

Living, Loving, Thriving In The New Age

AQUARIUS

January 2017

Capricorn

December 22 - January 21

Feature: Breaking the Mandala

with the art of Keith Prossick

This Month: Whispers

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Karin Kabalah
Atlanta, GA

The Intuitive Therapist

Janis Cohen

Tipi Diaries

Robyn Meek

Astrology by Ariel Rose

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Michelle Gregg

Tarot by Kathleen

Robinson

Awakening The Goddess

by Crystal Starshine

To Your Health by

Brenda Cobb

Conscious Business by

Becky Arrington

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY





AQ community spotlight

Karin Kabalah

How Can You Find Strength In An Uncertain World?

Develop your higher awareness and inner personal power with two new classes at the Karin Kabalah Center

Serenity, Power and Freedom: Finding Strength in an Uncertain World

8 week class meets every Wednesday evening beginning January 11, 2017

7 - 9 pm • Fee: \$285

Taught by Patty Binns Farinola, STL

Developing a mindset of “Serenity, Power and Freedom” helps to overcome life’s obstacles.

Quite often we find ourselves challenged and overwhelmed in an uncertain world. Difficult situations or people can upset your inner peace and purpose. It challenges you and you may find yourself without the right tools to overcome life’s obstacles. These experiences call upon you time after time to push you forward to new and greater levels. A certain mindset is necessary to transform and guide you along your life’s journey.

Just as the SPF factor in sunscreen protects us from the harmful rays of the sun, a mindset of **serenity, power, and freedom** can protect you from the craziness of life in the 21st century. The **SPF factor (Serenity, Power, and Freedom)** will give you the ability to embrace life’s journey and the freedom to experience more joy, power, presence and inner peace along the way. With your own **SPF factor of Serenity, Power and Freedom**, the inner peace that you will develop will keep you from being upset and disturbed by difficult people and situations. It gives you the freedom to choose how to live your life instead of being trapped in dead-end jobs, relationships, routines and situations.

ABOUT THIS CLASS

This class synthesizes a unique combination of concepts pulled from general psychology and modern spirituality. It offers new perspectives that provide clarity, purpose, inner strength, and the ability to move ahead in the face of life’s challenges, uncertainty and change.

Weekly classes explore spiritual concepts that deepen faith, clarity and peace of mind. You will develop higher awareness and intuition for inner guidance as well as learn to eliminate common blocks to your personal power. As a result you will gain a renewed sense of purpose in life, a stronger sense of self and transform any loneliness, frustration and anxiety into strength, power and positive experiences.

Vedanta and the Bhagavad-Gita: Source of Mysticism

60 week class beginning on Tuesday afternoon, January 24, 2017

2:30 pm • Fee: \$75 every four classes

Taught by Alok Agrawal, STM

Understanding the Vedic teachings will establish and maintain fitness on all three levels—body, mind and Spirit.

Almost all esoteric studies have evolved out of the Vedic teachings. **Vedanta** is the essence of the Vedic teachings and explores in-depth the study of Vedanta as it can be applied in our day-to-day life through the broadening of our consciousness. **The Bhagavad-Gita** has served as a psychological help to many of mankind by generating the light of understanding upon many problems. Every chapter touches the core of our being and nourishes the seed of our inner Self. **The Mahabharata** is the story of our heritage. Since we have come full circle, it is now time to study the past and understand what has occurred and why we are now in so much chaos. What mankind is collectively experiencing is not the results of his immediate doing, but rather the result of a collective karma accumulating for thousands of years. Along with the deep-enriched mythology is a complete study of ourselves—psychologically and spiritually.

These sacred texts are essential for the sincere spiritual aspirant or Yoga teacher. Firstly, the physical exercise within Yoga is merely a drop in the ocean in the knowledge contained in the Vedic scriptures, which also contain many mental and spiritual exercises to establish and maintain fitness on all three levels—body, mind and Spirit. As stated in the Vedic text, “We are not really healthy if we are not healthy on all three levels.” Secondly, this study assists one in seeing life more clearly without forcing anything upon them. It enhances one’s discipline and discriminative powers, thereby empowering one’s life experience.

ABOUT THIS CLASS

This 60-week class will cover a multitude of subjects, all of which stem back to the well of knowledge which poured into this evolutionary wave of life. Come and join this class where these sacred scriptures are brought up-to-date to enhance everyday life. **This class is available remotely.**

To register for either class, call the Center at (404) 320-1038 or e-mail at kabalah@mindspring.com.

The Karin Kabalah Center is an educational center for esoteric and mystical studies since 1989. The Center also offers workshops, a seminary program, counseling and guided tours to worldwide spiritual centers, all of which are available to local, national and international students.

The Center provides a journey of self-discovery through its extensive course, *Kabalah: A Process of Awakening*. Weekly lectures take you on a journey of self-discovery, of finding balance and reviewing those aspects which are pertinent to

you to achieve dominion over erratic behaviors, but also you will begin to develop the intuitive, the “inner knowing” level of your being. Our next class, “*Kabalah: A Process of Awakening*,” begins March 7, 2017. We are now accepting early registration.

If you are interested in pursuing the path of the mystic, the path of Divine realization, we invite you to join us. Mysticism transcends the structures of all religious belief systems while at the same time enhancing the understanding contained within them. Our goal is to help mankind break through the barriers



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AQUARIUS



SAFE

Our purpose at Aquarius is to provide resources that will inspire, encourage and empower you to thrive in the New Age of Aquarius. AQUARIUS is distributed the first of each month.

THIS MONTH January 2017 Capricorn ♄

Human consciousness is shifting from the Age of Pisces to the Age of Aquarius. As this shift occurs, new energies and new realities make themselves apparent and available. One thing holds us back, and creates the suffering that we want to transcend...FEAR.



A New Year has begun...and it holds such amazing potential and possibility! What are your dreams, hopes, aspirations for this coming year? What are your fears about it? Our fondest hope for you is that your fears will become fleeting shadows, and your dreams will bloom as the Lotus Flower. Thank you for making Aquarius the South's premier publication celebrating awakening!

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



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Many Hindu and Buddhist images depicting aspects of higher consciousness display a particular hand position, called a mudra, with the palm facing forward and the fingers and thumbs together pointing up. This is called Abhaya Mudra, the gesture of fearlessness, and it symbolizes one of the deepest truths in yoga philosophy: fear is the one thing that is holding us back from realizing ourselves as infinite, unified, eternal.

Fear is the energy vibration that holds us in our current state of limited consciousness, wherein we perceive ourselves to be separate entities in a universe filled with an endless multitude of other separate entities. Fear causes the fundamental misperception known as avidya, literally non-knowledge or ignorance, that obscures our understanding of the actual nature of the reality that surrounds us. We are infinite consciousness, universal energy, in this very moment, and yet, because of our fear we are unable to experience it.

There are many varieties of the fear energy, it can creep into almost any aspect of our lives and it is always destructive. The root of all fears, however, is the fear of death, this is the axis around which our limited consciousness revolves. We perceive ourselves to exist in a particular state, which we call life, and we also perceive that there is a beginning and an end to this state. We are conceived by our parents, and our life begins, then at some later point, our life ends in the experience we call death. Nobody can actually say what death is, the experience of death is not something that can be explained or truly described in any way that makes sense to us. Many stories have been created to explain what happens in the death experience, ranging from an eternal existence in some other state of being (hopefully happy), to simple oblivion and the cessation of any kind of existence at all, but nobody can actually say what happens when we die, there are no guarantees.

This mysterious death creates an intense fear at the root of our limited consciousness, a fear which is poisonous, ironically hastening our inevitable demise. So in an attempt to escape from the fear, we fill our lives with anything we can find to distract us from the core reality of our existence. So much

of what we call life is simply a desperate attempt to hide the fact that death comes closer to us with the passing of each day. It is in many ways a terrible existence, made all the more so by the fact that the fear of death is used to powerful effect by other people who wish to control us.

What the Abhaya Mudra is trying to tell us is that we are making a gigantic fuss about nothing at all. The truth is that death is a lie, a delusion that we suffer from as the result of our fear. Yoga philosophy states that, as light banishes darkness, so knowledge banishes ignorance, and the result of knowing the true nature of death as an essential falsehood is dissolution of the most basic fear that is holding us back from experiencing who we are. Yoga, defined in this case as the transformation of consciousness, is the light which illuminates that fear, revealing the falsehood and allowing us to let go of it. Yoga philosophy also states that talking about the fear of death, or reading about it, is not enough to transform anything. To release the fear, we must experience what is beyond the limited state we currently think of as our life, move beyond limited consciousness and experience our infinite nature directly, which is a stage of yoga called samadhi. From the perspective of infinite consciousness, in the samadhi state, we can see that life is an ongoing process and that what we call death is simply one part of that process.

The upraised palm of the Buddha or Shiva is telling us directly: "Practice yoga with great devotion! Seek out the samadhi state and uncover your true self! Understand that death is an illusion that you have created! Release the fear of death!" When death is no longer feared true happiness is attained.

