and yet will not take the initiative to **change** their situation because they are conditioned to a life of security, conformity, and conservation, all of which may appear to give one peace of mind, but in reality, nothing is more damaging to the adventurous spirit.

— Christopher McCandless

PHOTOGRAPHY BY PETER GERESDI

Essential Oil of the Month: *Patchouli*

(*Pogostemon Cablin*)

by Bethanny Gonzalez, Certified Aromatherapist

Patchouli is an herb – a mint actually. Native to Asia, Patchouli is an aromatic, perennial shrub with large green leaves and light pink flowers. The essential oil is steam-distilled from the dried, fermented leaves. It is cultivated in China, India, Indonesia, Malaysia, and the Philippines. Patchouli oil has long been used in traditional Asian medicine for the treatment of skin and hair problems. Patchouli has also been well known for its insect repellent properties. It has wound healing and scar reducing properties, as well as aphrodisiac effects.



AROMA: Warm, rich, sweet, spicy, woody with earthy, musky undertones

PROPERTIES: Antidepressant, anti-inflammatory, antimicrobial, antiseptic, aphrodisiac, tonic, deodorant, fungicide, insecticide, and sedative

ELEMENT: Earth

PLANET: Saturn

CHAKRA: Root & Sacral

GENDER: Feminine with masculine characters

SPIRITUAL ASPECTS: Stimulation, Liberation, Protection, Balance



Photos from Google Images

BENEFITS FOR MASSAGE & SKIN CARE

- Suited for both mature and oily skin
- Reduces visibility of scar tissue
- Soothes inflammation, dermatitis, eczema, and other skin conditions
- Helps treat acne, dry chapped skin, dandruff, and oily scalp
- Prevents sagging skin, hair loss, and loosening of muscle tissue
- Inhibits fungal growths and infections, like Athlete's Foot.

HEALTH BENEFITS

- Protects wounds and ulcers from developing infections
- Provides relief from fever and reduces inflammations
- Speeds up the healing process of cuts and wounds
- Stimulates the regeneration of healthy new cells
- May help lower blood pressure and cholesterol
- Helps increase appetite and remove of toxins from the body
- Beneficial for arthritis and gout

EMOTIONAL USES

- Helps soothe and stabilize the emotions
- Excellent for reducing stress and alleviating anxiety and depression
- Provides grounding for those lost in daydreams
- Uplifts mood, drives away disappointment, and relaxes tension

SPIRITUAL USES

- Assists in our connection with the planet
- Brings a sense of sacredness of life
- Helps us to break free of self-inflicted boundaries and overcome inner fears
- Brings forth a sense of purpose, astuteness, and sensibility

TIP: *Powerful aphrodisiac and adds a sensual, erotic note to mood perfumes. Add a few drops to a bath, massage oil, or love sachet to attract love and promote lust. Sprinkled upon money, purses, and wallets Patchouli is believed to attract prosperity.*

RECIPE

Massage Blend for Romance

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

Blend oils together. Massage into skin.

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. GAIJA'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.

With Love and Light,
Bethanny
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Goddess
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Find a quiet, comfortable place in your home that you can devote to your meditation practice. It can be a room or just a corner of a room, or a spot in your back yard. Find the space you can associate with getting still. Select a time when you will be uninterrupted. Traditionally, early in the morning is recommended, but find the time that works for you. Sit on the ground using a meditation pillow, or if necessary, use a straight back chair. Sit with your spine erect. Quiet your mind. Dismiss the thoughts as they enter your mind, one by one, until your mind is a clear slate. It might help to picture a single object (e.g. a lotus flower) to focus on. Humming (OHM) or paying attention to your breathing can also help. Now you can start your meditation.

GRATITUDE MEDITATION

Gratitude is a high vibrational place to exist in. In this meditation practice, begin to focus on all the things you are grateful for. Feel a surge of gratitude swelling as you give thanks to the blessings that exist in your life, such as your home, access to food, clothes, the planet, all the beautiful places you have been to, all the experiences you have had, the amazing people that exist in your life, and most importantly, to the miracle of YOU! What you give gratitude towards, you attract more of into your life.