Ian Boccio has been serving as a channel for the energy of group mantra chanting events since 2005. He is a chant leader and composer for the kirtan ensemble Blue Spirit Wheel, and Director of the ChantLanta Sacred Music Festival.



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feature...

FEAR...The Whisper You Hear

Don Martin,
Publisher

You hear them late at night, or at work, or when you are talking with your significant other. They whisper at you from the shadows, when you are watching the news, or perhaps when you are alone in your car. Sometimes, they seem relentless. No amount of meditation, yoga, affirmations, vision boarding, or positive thinking can make them go away.

Fears. Or more accurately...FEAR.

Fear is your greatest obstacle, and your most clinging vulnerability. No amount of spiritual growth or experience seems to mitigate or evaporate it. I have counseled and encouraged thousands of people throughout my life...and have been amazed at how fear always seems to present itself, even to the most mature and grounded.

But before I get too pedantic about FEAR, let me clear something up. There is nothing wrong with FEAR. Fear is...what it is. And what it is...is, in many ways, good.

Fear is how our brains identify and give meaning to the biological process within us that is the release of adrenaline. We, as humans, stuck with this body for at least this period of time, are subject to physiological processes. One of those processes is the release of adrenaline whenever we feel threatened or our physical life is in danger. Adrenaline gives us the capacity to do what we evolved to do...and that is GET AWAY from the threat or the danger, or to face it and fight it. Adrenaline increases our heart rate, sensitizes our nerve endings, and enables our muscles to operate at maximum efficiency. That physiological process made it possible for our ancestors to flee or fight the saber-toothed tiger that wanted them for breakfast.

Eventually, however, humans began to figure out - due to our enhanced and enlarged brain - that we could change the threat or the danger by learning how to outsmart it. Therefore, many things that caused that release of adrenaline vanished; the adrenaline surge, however, did not vanish...and we began to create fearful scenarios that justified or made sense of the feeling of anxiety, surging heart rate, and nervous energy that accompanies the release of adrenaline.

As Ian Boccio notes in his column, at the core, fear is ultimately the fear of death. The threat and danger our ancestors felt at the saber-toothed tiger was not so much about the tiger as it was about the result of the tiger eating them...ie, death.

For us, in the absence of the saber-toothed tiger, death has come to symbolize many things - emptiness, confusion, ignorance, absence, pain, suffering...unknowing. We no longer have to fight or run from hungry beasts; we do, however, wrestle with "death" and the many faces it wears - job loss, poverty, pain, illness, divorce, war, injury.

And, ultimately, the UNKNOWN.

Which brings us to this month's Aquarius, and the ongoing art work of Keith Prossick as he examines and meditates on the meaning of spiritual awakening and the expansion of personal consciousness.

When we begin the journey of spiritual awakening, we encounter many strange new realities. In fact, that journey itself often begins with the intrusion of something strange, or painful, or at the very least unsettling. As we grapple with that, our awareness of truth outside of commonly accepted "realities" leads us to many ideas, wonders and experiences that defy explanation and even understanding.

As cool as that is...it can also be very disturbing and terrifying. Exposure to any new reality causes fear...mainly because it is exposure to an unknown.

And let's face it...any movement forward is a movement into the unknown. UNKNOWN...that is what the future is, even the next moment, regardless of what the horoscope may say. And so fear is a very familiar companion, and the truth is, it will always be so. I am of the opinion that we cannot cause fear to end. It is a part of our very essential humanity, the physical nature of our being. It will not - indeed, cannot - go away.

However, we can overcome it, move through it, and move beyond it. The issue of fear in the development of consciousness is not decided by eradicating fear, but by learning how to embrace it, move through it, and overcome it.

EMBRACING FEAR

Fear is not wrong, it is not sin, it is not evil. It just is...a very human, physical and emotional reaction to perceived threat and danger. When we learn to embrace, rather than eradicate, fear, we experience an objectification of fear that allows us to examine it and to understand it.

One of the most important things we discover about fear is that it is almost always based on PERCEPTION, not reality...and that PERCEPTION is the result of filtering and interpreting data based on factors that are not fact-based.

We all have biases, preconceived notions, and images that are in our brains that have been fine-tuned over lifetimes. These serve as filters; they exist between us and what we experience in the world. When what we see and experience enters our consciousness, it enters with biases, preconceived notions, and images...and those things are the triggers for the fear that arises.

By embracing that fear, and asking ourselves "what, really, I am afraid of", we will often discover and identify those biases, preconceived notions and images that shape and distort our experience. We can hold them at arms length, and examining them, discover that they are not fearful...and that fear is not called for.

Don't fight your fear, or feel ashamed by it. Instead, embrace it, examine it, and ask yourself, "what is really happening here? what, really, am I afraid of?" Once you do that, you are ready to move through your fear.

MOVING THROUGH FEAR

You've heard the old saying, "a hero is not one who does not fear - a hero is one who fears, and acts anyway."

If you can embrace your fear, you can become empowered to move through it. Moving through fear is simply taking action that dismisses the fear that we feel.

I used to be afraid of heights. I would avoid going anywhere that required me to be on a high spot. However, when I began to understand that fear was only the interpretation of a perception...and that it was most likely a wrong interpretation of a false perception...I decided to do something about it. What did I do?

I went rock-climbing. Up a sheer rock wall, over 150 feet high, with nothing between me and the ground but a rope. It was terrifying. I wanted to stop and go back down a hundred times. But I kept going, until I got to the top. When I made it there, I wanted to shout a victory shout!! I had done it!

I still tremble a bit when I am up on a high place...but being high never stops me. Ever. And I know, the fear will subside and I will get the most amazing view of my environment.

You can move through fear.

OVERCOMING FEAR

By embracing fear and moving through it...we overcome it. Whenever we move through what we fear - like I did by rock-climbing - we never go back to the fear that controls and limits us. We don't stop feeling fear (though the feeling of fear lessens); instead, what happens is that fear no longer controls us, or serves as an obstacle to our life path.

Fear whispers. It never really stops. But we can learn - we must learn - to move forward, and not stop to listen to the whispers. When we do, we discover that we move into a world greatly expanded, and the possibilities and opportunities afforded to us become virtually limitless!

Here's to a New Year with Conquered Fear!!

Namaste!

*Don Martin is the publisher of
Aquarius Magazine, and CEO of
Aquarius Media Network.*



Breaking The Mandala

A Seven-Part Series On Creating a New Age

Featuring the Art of Keith Prossick
Commentary By Keith Prossick with
Stephanie Kohler

Part Five: Whispers

Welcome to Breaking the Mandala, which examines the aesthetics, insights, and greater context of a series of paintings by Keith Prossick. We humans awaken not just through what we read, but what we see and explore beyond words.

You can view the painting, and read commentary from the artist. The commentary is specifically drawn from the artist, as a way to show the process and background to the work.

There is no “correct” way to do this. You can read first; you can look first. You can do one or the other, though certainly we recommend both. This month’s art is Whispers.

Looking upon the face of the water, I gather my thoughts before I pass through the entrance into the Akashic Wormhole. I see the reflection of myself again. My time in the library brought me back to my roots, my purpose, and reason to be. I know now which way to go. With confidence I take the first, next step.

And — Darkness. But this stage always begins in darkness. So it is nothing new. Disoriented by the spiraling black, I rely on calm and courage, my compass forward, toward light once more. I know light is here somewhere. Oh yeah, it projects from within and echoes back from the stars. Let’s light up the sky.

Lukewarm light begins its presence as stability takes hold. Faint, yet enough. I feel the balance of the boat, comfortably grasp the oars. I got this. Let’s get going.

“Wait,” says something. — What?

“You’re not good enough.” — Who said that?

Whispers are coming from everywhere, confusing my awareness. I look around and see nothing. But I feel the static of fear set in. I thought I was done with this.

“Nope, we will always be here.” — Who? — “You” — Me? — “Yes, you.”

I don’t understand. — “You never will, because you are terrible. Why do you think you are so important? You are nothing. You don’t deserve to live.”

Gravity pulls me down. I feel heavy. I am not going to make it. Why bother anymore? I should just go to sleep.

“Yes, that would be easier.” — Go away, leave me alone. — “NO!”

I scream and thrash as my emotions gain control. You will not defeat me! — “But, we ARE you. HAHAHAHAHAHAHAHAHAHAH!”

I dig down deep, deep within my will. All that I am, all that I want to be, I AM — BE THIS! and force forth, STOP! — It all freezes. Silence.



It was an illusion. So many illusions of fear. Yes, I remember now. We do this to ourselves. We keep ourselves down; we convince our consciousness we are not enough, will never be enough.

This painting explores the Whispers which pull us between darkness and light. Whispers—the thoughts in our minds that become the barriers, keeping us from rising into our being. So often those thoughts drive us to failure, before we even begin. The gravity, the suck, draw us down, letting entropy fester deep within our souls, and pull us apart from within.

A sea monster, a kraken, appears (Cthulhu, to some). Young and naive, this energy plays with the sun, warping the physics that bind us—all the while, completely oblivious to the destruction it manifests below.

Tossed around this sea of Chaos, no matter how hard and fast we row, our vessel gets sucked into the jaws of destruction.

In the composition of this piece, the form reflects that of Great Wave (November’s art feature), but from a darker perspective. The elements are the same, but illusions and hallucinations take hold. The pattern repeats, even further back toward the Pagoda that appears like the mountain we must climb.

In the center—Moon and Sun, dancing while the ebb and flow form us like clay.

I just want to be me. — “HAHAHAHA! That’s silly.” — Still? — “Always, get used to it.” — I WILL!

You can’t escape these Whispers. Trying to eliminate them leads to lifetimes of folly. Again and again, they will just repeat. Awareness is knowing they are there, always. Make peace. Make peace.

Exhausted, I gather this baggage, this karma that drag behind me. The choices I have made, the effects I carry—and I am ok with that. In some ways, this karma defines me. All the memories of my mistakes and my failures help me realize my path. How can I fear them? How can I hate them? These lessons are the gifts my past self has presented to me, and they warm my heart, right here, right now. I love who they have made me.

Yes, I really do love me.

Just then they sky bursts open. Here comes the sun, again. Oh wow—I made it.

Now there is just one more thing to do. One more thing to release this karma, these anchors holding me back, to burn away all that is no longer serving me and enlighten my load a bit. I got this. Let’s get going.

Within this new flow of happiness, I begin to dance.



Whispers by Keith Prossick

View the incredible artistry of Keith Prossick - and learn more about the artist - at keithprossickarts.com - and you can purchase his art from his website. If you would like to be a patron, supporting Keith on a monthly basis, visit www.patreon.com/keithprossick.

You can purchase "Whispers" by visiting www.keithprossickarts.com/market.

The Ultimate New Year's Resolution

by stephanie kohler

People often ask me for advice. Over the years, I have heard myself say certain things repeatedly. Given the timing of the new year, I want to offer what I believe is a constructive way to face 2017. More importantly, it's a way to change our reality, moment by moment.

The Ultimate New Year's Resolution is: Don't respond with anger.

In moments of verbal conflict, don't let anger, fear, resentment, and other emotions control words and actions. In other words, when you're really upset, don't let that be an excuse to say or do whatever comes to mind in the heat of the moment.

Caving to anger is often just allowing fear to overpower you. Fear of negative opinions, fear of unfavorable outcomes, fear of injustice, fear of new ideas, fear of the unknown.

We all know the consequences of allowing fear to overpower us, when we say or do things we regret later. Nowadays, we can witness the macro scale of this dynamic—on social media, comment threads, Twitter wars, and so on. Political discourse—generally, unfortunately—is held hostage to the consequences of I-can-out-insult-you-via-snarkier-fancier-name-calling “dialogue.”

We encounter trolling all the time, but The Ultimate New Year's Resolution equally applies to more serious circumstances. I have been insulted and called racial epithets. I have been swindled more times than I can count. I have been kicked out of restaurants, simply for walking in with certain people.

The point is, I get it. I understand how hard it is not to cave to aggression, especially when your own anger is warranted. In some of my experiences, caving to aggression could have escalated the situations to dangerous proportions of verbal, physical, or emotional violence. Losing my temper could have cost me my job. Or led to further dishonesty. Or had me arrested.

Maybe this doesn't apply to you. If you can listen quietly while someone flings insults your way, then respond civilly and not lose your temper—congratulations and keep it up. But, if the thought of someone flinging insults your way makes you want to hide in a corner or bare your fangs, then this advice is definitely for you.

If you're gobsmacked as to how this is even possible, don't worry. I was too, years ago, when a meditation teacher told me that fear and anger and associated emotions are all created within, and that I have control over their existence. It was much more preferable to believe that my aggression was legitimate, that responding with anger was warranted. But I've lived long enough to know how unproductive this attitude is. We can never unsay or undo our words or behaviors. And usually the worst ones happen when we cave to our strong emotions. Nothing destroys a conversation faster than insults. Nothing kills potential understanding or connection like fear-based aggression.

We will never transcend this dynamic and its consequent divisions unless we do the deep work of overcoming fear. This is the essence of The Ultimate New Year's Resolution—what that meditation teacher told me years ago. That fear and anger and associated emotions are all created within. That you have control over whether they manifest in your words and deeds. You have control over whether you perpetuate the I-can-out-insult-you-via-snarkier-fancier-name-calling “dialogue.”

This is the vital distinction in The Ultimate New Year's Resolution—the difference between having fear or anger and acting on it. The Ultimate New Year's Resolution is not about invalidating your emotions. The Ultimate New Year's Resolution is not a prevention plan for fear, anger, or resentment. You will have all of those emotions again in your life, many times. This is the human condition, so far as I can tell. Often you will have valid reasons for those emotions. Often, you should address those emotions, through words and actions.

But what I care about, why I've gone to the trouble of capitalizing The Ultimate New Year's Resolution so often, is what addressing those emotions looks like. We already know how to react out of anger and fear—this is another part of the human condition, so far as I can tell. But if you don't know how not to react out of anger and fear—this is the work of The Ultimate New Year's Resolution.

Please note, I'm claiming that The Ultimate New Year's Resolution is a guarantee of a positive outcome. The only guarantee is that you maintain some of your dignity—that you don't get pulled into the angry, reactive vortex. If you don't hurl insults in the heat of the moment, there's a lot less to regret.

I have had plenty of conflicts in which everyone agreed to disagree. The Ultimate New Year's Resolution is not a conflict resolution. I have definitely lost friendships over conflicts in which no one could even compromise. But I endured the process without losing my temper.

The better option is to arm ourselves not with insults or vile rhetoric, but with the willingness to engage in uncomfortable dynamics. We are creatures of connection. In this time of deep divisions and violence, it is vital to our survival that we interact kindly, that we disagree respectfully. Nothing kills potential understanding or connection like fear-based aggression. Nothing stops change like lost connection.

One way to handle conflict is to disengage. Not talking is always an option, and sometimes the best one—if you don't talk, you can't lose your temper. When I am overwhelmed by emotions, when I know I can't respectfully disagree, my absolute priority is to remove myself from the situation as soon as possible. Often I tell the other person(s) that I am incapable of behaving constructively.

This approach, however, also prevents deeper understanding. We have much more potential when we can stay grounded in the midst of challenging feelings.

If you're still gobsmacked, that's fine. I don't want to give advice without sharing how to enact it, so for the gobsmacked—I urge you to find a contemplative practice to study. Meditation, breathwork, asana. Find a teacher, a podcast, a book, a friend. Contemplative practices help you train yourself to have different reactions and different behaviors.

I haven't forgotten the people who are already living The Ultimate New Year's Resolution. Your extra credit work: Be so composed that you can remind others when they are speaking or acting out of anger—and thus being destructive. Remind people to be kind, that they can hold both peace and disagreement, goodwill and frustration, compassion and accountability.

Here's to 2017—and to grace.



Stephanie Kohler is a yoga teacher, musician, and writer based in Atlanta, GA. In everything she does, she strives to balance effort with surrender, precision with laughter. More info on her offerings at www.stephaniekohler.com. Live life, love life, live love.

STILL By Phoenix Lea POINT

MEDITATION

"Compassion is the completion of healing"

Dr. Fernand Poulin
Integrated Energetic Medicine

Hello Dear Readers...we have come full circle once again. A new month within a new year within a new millennial cycle. My question to you is, how are you feeling?

With so much new energy available to aid us towards new choices of freedom, love and harmony... are you finding yourself being able to shift with more ease and grace from the low vibration of fear? This is my wish for you.

Fear is a misunderstood friend. A shadow of the self that gets us into patterns of dysfunction, disease and sabotage. Yet, a most profound teacher of things unknown. As someone who has befriended fear often over the last decade and a half, I have some experience with this particular friend. As I am sure you do as well. What I have noticed is FEAR can encompass us like a blanket of protection when we are little children and trusting our caregivers to act in our behalf. FEAR can show us a new path that our heart could not see until the choice was felt and the risk was taken. FEAR can hold us under the waters of emotion until we are fully exhausted and surrendered to our own will. FEAR helps us to know our boundaries as LOVE helps us to expand them.

FEAR is not something to be resisted. It is shadow to the light within you. It is the projection of a monster on the wall within your brother that turns out to actually be a reflection of something you do not like about yourself; it is illusion. It is all illusion...and we are creating it. Perpetuating it among ourselves, it is keeping us like children in a world that is asking us to grow up. When we live and act out of fear we are kept small and potentially exist as victims in our own lives. We show up in other people's lives as helpless or controlling, leaving a trail of chaos and trouble wherever go. Always being needy and without a peaceful thought in our heads or hearts, feeling weak and powerless to change ourselves and our future.

The good news is we are ONE. Your FEAR belongs to me and mine to you. When I wake up daily and examine my thoughts and beliefs, shifting my emotions to a higher mind, you benefit. When you choose to respond with patience and understanding, I am effectively changed by your choosing. This is how the collective works! One for all and all for one! You are not alone in your choosing or experiencing of fear or love. The connec-

tion we have is actually a quantum one and it is available to us for the accessing of the divine and the human consciousness that we are.