AFFIRMATION MEDITATION

Choose a quality that you would like to strengthen within you. It could be forgiveness, compassion, patience, creativity, health, or love, etc. Find something that resonates with you. Once you have chosen the quality you wish to strengthen, plug it into the sentence, "I am filled with _____. I am _____." Now, internally recite the affirmation over and over, keeping your mind focused. Repeat this meditation often – as often and as long as you need, until you feel that you have become that quality.

DEDICATION MEDITATION

Summon within your heart somebody or someplace that you know is struggling. You may focus your dedication on a person who is battling a life-threatening disease or a loss of a loved one, a region of the planet that is going through a war, a place that has recently experienced a natural catastrophe, or Mother Earth herself. Visualize the person(s) or place you have chosen being showered and bathed with loving, healing light. Send them love; pray for them. Believe with all your heart that the subject of your choice will benefit from your thoughts and prayers. This is a form of Karma Yoga, the yoga of selfless action.

At the end of the meditation, take some time to sit in complete stillness and silence. Slowly open your eyes, bringing serenity with you as you transition from the internal back to the external world.

SOURCE OF INSPIRATION:

www.mindbodygreen.com/0-5864/4-Quick-Meditations-for-Anybody-Everybody.html



Meditation for Stress Reduction and Achieving Inner Peace



Photos from Google Images

by Beth Brown-Rinella

Many of you may find meditation difficult, but if you read on, you might discover great value here. Did you know that even a two-minute meditation raises cognitive function in the brain? Meditation has long been practiced as a way to achieve calm and inner peace, and its health benefits have been well documented. Studies show that meditation increases focus and attention, relieves symptoms of depression and anxiety, lowers heart rate, and reduces stress hormone levels – just to name a few. If you meditate, you will see the cumulative effect of lowered stress day after day in your body and emotions. This can be measured in your blood pressure numbers and your ability to deal with others.

I love meditation! I am an advocate and a teacher of Guided Meditation as a spiritual practice, as a mental health practice, and as a "How the Heck Do I Survive this Crazy World" aka stress reduction practice.

I am a Spiritual being – and that is the platform from which I conduct my life. As a person paying attention to the energies around me and my reactions to them, I see the vast difference in how I navigate this world when I have meditated vs when I haven't. I realize that I am calmer and easier about issues when they arise, and I don't rush to def-con 5 if someone calls in sick or says something nasty. The edges are smoothed down and I roll with things. This means that I don't get stressed when someone or something throws a monkey wrench in my day.

Another wonderful effect of meditation for me is that I become more compassionate and see the bigger picture. I move into my heart space and that brings me peace and joy more easily. When I see others struggle, I send them love. I feel more connected to this world and all who live in it. Meditation connects me to what is most important: LOVE. When I connect to this vibration of love, I feel it in all aspects of my life. I have no need to watch the harshness of the news or read about all the exploitation and degradation of human beings and animals. I sort out the ugly, encourage the kind, and cancel the addiction to ego. It helps me to move into my best self.

If you wish to meditate but are not ready to join a group, go to YouTube and type in "Guided Meditation 5 minutes" and see what you resonate with. Listen to the voice and if it appeals to you, keep going. You CAN do this! It is easier than you think or have thought in the past.

At my shop, Goddess I Am, we offer only Guided Meditation, because I feel it is far easier to do than TM (Transcendental Meditation), and it serves all levels of meditators. I find that, when in a Guided Meditation, one can get to that blissful healing space far easier and deeper than any other type of meditation. I love when newbies come to a class, afraid they can't do it, because they tried before and failed, and still have a successful meditation. It is wondrous to see them light up and feel so much better and connected. The stress just pours out of them and their smiles are huge!