So, thank you for waking up. Thank you for acknowledging that you too want to grow and evolve this planet and you are doing your part which begins with governing your thoughts and emotions and bringing them out of shadow and into the light of love.

You may ask how is this being accomplished through me? You, me and our Mother Earth are One along with all her inhabitants and are Connected on frequencies of loving emotional thought. Her healing is our healing and our healing is hers. Unity Consciousness leads us to the completion of healing which results in Compassion for All Mankind. This begins with you dear reader, my friend, lover and companion. You are God's greatest creation living on a planet that through the remembering of unity consciousness within you, will lead you to the end of duality within your own heart and mind causing a shift within your beliefs, thoughts and feelings. Resulting in such clarity of consciousness you become in a moment greater all at once. No more throaty therapy or weekly conference calls, you are free. Free Indeed.

Our Still Point for January is to do some remembering. Consider the innocence of the child of light that you were before all the programming began. Observe yourself becoming uncomfortable with violence and negativity around you. FEAR will arise and you will remember that you are bigger than it now and know more of yourself now and you will create new thoughts and patterns of kindness and awareness around the shadow of the unknown within you.

Confide in your closet friends and family. Let them in on your desire to create new traditions and put to bed the wars and rumors of wars that keep us tied to our forgivable histories. Forgiveness is key in this awakening. It is our life boat and life jacket in fact. Wear it and share it!! Make it a cruise liner and invite others to come on board!! Thank you dear reader for your ears because in them I have found a home and a wonderful purpose. My heart has Joy for You. May this new year bring with it many new experiences of harmony and may you be encompassed by health and wealth. Namaste!

I Am Phoenix Lea
A Clear and Perfect Channel

YOGA: Under the Bodhi Tree By Awilda Rivera



No Mat Needed Mindful Movement at the Desk opens hearts at Bob Mathis

Yoga is everywhere, and it seems like everyone is doing it. We see it in movies, on TV shows, in commercials, and in ads in magazines. Most of the images presented for mass consumption relating to yoga are generally comprised of white, women, in expensive tights and tank tops, on yoga mats.

In sharp contrast to what you may have seen on TV, at Bob Mathis Elementary school yoga is taught in the classroom at the desk without any yoga mats! Once a week every student in the school, including special education classes, receives 15- 20 minutes of yoga instruction in the classroom. You may wonder how effective this method is given the perceived lack of mobility and small space a public school classroom offers. However, it is remarkable what the students are able to accomplish in such a short period of time, in a limited environment.

I had the pleasure of observing the 4th and 5th grade rotation. Cheryl Crawford, founder of Atlanta Yoga Movement & Co-founder of Grounded Kids Yoga, led me from class to class as she implemented one of the Focus Series sequences in each class. At a school that is 96.1% African American, I wondered how a white woman with a singing bowl teaching yoga in the classroom might be received. Yet as soon as Cheryl entered the room, in each instance, the students perked up. The majority of students were excited to see her, their eyes twinkling with curiosity about what they might do with her today. Some of the teachers were equally excited for Yoga, making sure they put their work away so they could participate with their students.

None of the classes received the same instruction. Each class of students had unique needs, and as a result each class practiced a different sequence. The children were all

completely open to the process, they knew exactly what to do. Each group immediately turned their chairs to face the front of the room, grounding through their feet and placing hands on their heart and belly. It was clear that the children not only enjoyed this practice but that they also needed it.

Cheryl led the children in short chair friendly sequences that got them to both sit and stand. Partner poses, Laughter poses, and even the occasional lunge were all fair play! At the end of the each 15 min. session, Cheryl asked the students if any of them would feel comfortable leading the instruction of a pose or breathing technique for their class and 75% of students answered in the affirmative.

The one commonality amongst all the classes was the gracious, open energy demonstrated by all the teachers and students at Bob Mathis. The level of grace and gratitude that was present in the room when engaged in their yoga practice was palpable. Through their open hearts and minds, the students at Bob Mathis have been able to experience the benefits of Yoga with No Mat Needed! The fundamental principals of Yoga transcend the limitations of a mat, studio or clothes. Yoga is truly about connecting with oneself in an authentic and accessible way that utilizes movement and breath. The method of Yoga being taught at Bob Mathis truly embodies the ideals of authenticity, accessibility, and mindful connectivity.



Awilda Rivera, is a Certified Emotional Intelligence Coach, Certified Success Coach, Yogi & Spiritual Advisor. Her mission is to use her gifts to help others maximize their potential and manifest their dreams. Visit www.AwildaRivera.com to learn more and schedule your appointment.

horoscope

Capricorn Dec. 22-Jan. 19

Ariel Rose is an Atlanta area Astrologer and Intuitive. She also offers Tarot and Sound Therapy. Contact at 404-256-4477 or email at: arielroseastrology@hotmail.com

♑ Capricorn (December 22 - January 19)

Happy Birthday Capricorn! You are in a powerful and intense spotlight this month, with plenty of strength to transform your life. After the 7th, you'll notice greater clarity from Mercury turning direct. You will be full of ideas and a desire to talk about your plans. You can make good progress in any field of music, entertainment or creative work. Relationships should be sweet and compassionate, as you will have an easier time communicating with others.



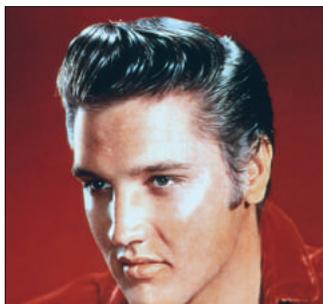
Dolly Parton, 1/19



Michelle Obama, 1/17

♋ Cancer (June 22 - July 22)

January presents the crab with their opposite sign's energy and a need to do some emotional balancing. Relationships will go through a 'reality check' that can help you to rationally assess the health and endurance of all your partnerships. If foundations are strong they will get even better, but if something is negative for you, it will be a time of healing or letting go. Your urge to travel or explore is also strong, so take a little trip if you can.



Elvis...The King, 1/8



Don Martin, 12/26

♒ Aquarius (January 20 - February 18)

It's a month of clearing the decks for new energy. Make time to process old emotions and release any inner baggage you might have been carrying around. Likewise, it's best to do some house-cleaning to remove the decay and clutter that is impeding your personal growth. You have extra charm and magnetism in the areas of finance and could easily increase earnings or position simply by being your open, friendly self!

♓ Pisces (February 19 - March 20)

It's your time to shine little fishy, as Venus and Mars both take a stroll through your sign this month! You will feel more outgoing than usual and also have an extra spark to fight for your rights. Connections with the outside world will be electric and powerful, giving you the sense that what you do really can make a big difference. Your ideas for the future are perceptive and realistic at once, giving you a good framework to build on.

♈ Aries (March 21 - April 19)

This month presents you with challenges in the form of pressure to succeed and needing patience to go the distance. You will need some alone time to focus and balance your intense inner emotions. You're in a phase of sensitive personal growth that requires you to be extra gentle with yourself and to spend time with nurturing friends. Save your public face for work and release your feelings in the safety of your home.

♉ Taurus (April 20 - May 20)

The earthy energy of Capricorn keeps you grounded and steady this month. You can express your thoughts with clarity and bring practicality to any future plans. Enjoying a creative project with a group can bring new inspiration and positive connections. You may be required to travel for work at this time, or you may be given a new position that has an element of teaching or education.

♊ Gemini (May 21 - June 21)

The overall feeling of January is practical, hard-working and emotionally sensitive. You could feel challenged to swim those deeper waters when you'd rather be splashing in the puddles! The serious mood could make you retreat to your home for a breather and relaxing with a funny movie and some light-hearted friends. If heavy subjects need attending to, approach with good humor and your sparkling wit to make the best of the challenges.

♌ Leo (July 23 - August 22)

Practical concerns of personal health and balancing finances come to the forefront this month, it's the perfect time to get a physical check-up and adopt new routines to benefit your overall wellness. You'll also benefit from some time to manage your money and plan for the near future. While this isn't nearly as fun and exciting as the Lion prefers, it will be good to get it taken care of so you can party later!

♍ Virgo (August 23 - September 22)

The serious and thoughtful nature of Capricorn helps you to thrive this month. You will take great joy in any pursuit and are able to bring your own creative spark and sense of beauty to anything you touch. If you have a career you enjoy it will bring extra blessings and if you are challenged on the job, you'll find ways to improve it. Relationships can be romantic and dreamy, but also foggy and confusing. Try to relax and go with the flow!

♎ Libra (September 23 - October 22)

Communication challenges abound and you'll find it difficult to be understood by others. Aim to spend more time with close friends who know the real you. Being with people you don't have to spell everything out for will help you relax. Home projects continue to be a focus and pick up extra energy now. Love can have a mixture of the romantic and the practical, which can be a good combination if you can see it from both sides.

♏ Scorpio (October 24 - November 22)

The serious nature of Capricorn strangely helps you to lighten up and feel more jovial than you have in awhile. Many puzzle pieces just seem to fall into place this month and it's easier for you to communicate your deeper thoughts and feelings. Love and creativity are dreamy and colorful. You can experience a soul connection feeling to your partner and make progress in a creative adventure, as long as you come from a place of love and not ego.