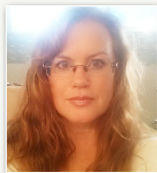
We offer three meditations per week with three different teachers. We offer different techniques and move the energies in different ways. But we all travel on the Path of Love and inspire you to find the healing within. We are healers and navigate the energies of the Universe, Multiverse, Dimensions, and the Time/Space Continuum with ease. We also like to select an Oracle deck for each person to pull a card for a personal message. We share and offer community. As you become part of our tribe, you will feel the love and acceptance that coming to our classes provides.

So whatever way you choose to meditate, enjoy the benefits of lowered stress levels and deeper happiness within. After all, aren't we all just wanting to be loved? Let it begin within, and you will never be without it.

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.



Paint Your Heart Out



HEART TO HEART by Andrea Beloff

by Andrea Beloff

On Valentine's Day I had arranged to give Melissa Mierendoff's class, a group of immigrant students at the Lorenzo Walker Institute of Technology, a memorable painting class on boundless and eternal-flowing love.

These teens have been given classrooms at this campus because Collier County was unable to place them in ordinary schools because of their age and level of English. Melissa asked her mom if she knew of an art teacher who would donate some time to give these kids a break from the mentally hard work that they put in each day learning school subjects in English. Through the grapevine she found me and together we have developed a beautiful, ongoing relationship.

In my work of the past several years, I mostly feel and pray my way through painting. During my transition from papermaker to painter, I developed the "Paint Your Heart Out" workshops to provide an outlet for all ages to pour their intentions, their struggles, their pain, and their feelings into one-of-a-kind molded hearts they make from paper shopping bags.

This group of teens did the project from scratch to finish and they got it right away. They understood – or gave it their best shot to try to grasp – the concept of painting through feeling. The workshops have a process, no doubt, that addresses each one individually and gives participants an opportunity to think, feel, write down their feelings and intentions, and then to use that channel to paint through. They were so excited after they finished the first project! They hung up all their hearts in the halls and got so much attention from the whole college. They were even written up about in the school's newsletter.

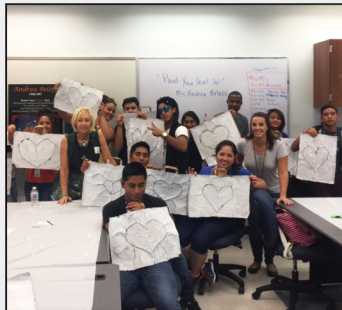
At the next workshop on peace, called "Peace Out!", they again created their own templates under my supervision, they gathered their thoughts and feelings about peace, and then painted again.

After each class, I ask them to share their projects (see photos). These teens are so fervent about inner life that I feel that this outlet has done wonders for them. Some of them are showing great desire to be artists! The workshops have served these students well: they are finding out about themselves and are learning to have a voice through art.

They love the day when I come in with my bubbly energy and speak to them in their native languages. On Valentine's Day they had no idea of what I was going to ask them to do, and they awaited the day with great anticipation. Using the theme of boundless and eternal-flowing love, I asked them to really tap into the feeling of love, the feeling of the flow involved in having an open heart, and loving with no boundaries. The works of art they created were heart-warming.

Remember, these teens are from all over the world: Haiti, Cuba, Mexico, Honduras, Venezuela, Brazil, Guatemala, and Ecuador to name a few. You can imagine the hardships they have endured and the reasons they are here, let alone being thrown into another culture with another language. I understand this, as I also came to America after growing up in Brazil and having Argentinean parents. Even though I was born in the U.S., I have great compassion for the immigrant people and their challenges. I have grown to love these teens and I give these art classes truly from the heart.