♐ Sagittarius (November 23 - December 21)

This month will primarily have you focus on the practical matters of finances, taking care of your resources and spending time at home. Your physical energy will feel lower now, so work from home if possible or tackle projects that can be handled without too much distraction from others. Take care in relationships and matters of the heart, people are more sensitive now and won't respond well to your usual unvarnished candor.

Welcome fellow Stargazers!

The New Year of 2017 awaits and opens with the Sun moving in Capricorn. This steady, ambitious and dedicated sign has great reserves of perseverance and can stay focused on a goal for long periods of time. The month of January takes its name from Janus, the dual-faced Roman god of change and transitions. His ability to see the past and future made him an important figure as the old year passed away and the new one came to birth. Likewise, the sign of Capricorn is possessed of a need to learn from the past and constantly work towards a better future. Capricorn is represented by the Sea-Goat, a combination that incorporates the mountain-climbing, progress driven goat with the spiritual, melancholy elements of the ocean fish. Having meaningful work is a must for Capricorn and without a purpose, they can quickly sink into depression. For anyone with a Capricorn Sun sign or planets in Capricorn, they need to keep active and driven to avoid the pitfalls of sadness or despair.

The Goat is a serious personality and will not suffer fools easily. They have a date with their own destiny and will pursue that appointment until the very end. Capricorn is an age reversal sign and behaves old when they are young and seem to get younger as they get older. A Capricorn child will be far more somber and serious than a Capricorn grandparent will be. Everything in life has meaning for the goat - cultivating a few solid friends for life, maintaining an enduring relationship, building their career and ensuring stability will all be on the agenda. Unless the goat in question has some fun-loving inner planet placements, they will be a steadfast soul, who will aspire to excellence no matter what they are doing.

We begin the month with Mercury still in Retrograde motion until Saturday 7th. Expect communication mishaps and general confusion until then. These issues will start to clear as the month progresses and we gain more positive momentum. Our Full Moon of the month occurs on Thursday 12th at 6:34am EST in the home-loving sign of Cancer. The Moon is especially happy in this sign and although moody, is very attuned to what it needs to be content. Focus on inner harmony and balance with friends and family to put its energy to good use.



AQ

Read Cathy Burroughs astrological take on 2017 on page 22!



Legacy Of the Divine Tarot January 2017

Kathleen Robinson

8 OF SWORDS: The start of the New Year could find you feeling unsure, unsettled, indecisive; it may even seem that you are paralyzed to a certain extent. Many things happened near the end of 2016 that caused feelings such as these to surface. But that is in the past, and now is the time to realize that you are in control of your own choices and feelings. You do not have to believe that you are bound strictly by what has happened or your perception of what has transpired. You have the power to remove the shackles of whatever is surrounded by negativity. Release yourself from your own prison, and see how much happier you will be.

2 OF WANDS: See January as a decision time for you. You can use the fire energy of the Wands to allow yourself to progress forward, or you can hesitate and not take action even though you know it will be helpful for you. The key to determining which path you will take rests with you and you alone. No one can make this decision for you; so plot a path for yourself at the start of the month to give you an idea of where you want to go, and how you can bring more positive energy and inspiration into your life.

DEATH: January will truly be a time of transformation and real change for many of us. It is time to let the old ways of thinking and doing just fall by the wayside, for they belong to the past, and the past is dead. Focus instead on the new energy that is coming onto the Earth during the month, and be amazed at how much better

you can feel simply by letting go of the past. Remember that anything is possible, and this month could see more changes that were not expected. Stay in an energy field of knowing that whatever happens is for our highest and best good, and all will be well. This year promises to be one of hope, new ideas, new beginnings, and release.

QUEEN OF SWORDS: It will be important this month to be honest with yourself, perhaps making some changes that might be painful. Are you ready to let go of what is standing in your way from being the true, authentic person you can be? This may mean that it is time to let go of friends with whom you no longer have much in common, to look at job alternatives if you are unhappy in your job, or to start following a budget or other plan that will make you feel more financially secure. Whatever you are holding on to because it keeps you in your comfort zone is not helping you; now is the time to let it go and move on. The Queen of Swords will help you recognize what changes will be most beneficial for you.

TRENDS FOR THE MONTH: Happenings this month may cause you to feel all shaken up as you recognize the need to make changes in your life. Some changes are coming regardless of what you feel, so it would be better to accept that change is inevitable and go with the flow. You may have to make some hard decisions to get yourself in a better place, but the Swords energy will be with you as you understand that the true value of being an authentic person is to stand in your own power and independence. Believe in yourself, do what is in your best interests, and look forward to all the promise that the New Year can bring.



Kathleen Robinson is an intuitive spiritual counselor with a B.A. and an M.S. in psychology, an M.Ed. in counseling, and a certification in spiritual counseling. She specializes in Therapeutic Tarot and, by combining her counseling and intuitive abilities, she brings counseling to a new level. You can see her daily tarot readings on her Facebook business page, KCR Counseling.

For more info: website--www.kcrcounseling.com, email--krcounseling@gmail.com, phone--770-436-9564. Available for phone and in-person readings.

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New Year Cleanse

Another New Year is here and if you're like most of us you've got leftover stuff from last year you need to clean out. Do you have closets full of clothes you don't need anymore or that you never wear? Are too many things filling up your space and adding more clutter and heavy energy? Now is the time to clean up and clean out. You'll feel so much better when you cleanse and de-clutter your life.

What things don't serve you well any longer? It's time to let them go. Pack up the boxes and donate your extra stuff to a charity or take to a consignment shop to sell for you. When you clean out the old you create a new fresh space, which will help you be more creative and give you greater peace of mind.

Are your cabinets full of things just collecting dust? Do you have much more than you could ever really use or need? Clean it out and give it to others who really need it. Cleaning out will give you a sense of accomplishment and you'll feel lighter just by getting rid of the old stuff.

What about your body? Are you tired, sluggish, and have such low energy you can't enjoy doing things you used to love to do? Is your brain functioning slower than it used to? Do you forget things you should remember? Your problem could be toxicity and deficiency. Brain fog and tiredness are two of the many symptoms of a toxic, deficient body. It's time for a cleanse.

There are many things that contribute to toxicity. Toxic, negative thoughts coming from unhappiness at home, in your relationships or at work can make you miserable. Are you happy with your job and your relationships? If you're not happy, then what are you willing to do about it? Take a good look inside yourself when you have problems. Blaming others for your problems won't fix them. Look at new ways to solve your problems, take personal responsibility and forgive yourself and the people you know you need to forgive. If you're in a job you hate, get out and find a job you can truly love. Life is short and spending long hours working at a job that makes you unhappy doesn't serve you or others well.

Another way people get toxic is from food. Food that is not organic is full of pesticides and chemicals. Processed food made with preservatives and additives is not good for the body and can lead to all kinds of health problems. You will know if you're toxic by the way you feel and look. Take a look at your skin. Is it glowing and radiant or dull and splotched? What about your eyes? Do you have dark circles and puffiness? This is a sign that your kidneys and liver could be toxic.

The New Year is a great time to detoxify your body so you can move forward in a better and more energetic way. A good detoxification program is one that not only gets the toxins out, but also builds the body up. There are many recipes and foods that work remarkably well to detoxify and rebuild. Colonics, reflexology, infrared sauna, massage and many other holistic therapies can help you detox and cleanse. If you are ready to be the best you can be, start by cleansing your body from the inside out. You'll feel better, look better and be better.

Cleanse Smoothie

- 4 - 6 cups alkaline water
- 4 cups dark leafy greens
- 1 tsp. seaweed flakes
- 1 cup fresh pineapple
- 1 cup buckwheat sprouts
- 1 cup sunflower sprouts
- 1 cup broccoli sprouts



Put all the ingredients in the Vita-Mix and blend completely until smooth. You may add the amount of water you desire to create the consistency you like, thick or thin.

LEARN HOW TO
**Awaken & Ignite
 The Brain's
 Highest
 Potential**



**GET TRAINED IN THIS
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Saturday, January 14, 2017 from 2PM – 4PM
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www.EnergizeYourBrain.org

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute*, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies. For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com

How Do You Fail?

The Intuitive Therapist ... Janis Cohen



Whether it's on a coffee mug, tee-shirt or in an advertisement, we are constantly being reminded, either metaphorically or literally, about how to measure the value of our lives.

Metaphors that ask a person to take stock of "how full one's cup is" and "the quality, not the quantity" of one's relationships, are just two of the typical markers that we are encouraged to use. Added to that list might be how humble and kind one is to others, how much one has positively contributed to the greater good of humanity and how deeply one has loved another.

While these typical indicators reflect the positive side of a quality life, one important, and often neglected, measure of how well one has lived his life is failure; specifically, how well someone fails.

For many people, life is measured not by the good things but by how much they've lost, how much they've struggled and how many mistakes they've made.

If you are someone who measures your life based on losses, screw-ups and lack, would you be willing to consider a different perspective for a moment? Is it possible for you to view failure as something other than a painful, pervasive and personal experience?

Would you be willing to see failure as beneficial?

The feeling of failure, as with any other feeling, can be interpreted along a spectrum; from catastrophic to minor. If you are someone who aligns with your mistakes on the more severe end of the spectrum, you might tend to view failure as the reinforcement of your belief that you are inherently broken or chronically unlucky. Failure then, to you, is a consistent indicator of your inadequacy.

Failure is a part of human existence; it's how we learn and grow. Mistakes, regardless of how many you have made, don't come about to punish you. Rather, they have purpose and meaning.

To be able to notice the functionality of failure in your life, you must get out of your head and get into your heart. But, how do you do that? How do you get out of your own way long enough to change your perspective about failure's intention in your life?

A distinguishing factor for the person who experiences numerous and repeated failures, is that the person "fails" to learn from their mistakes. And, we all know that patterns are developed from doing the same thing over and over and over again.

The definition of insanity is doing the same thing the same way and expecting a different result. If you want to change how failure impacts you, then change how you experience it. But, how do you do that?

What needs to happen in order for you to change how you experience failure?

Consider the polarizing conditions that show up in your life. You can't learn what to do differently if you don't identify what didn't work in the first place. You can't appreciate the positives in life without experiencing the negatives. And, you certainly can't begin to make better decisions without being subjected to the heartache that accompanies poor ones.

To change how you experience failure you must change two things: how you perceive it and how you use it.

How well you fail is the primary indicator of how well you succeed.

Failure is the biggest roadblock to success. Want to experience success? Change what failure means to you. Instead of believing that failure represents who you are as a person, shift your focus and see it as a tool that you can use to get the results you want. Henry Ford said, "If you think you can, you can. If you think you can't, you can't." It is as simple as that. Attitude is everything.

Look back at your life when you believed you failed. How quickly did you recover? How quickly did you get back up after you took the hit? What actions did you take

after you learned the purpose of that failure? Who are you now after learning how to do things differently?

Strategies are everywhere and for everything: how to lose weight, make more money or find the love of your life. There is a strategy for failing well, too! Here are three "fail-proof" steps you can follow to fail well.

Step One: View failure as something you have done versus who you are.

People who struggle to fail well tend to blame failure on something inside of themselves; inadequacy, stupidity or some other personal quality that has influenced their lives over which they believe they have no control.

Step Two: Be optimistic about your failure.

When you see failure as a building block to your future success rather than a pervasive, permanent and personal experience, then you can use anything that happens in your life as for you rather than to you.

Step Three: Practice persistence.

Persistence is optimism in action. It is that part of you that doesn't give up when times get tough and it is the guiding force that pushes you through the most challenging moments; the time when others quit.

Failing well is the key to achieving success and to massively improving the quality of your life. Change what failure means to you and notice the other changes that happen within and around you.

Now, I ask you, how well will you choose to fail from now on?

Janis Cohen's new book, "The Intuitive Therapist", is now available on Amazon.com. Get your copy today!

The *Intuitive Therapist*
Janis R. Cohen, LCSW



tipi diaries

by Robyn Meek



I've traveled around the Sun, our star, 50 times. When I actually think about this it makes sense in my body, my energy responds as if saying, yes, 50 years of experience...that's a lot of learning.

Are you? Learning? We can have all kinds of experiences and yet not learn from them. So, we'll experience it again. It just looks different, but what does it FEEL like? What other experience, what first experience felt like this? What was the first experience of feeling exactly what you feel right now? Some piece is the same. Something in this pattern matches a previous pattern.

The more you learn, the more peace you receive.

How much peace does the person who has accepted that something has changed have vs. the person that stays angry that something has changed?

You start to see it all as - not good or bad - just different. It is all always changing. We are continuously moving through our own orbit and orbiting as one whole Universe.

It is all just change. This doesn't mean you don't feel everything you feel. It just means you continue to choose to keep living, fully, with your heart open. The more open it is, the more peace can flow in.

Every Experience is designed to open up another part of your brain. To expose you to the truth about who you are. There are still many pieces of your brain not awakened.

There is far more potential than any of you can even imagine. I'm speaking to the "You" individually and collectively.

You are one. There is no separation.

Why am I afraid of my power? How much energy I can hold and contain? What will happen if I give into it?

What If I open to all of it and surrender myself, my energy, to the energy of ONE, to ALL and EVERYTHING, LOVE?

What if I feel that kind of power, who will I be? and where will "I" go? Am I still "Me"?

This is always the question the mind wants answered. You are always You and One with Us, there is no separation.

As long as you see yourself separate, you can't fully merge into the One, individually and collectively.

You will feel All the Power of LOVE when you dissolve the perception of separation in You individually, then collectively. When you surrender to LOVE there is no need to be a container - You are immersed in it. You are It.

This is what you are afraid of - to be who you are...you are love. You are all love. We are all love.

Robyn Meek is a Reiki Master, energy healer and yoga instructor. She is also a kirtan wallah and is a founding member of the electronica kirtan band, Adi Shakti Tribe. She lives in the Atlanta area where she has two businesses - Love, Spirit, Heal LLC, an energy healing practice, and Hippy Bride, a custom wedding dress design company. She has a real tipi (which she built herself) in her back yard, where she spends much of her time meditating and channeling and communicating with the spirits of nature around her.



Awakening The Goddess



By Crystal Starshine

Again the New Year is upon us. Seems like they go so fast anymore and with all the things that happened in 2016 that spewed fear, hate, and violence it feels like we have much work to do. However, I feel all that has happened has been a wakeup call for many. We saw an election that pushed more fear and hate than I have ever seen. We witnessed that our own police forces and big businesses will harm innocent people and wage a war on its own peoples. We saw lives lost, people hurt, a nation stunned and placed in a place of fear of what's to come.

On another spectrum we have seen our indigenous peoples bring together more tribes, activists, stars, veterans and other countries to protect Mother Earth. We've seen women and men rise up and stand against the Piscean age of patriarchal bull shit, aligning us even deeper to the Aquarian age. We voted in many more states to legalize medical marijuana and further usage for recreation.

In the darkness we are still bringing light or in the light we are still fighting the dark.

It's all in perception and where you are looking into the mirror from. We are teetering between both on a daily basis - without one the other will not exist; like Yin and Yang, both are required. However, when we stand in the mirror and only search, interact, and coerce the dark we fail to see any good. It's just like a cancer that continues to bring the storms, the addictions, and the hate, division and disgust into the world. If you stand in front of the same mirror and only see light, happiness, pleasure you are missing the opportunity to see the darkness and will miss the timing to bring light to something or someone who needs it.

Finding harmony between them is where the magic begins. I dance between the worlds as a Shamanic Witch so that I can dream into my future, bring light to the darkness, heal my wounds and help others to find and heal theirs. There is a wounding in all of us and those wounds have been ripped open in 2016 and have caused great catastrophes between families and friends. This New Year we must

take control of fears, look them straight on and make the choice to demolish them. Fear is the greatest obstacle that we all face and it can cause destruction and division.

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy. - Dale Carnegie

What will you be doing to dance between the worlds and bring forth your divine light?

Our Sisterhood of women will be focusing on even more gatherings, classes and making sure we are staying active in our communities. We have big ideas and plans in store for 2017 and will continue to focus on community, ritual, healing and most importantly love.

So, even as we dance between shadow and light, there is a lesson to learn for all of us; how to love each other more. My prayers are that we can find love beyond fear.

Blessed Be



Crystal Starshine is an Oracle, Priestess, Women's Inspirational Empowerment Coach, & more. She is founder of the Youniquely Woman Red Tent™ and the Sisterhood of the Trees in the North Georgia Mountains. Find out more about her at www.youniquelywoman.com.

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Facing Your Career Fears

Our workplace is a reflection of our inner issues playing out on a bigger stage. The fact that it is tied to the way we make our living, often times ups the ante in importance and impact.

The more I work with clients, the more I am convinced that some of the worst things that happen to us in the workplace are of our own making because of unresolved issues from the past. As I say that, consider my client Terri who tolerated her manager publically ridiculing her for mistakes she had made. She was terrified to confront him and could not imagine a conversation with him without crying.

She was experiencing severe pain—pain so bad she was ready to walk away from what frankly was a great job! The pain of her situation kept her frozen in one of the biggest workplace adversaries: fear.

In this example—and probably many that you can cite in your own career—fear keeps people from taking action. Psychologists say that when we are in a state of fear, we compromise our ability to process thoughts and events rationally. Our brain wants to protect us by sending us in a direction away from the pain point. And Freud's "pleasure principle" suggests that in almost everything we do, our mission is to avoid pain.

When you're in pain, are you likely to take a risk confronting a manager? NO!! The natural reaction is avoidance. Cut and run!!

So, how do you climb out of the fear morass and start taking steps to resolve these situations at work? Let's begin by analyzing the fear. Most fears are triggered by life experiences that stimulated fear at some point, and now, when we're in similar situations, that learned fear is invoked again.