The first Paint Your Heart Out class
- after they all made their own templates



Andrea with students and finished hearts

Andrea and Melissa with students and finished hearts



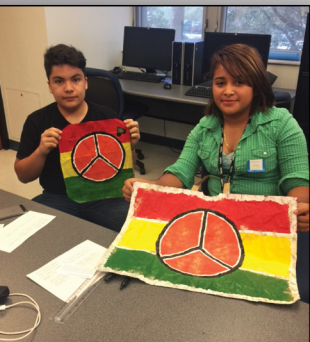
Peace Out projects hanging in the hallway



Melissa and students with finished Peace Out projects



Valentine's Day class



Finished Peace Out projects



Valentine's Day class - Finished heart



Valentine's Day class



Valentine's Day class

Paint Your Heart Out class - Finished hearts



Finished Peace Out projects



Valentine's Day class



Finished Peace Out project



Valentine's Day class

Andrea Beloff's **Healing Thru Art** workshops utilize painting to promote emotional healing, set intentions into motion, address soul wounds, and find alternate ways to nurture these through the creative process of art – an interactive process, because it is in sharing that we find healing.

During the **PAINT YOUR HEART OUT** workshop we go within and bring out some of the more pressing matters of the heart, be that the loss of a loved one, emotional pain, rejection, abandonment to name a few, and we work through them so they do not remain buried. The goal is to become more self-aware and heal along the way. When we are clear what needs to be addressed, the artistic and energetic process begins. You do not need to know how to paint. The art is a take-home project that can be worked on more and that is a continuous reminder of what stage of healing you are at.

Andrea offers other projects as well, such as the **PEACE OUT** workshop, which promotes inner and world peace. **DANCE AWAY** for women enhances self esteem issues. **NURTURING THE SOUL** for uncovering recurring triggers and healing soul wounds in the process. **HEART TO HEART** is for couples mostly, but others can do it too for "speaking from the heart to create greater intimacy" and also for reconciliation for those who have drifted apart. Andrea recommends an initial 30 minute consultation for determining the best approach for each person in healing through art.

She also offers 6 week Workshops from Rick Warren's video studies on 40 Days of Love (We are Made for Relating) and The Six Stages of Faith. These particular ones are her favorite and also include painting the different themes so the inspiration is built in for the artwork. This has been a fascinating journey for Andrea and she is thrilled to share it with the community.

ABOUT THE ARTIST

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

Andrea Beloff FINE ART

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

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

ART GALLERY Collective

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

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



Valentine's Day class

Peace Out class - Mixing color for the girls



Valentine's Day class - Finished projects

How to **Light** Up Your **LIFE**

by Carol Glassman

Light is an interesting concept, partly because it offers so much to consider. To some, light is exactly that—a bright spot on a dark background; however, others see light as a metaphor for many positive things. Think of white in opposition to black, of good as opposed to evil, of purity as opposed to dirt, of learning as opposed to ignorance, of love as opposed to hate, of weightless as opposed to heavy. Although you may not have considered them all at once, you can see the strong impression one could easily get about light in all its forms, especially when contrasted with its opposites.

As it is being said frequently, we are living in stressful times. Stress is often associated with darkness and depression, and is it any wonder? The media is filled with first of all, analyses of all the different factions that could be causing this stress. Pay attention to them and you will no doubt end up more stressed than before. Then you will find the analyses that offer a full slate of solutions but—and there is always a large “but” here, the people to bail you out of your misery, will no doubt be the only ones who read this. How soon does it take for ‘Analysis Paralysis’ to take over? Are you doomed? Do you just dig your hole deeper in the sand and ostrich-like continue to bury your head further in darkness?

Wait a minute! Who is the captain of this ship? Who is responsible for its direction and itinerary? When did you assign the responsibility of your personal happiness to someone else? That’s not how it works! You, and only you, are responsible for your own happiness. Once you accept that, which should be pretty darn fast, you should quickly realize the truth: only you can determine how unhappy and dark you want your life to be. I am not suggesting here that every case of clinical depression is as easy to solve as a snap of the fingers or a wave of the good fairy’s wand over your head. However, I am referring those who react to a daily dose of the news with a cold, clenching of the stomach followed by a tight band being wound around the forehead: the Doomsday Duo. Who rented them space in your mind? Evict them now! Replace them with light!

Look around you. Breathe. Inhale right down to your lungs and further—hold it, then exhale. Is there a scent of roses? Cappuccino? Freshly mown grass? The perfume of the clean air rolling in off the ocean? When is the last time you allowed yourself to be enveloped by a light, teasing aroma rather than affected by a heavy smell?