If you really want to disarm your fear, name it. Get it out of the closet. Start shining a light on your fears, get out a journal and complete these sentences:

1. I'm afraid of: (for example, getting fired from my job.)
2. This fear is caused by: (insecurity resulting from not getting validated with praise, etc.)
3. As a result of not dealing with this fear, I am: (stressed, not sleeping, gaining weight)
4. If I take constructive steps to address this fear: (I will have a much higher quality of life)

Once you identify what fear is holding you back, and where it originated from, you'll have an easier time taking action to release it. Remember, unresolved issues will continue to pop up in different iterations until you go back to the original source of the pain. In Terri's case, she had a critical father who was quick to scold her. The situation with her manager

brought her right back to that little girl being admonished by her Dad.

It is easy to react with ultimatums (I've got to quit that job), but it is merely avoidance. If you don't address some of the root issues, they will raise their head again in your next job. Breaking it down into small steps makes the process less daunting and more organic.

In Terri's case the plan included first asking her manager for a weekly meeting, since it's difficult to address a big issue without any other ongoing communication. The weekly meeting agenda could include both a recap of her accomplishments and a discussion about where she needed help from her manager. This would engage them in a mutually supportive conversation.

Finally, she could include a designated time to exchange feedback in that meeting. This would help open a healthy avenue for sharing concerns with her manager, where she could work toward addressing the issue of being called out in public.

When Terri conducted structured meetings with her manager, she was able to bring up her concerns about being called out publicly for making mistakes. Once her manager was aware of her concerns, they were able to work together to develop a more effective solution.

On the personal side, we worked with Terri doing regressive alchemical hypnotherapy and helped her resolve the issues with her critical father, replacing him with a wise and loving archetype who gave her constructive feedback. Rerunning unpleasant events from her past with this new father created new timelines and changed synapses in her brain, taking away the trigger that had plagued her at work.

Facing the fears by looking at what's keeping you paralyzed at work, analyzing and understanding the root cause, breaking it down into small actionable items and developing a plan allows you to take action and resolve the situation. It's not a comfortable process, but with much better results than succumbing to fear and running away.

Becky Arrington is a Success Strategist and Clinical Hypnotherapist. Her highly developed intuitive and visionary insight as a psychic channel enables her to help people look deeper to see the blockages at work within their business or personal lives. As a Clinical Hypnotherapist, the alchemical techniques she uses, allows clients to clear massive amounts of blocks either from childhood, prior experiences or past lives in a very short period of time and the results are sustainable. www.arringtonassoc.com

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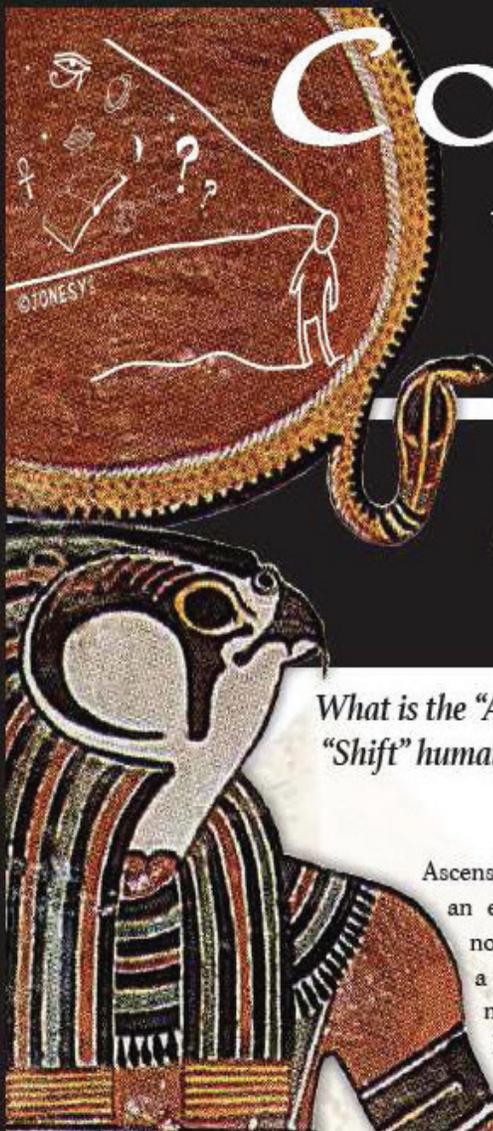
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ANSWERS ABOUT ASCENSION WITH RA

Excerpts from a live channeling Q&A with Ra on the Lighter Side Show with Jamie Butler
(<https://vimeo.com/thelightside>)

What is the “Ascension” or the “Shift” humanity is currently experiencing?

Ascension is a process, an energetic phenomenon, moving souls to a higher density – a new paradigm.

Notice an escalation of chaos on the personal,

interpersonal, and global levels. Nature creates chaos to bring forward a higher level of order. We are in the midst of a restructuring. Many individuals feel a yearning to change the patterns that no longer serve their individual growth or fulfillment and recognize the collective need to evolve to a more compassion-based civilization.

How does Ascension occur?

Ascension is a property of vibration. Think of ascension as a reintegration of water droplets into the ocean. The feeling of ascension arises in the remembrance of this unity consciousness – you are a droplet of water acknowledging it is the ocean. Strengthening this energetic flow from Source to your individuated mind/body/spirit complex raises vibration, activating the potential within the higher chakras – unlocking energies and capacities for the heart-centered paradigm.

What do we need to do? How do we know that we have Ascended?

What can be done on the journey of reawakening and to remembering this unity consciousness (this loving vibration) is to begin with self love and self nurturance. That is the core of the human experience... in the sorrow, come back to love. Begin with self love and recognize your inner experience creates your outer reality. This is a co-creative force that is a constant across the universe. Become aware of your awareness and then learn to love and embrace yourself and all others, despite where they are in their process of expansion and awakening.

We are on the journey of embracing the Law of One. This universal law simply relates everything – manifested and unmanifested reality – as facets of the one consciousness, the one infinite creator. We are consciousness experiencing itself. In this next vibration, there is the invitation to rebuild the pillars of society to reflect a compassion-based civilization, anchored in sustainability where the needs of every being are weighted as equal.

Will we remain in a physical body after Ascension?

In this next form, yes, and with heightened abilities. Many people across the world today are noticing heightened sensitivities – intuitive capacities that have been activated or increased. This is the work of the next vibration: to harness and cultivate the potential within those [psychic] abilities.

How is the energetic influx affecting us on earth?

There is a higher vibration coming to earth stemming from the solar flares and solar radiation. The sun, at the epicenter of your solar system, creates shifts through its energy. These shifts affect the core of the Earth, changing its resonance, in support of this universally-orchestrated change.

Sensitivities of all types – food, sound, light, and energy – are increasing as this vibration is changing the molecular structure of the physiological being. Biologically, you are unlocking new DNA and new capacities within the human structure. These vibrations are turning on your full potential.

Many of you have incarnated as Wanderers. And you wonder why you are here on Earth. You ask the questions, “Why am I here? What am I supposed to do?” Please know there is not always something to do. You are human beings. The name, “human being” was given to remind you to “be.” As you “be,” you emanate a vibration, a particular frequency. If you choose love, if you choose light, you emanate a higher vibration, elevating you and those around you. Look in the mirror, see the creator. Look in another’s eyes, see the creator. We are one in the same.

In the yearning to seek your truth, you open yourself up to new answers, to new wisdom and insights. It is not outside of you, it is within you. Formulate your own belief systems, your own truth, anchored in the idea that all is one creation. *Adonai.*

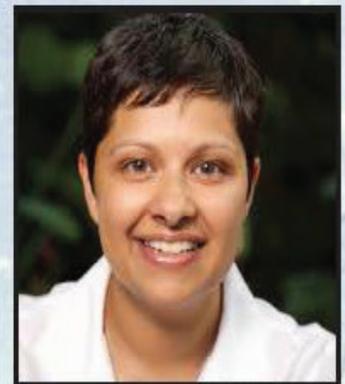


photo by Jinny Hawkins

DARSHANA PATEL

Darshana Patel is a Channeled Healer, Reiki Master, and Medium. She is dedicated to inspiring the world to a new level of consciousness, compassion, and connection by accessing universal wisdom. She is a gifted healer, facilitating over a thousand Reiki and intuitive healing sessions.

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TRANSFORMATIVE

A monthly exploration in why art matters



SOCIAL ART & EMPOWERMENT

by *Krista M. Jones*

Social Art is the attempt to address or recognize a particular social issue by using art to affect change.

From time to time, I feel a duty as an artist to use my gift as a scribe and document the world as I see it. This kind of record keeping is not always “pretty”, but it has been with us since the dawn of time. Social Art has supported revolutions, accompanied protest, inspired hope, brought voice to the voiceless, expressed passion and provoked change. Art can move and inspire where words are left mute. For me, the need and face of my art changes depending on internal and external circumstances. I find myself currently in a space where I need to produce and be exposed to art that encourages growth and empowerment.

It seems that every 20 to 40 years we have an uprising of social art movements. I believe this is in direct correlation to the state of governing bodies, cultural shifts and the cyclical nature of our learning as human beings. As individuals and a collective we may currently be feeling the tides of change pulling in all directions. Keep breathing and stay afloat, the tides will change again, they always do. Art can be a powerful tool for expression through these changes and a universal language to help support our voices.