Look up and what do you see? The sky is an amazing clear blue, fringed with marshmallow white wisps—look at that one! It almost looks like a fluffy rabbit. The one beside it—a man’s head. When did you last bother to look at clouds and see

something other than a gloomy weather prediction? Do we take these lovely white cushions for granted?

Listen: what is that crackle you hear? Palm fronds waving in a slight breeze, playfully batting against each other—the older drier fronds sounding much like the muted rattle of an ancient drum. Or perhaps it’s the clatter of bamboo stalks nudging each other. The scree of the red-tailed hawk who likes to sit on the drooping mangrove branch. The distant call of another winged aviator.

Let the gentle breeze of a changing tide caress your cheeks, cooling the kiss of the sun. Revel in what you are, who you are, and momentarily forget where you are and all the warnings of surgeons general, health risks, and other mind benders sent to warn us for our own good and resulting in mind-boggling, paralytic black fear. Let it go just for this moment. I’m not suggesting you permanently ignore every safe and healthy warning about sun screen and insect repellent you have had, just to suspend them for a moment.

If you could wipe the slate clean and start over, what would be the Number One building block of your life?

It would be unhealthy to create ourselves in a limbo, totally independent, without need or care for others. For this reason, what we create is as important as those we create to inhabit and share our space. We get to choose. That is the operative word here: choice. In some way, we always have a choice—that is what makes us human. Whether or not we take advantage of those choices, and which ones we select, will ultimately guide the direction of our lives and those best-suited to accompany us.

When we were very young we may have been told that our lives were directed by a kindly shepherd-type or godly figure who would protect us, or perhaps that we were simply on our own to travel down the path of life. As we mature and make choices as to what we believe, that might change. However, whether we believe in a Higher Power who leads us to our choices and destiny, or our lives are just a result of random selection, we know that when the options are displayed before us, we and only we have the power to select our direction. As much influence as those entities who accompany us may exert, perhaps invisibly nudging at our elbows or perching on our shoulders, we make the ultimate selection in choosing whether to stay in the tunnel or head for the light, the learning, and the love.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOURCE: www.seasky.org/astronomy/astronomy-calendar-2017.html www.mindbodygreen.com, www.Earthsky.org, www.manspurpose.com, www.wincalendar.com			1	2	3 WORLD WILDLIFE DAY	4
5	6	7	8 INTERNATIONAL WOMEN'S DAY	9	10	11
12 FULL MOON DAYLIGHT SAVING STARTS	13	14	15	16	17 ST. PATRICK'S DAY	18
19	20 MARCH EQUINOX FIRST DAY OF SPRING	21	22	23	24	25
26	27	28 NEW MOON	29	30	31	



March 12
FULL MOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 14:54 UTC. This full moon was known by early Native American tribes as the Full Worm Moon because this was the time of year when the ground would begin to soften and the earthworms would reappear. Also known as the Full Crow Moon, the Full Crust Moon, the Full Sap Moon, and the Lenten 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 feeling angry. Think positive thoughts. Envision your dreams manifesting. Send blessings to people in need.



March 12
DAYLIGHT SAVING TIME STARTS

When local standard time is about to reach Sunday, March 12, 2017, 2:00:00 am clocks are turned forward 1 hour to Sunday, March 12, 2017, 3:00:00 am local daylight time instead. Sunrise and sunset will be about 1 hour later on Mar 12, 2017 than the day before. There will be more light in the evening. Also called Spring Forward, Summer Time, and Daylight Savings Time.



March 20
MARCH EQUINOX

The March equinox occurs at 10:29 UTC. The Sun will shine directly on the equator and there will be nearly equal amounts of day and night throughout the world. This is also the first day of spring (vernal equinox) in the Northern Hemisphere and the first day of fall (autumnal equinox) in the Southern Hemisphere.



March 28
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 02:58 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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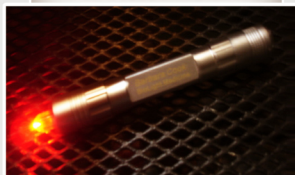
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WHEN IT'S MY TIME TO GO...

by Anna Krecicki

Even though over 55 million people die each year, it doesn't seem to get to us when it happens 'out there' in the world, until it happens closer to us. Recently I was reminded of that multiple times when I heard about the passing of several people I knew personally and other people I only knew about.

Thousands of people die every day around the globe. We accept it as 'normal' and treat it as 'just statistics', until someone close to us passes away. A death of a loved one can be devastating for those left behind. It has been difficult seeing a dear friend go through different stages of grief after her husband had just died, yet I am amazed how she is holding it together with incredible strength.

Losing someone puts our own existence and mortality in perspective.

I am a great believer of celebrating life while we are alive and accepting death as part of the natural order of things, even perhaps as the beginning of a new phase of existence.

Many people fear death – for various reasons. I, for one, actually don't. From early on I have accepted dying and always thought that as long as I have a happy, fulfilled life, there is no point in wasting time worrying that one day it will end. I should just enjoy every bit of it and when it's my time to go, it's my time to go. Granted, I wasn't your average, ordinary thinker even as a kid!

I feel that being afraid of dying will only hold us back from living. People say life is short. It could be. But if we live it vibrantly, spending every day as if it were our last, life can be extraordinary! Accepting death may bring a sense of inner peace, comfort, and even a new-found drive to live life exuberantly.

Religion and spiritual belief systems give people the gift of hope and faith that there is life after death, that the Soul lives on. Some people believe in Heaven, some in reincarnation, while others believe that the human experience is only a temporary phase, a chapter of the Soul's evolution, a short pit stop on the long road of ascension.

Those who don't believe in a higher power or a divine existence, seem to fear death more than those who do, because they believe that "this is it". If that were true, if there was nothing, no afterworld, no magical place, no transcendental realms and no rebirth after we die, perhaps we all should cherish each day even more so and live our lives to the fullest – with no fears and regrets.

Maybe we can't escape the inevitable, but we don't have to obsess about its arrival. If "that's all there is", at least we know we have lived life fully and enjoyed it to the very last breath.

Either way, I believe life is precious - even when it's hard - and I am grateful for every second of it! I choose to embrace life and when death comes knocking, I want to be ready for whatever is on the other side.

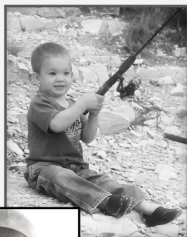
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what is essential is invisible to the eye."* - Antoine de Saint-Exupery

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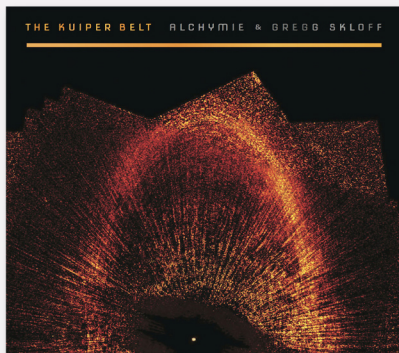
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RELIEF from Joint Problems and Osteoarthritis?

Many people suffer from joint pain related to osteoarthritis (the wearing down of protective tissue at the ends of bones) especially as they age. Osteoarthritis is most common over the age of 50, but in some cases it may appear much sooner. Conventional medicine suggests that it can't be cured.

There is however an affordable, natural, and highly effective remedy in the form of a dietary element you may not have expected. Plain gelatin.

Many studies show that gelatin can help reduce inflammation and pain associated with osteoarthritis, the most common form of arthritis. It can also be used for treating rheumatoid arthritis and osteoporosis, as well as for strengthening fingernails, bones and joints, improving hair quality, and recovering from stress-related injuries.

Gelatin works to strengthen bones and joints because it contains collagen – one of the materials that naturally make up bone and cartilage.

HOW TO USE INTERNALLY

Ingredients:

- Two teaspoons of gelatin powder (approximately 5 gram)
- One quarter cup of cold water

Instructions:

- Stir the gelatin powder into the water in the evening, and let it stand on your kitchen counter overnight.
- It will thicken into a translucent jelly, which can be eaten for breakfast with yogurt, honey or fresh juice.
- Repeat this process every day for one month and see if you notice any difference in your daily pain levels.

HOW TO USE EXTERNALLY

Prepare the mixture, and then spread it over the painful area while it is still liquid. Leave it on for 45 minutes. Most of the gelatin will soak in and you will be able to pull off the remaining thin film. Repeat 2-3 times a week, until the symptoms disappear.

Keep leftover gelatin in the fridge and heat it up a little before use.

SOURCE: dailyhealthpost.com/gelatin-remedy-for-joint-pain/

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!

SUNBURN

Milk or Yoghurt Compress is an effective remedy if you have a nasty sunburn and look like a roasted chicken. Proteins in milk or fatty yoghurt have an anti-inflammatory and soothing effect and can help your skin recover after a dose of the summer UV rays. You can mix the milk/yoghurt with a bit of water and ice cubes and soak a face cloth in the ice-cold mix. Place the cloth on the sunburn. As the cloth gets warmer, you may soak it in your icy dairy lotion once again.

Fresh Aloe Vera Leaf cut in half and placed on the burnt area will soothe your skin and help you heal quicker and easier. You can also scrape the jelly looking inside of the leaf and then gently spread it over the affected area.

NAUSEA

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.

BUG & MOSQUITO BITES

Ice Cubes help big time against the itching! Simply rub an ice cube over the bite for a few minutes to feel much better!

Aloe Vera is also great for bites and swellings. Mix fresh Aloe Vera juice with ice and apply the mixture onto the bite.

EARACHE

Lemon Juice could provide fast relief from earache. Dip an Q-Tip in lemon juice, then gently place it into your ear and leave it in for about a minute. Lemon juice can balance the PH in your ear and stop the pain.

Salt Pack may reduce earache. Place a tablespoon of salt in a sheet of paper towel. Microwave for approx. 30 seconds. Fold it into a small pillow and place it on the aching ear. Lie down and leave the salt pack on until it cools off. Repeat if necessary.

COUGH/SORE THROAT

Aloe Vera with Honey and Cocoa provides relief from coughs and sore throats, as well as simply giving your body a boost of healthy energy! Take a fresh leaf of Aloe Vera and cut it open. Scrape the jelly looking inside of the leaf out and mix with honey and cocoa. Take a teaspoon of your homemade syrup every couple of hours. Aloe Vera is extremely bitter so honey and cocoa will make it taste nice!

Gargling with Sea Salt or Apple Cider Vinegar mixed with warm water is an effective home remedy for a sore throat. Don't make the mix too strong, usually, half a teaspoon of salt dissolved in a glass of water does the trick. With Apple Cider Vinegar, a tablespoon of vinegar in a glass of water works great! Don't forget to gargle thoroughly and every couple of hours!

Honey can reduce coughs and throat irritation. A teaspoon of pure honey before bedtime may provide great relief for a sore throat and coughing, and also help you have a good night sleep.

SOURCE:

www.lifeadvancer.com/grandmas-home-remedies-for-any-ailment



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**Certain guidelines apply. We ask you to keep in mind the content and the message of the magazine. Submission deadline is the 15th of each month. All contributed materials will have to be approved before acceptance and will be edited if we find it necessary.*





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NOTE from the Editor

After the April 2017 Issue, White Lotus Magazine will no longer be a monthly publication. Following a short break, I will work to find a way to continue with this magazine without the constant financial and mental pressures. In order to stop depending on advertising fees and contributions for the printing month after month, I am considering a more relaxed printing schedule, or going online entirely and creating only a digital version of the magazine that our readers can download to their computers or mobile devices. Email me at whitelotusmagazine@gmail.com with thoughts and ideas.

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