We all have a need to matter, to be seen, to feel heard, have food, water and shelter. These are basic human needs that span across time and space. The face of oppression, misunderstanding, greed, inequality and hate may change, but our human needs remain the same. Some of you may be feeling sense of urgency to share your voices, band together and express your beliefs. Now is the time to honor this through our divine talents. Let us cultivate conversation, compassion, inspiration and change. We are in this together.

LET ART BE
YOUR VOICE!

-JONESY



photo by Kevin F. Quinn

ABOUT JONESY

JONESY is an Atlanta-based, freelance artist and graphic designer with over 20 years of experience. Her innovative designs have been featured in international magazines and her paintings have sold worldwide. She enjoys working in a wide variety of creative mediums, including music and writing. JONESY is available for commissioned based paintings, illustration, murals and print design. More information about this artist is available on the sites listed below.

YOU CAN SUPPORT THIS ARTIST @

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Email: krista@myalchemistryink.com

SUNDAY CHURCH SERVICE

Atlanta Center of Self-Realization Fellowship
- 4000 King Springs Rd., Smyrna. Meditation Service 10 a.m. Reading Service 11 a.m. Sundays. 24-hr. info. 770-434-7200.

Atlanta Unity - Sunday Services at 8:45a.m. & 11:00a.m. Wednesday Evening Prayer Service 7:00-7:30p.m., 3597 Parkway Lane, Norcross 30092, 770-441-0585, www.atlantaunity.org.

Center for Spiritual Living - Midtown Sunday service at 11:00 am at the Academy of Medicine, 875 West Peachtree St, Atlanta, GA 30309 www.cslmidtown.com.

Drepung Loseling Monastery - established under the Dalai Lama, an affiliate of Emory University. At 1781 Dresden Dr. Atlanta, GA 30319 Free: Sundays: Guided Meditation 11 a.m. Call: 404-982-0051 or email: center@drepung.org.

Eckankar Center - Religion of the Light and Sound of God. ECK Worship Service on first Sunday each month at 11a.m. 2217 Roswell Rd, Marietta. Children's program Call: 770-973-4001 www.eckankar-ga.org.

Hillside International Truth Center - 2450 Cascade Rd. SW, Atlanta, GA 30311 9:30am - Bishop Dr. Barbara L. King, Rev. Dolores Voorhees, Rev. Dr. Rocco A. Errico plus Christ Conscious Kids Club. www.hillsideinternational.org

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One World Spiritual Center - Celebrating One World, One Heart. Sunday Service at 11:00 am. 3535 Shallowford Rd. NE. Marietta, GA 30062. 678-214-6938, www.oneworldspiritualcenter.net.

Saint Thomas Christian Church - Sunday services & attend our Celebration of Life, Spirit & The Eucharist. 11 a.m. at the Karin Kabalah Center, 2531 Briarcliff Rd., Suite #217, Atlanta. Call 404-320-1038.

Spiritual Living Center of Atlanta - New Beginnings Through New Thought - Services 9:30am. & 11:30am. 1730 Northeast Expy NEAtlanta, GA 30329. (404) 417-0008. See slc-atlanta.org for more information.

Trinity Center for Spiritual Living - Create Your Best Life & Thrive. Sunday Services at 11:00 am. Weekly Consciousness Empowerment Classes, 1095 Zonolite Rd. Atlanta, GA 30306. (404) 296-6064 www.trinitycrs.org.

Unity North Atlanta Church - Transforming the world through love. Sunday Services at 9:15 a.m. and 11:15p.m. Wed. meditation service 7:30 p.m. 4255 Sandy Plains Rd. Marietta, GA 30066 www.unitynorth.org 678-819-9100

Unity of Kennesaw Church - Putting love into action. 11:00 am services are at Shanty Elementary, 1575 Ben King Rd., Kennesaw, 30144. www.unityofkennesaw.org.

SUNDAY EVENINGS

WELCOME TO A NEW THOUGHT GATHERING for deeper, more personal knowledge of how to understand Universal Law as it relates to a richer, more satisfying life. Interfaith Truth Center, 2674 Austell Rd., Marietta, 30008.

FOURTH SUNDAY

INTRODUCTION - "Community HU Song" and Special Spiritual Exercise, 12:30 p.m. - 1:00 p.m. Eckankar: Religion of the Light and Sound of God, 2217 Roswell Rd., Marietta. Call 770-973-4001; www.eckankar-ga.org.

TUESDAY

INNER QUEST - 7:30pm Share in a loving, supportive environment. Each evening begins with a healing circle. Love Offering. 770-521-2875 12830 New Providence Rd, Alpharetta, GA 30004

INNER QUEST /GAINESVILLE - 7:30pm Take a step closer to your Divinity. Each evening begins with a healing circle. Love Offering. 770-534-0993 Meeting Place: 4231 Red Fox Trail, Oakwood, GA 30566

MEDICINE BUDDHA PRACTICE 6:30pm - 7:15 p.m. Public talks on Tibetan Buddhist Studies & Practice: 7:30 p.m. - 9:00 p.m. given by monks and guest speakers. Call: 404-982-0051 or email: center@drepung.org. Visit: www.drepung.org.

WEDNESDAY

METAPHYSICAL STUDY GROUP - Healing modalities, Book studies, Advisors, Full Moon drumming circle. Call for this month's topic. Marietta (Austell & Callaway). www.interfaithtruth.com. 404-955-6641.

WEDNESDAY

SOUL HEALING MIRACLES CLASSES - Looking for clarity for your life path? - every Wednesday 7 pm-8:30 pm -Trinity Center for Spiritual Living - 1095 Zonolite Rd Atlanta 30306 www.soulpoweratlanta.com 678-630-8661

2ND FRIDAY

SPIRIT COMMUNICATION - 7:30 p.m. at Harmony Place Spiritual Center in Roswell. www.meetup.com/PsychicAdventures Email: mstulip@mindspring.com.

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Sunday: meditation 10:30 am Gathering 11:00 am - Weekly discussions, classes for body, mind, and spirit. Metaphysical gift shop, books, candles, and gemstones. Marietta (Austell & Callaway) 404-955-6641 <http://interfaithtruth.com>

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7:30 at Candler Park Yoga

Thursdays
Traditional Kirtan w/Savitri and Madhukari Dasa
7:30 at The Self Discovery Center

Jan. 8 - Flavia and Gershone Yoga Flow

Jan. 9 - Blue Spirit Wheel Johns Creek Yoga Planetary Alignment

Jan. 28 - Blue Spirit Wheel/Vista Yoga

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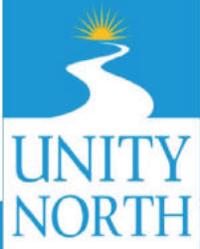
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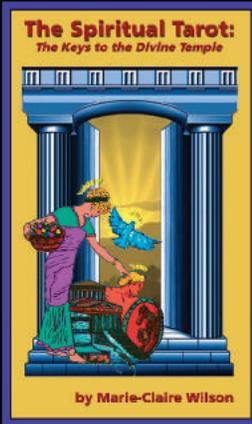
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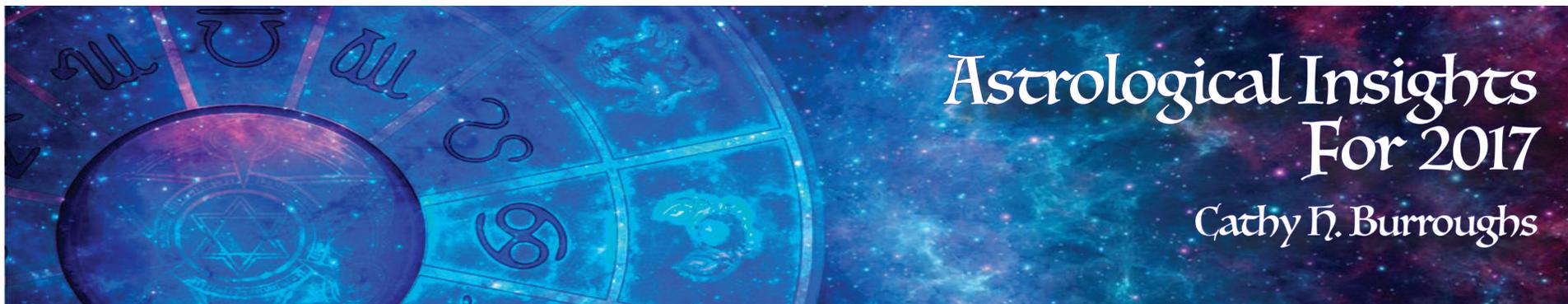
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Astrological Insights For 2017

Cathy H. Burroughs

As we end the year in something of collective societal shock, we look to the stars for clarity. Global repercussions reflect sweeping change, reckless abandon and the possibility still of major surprises and reversals, even before the year officially kicks off. As we look to our own startling election result and the global impact, disruption and even genocide (Brexit, Turkey, recent vote in Italy. ISIS, Aleppo), we look to the stars and planets and major planetary cycles to shed some light. Now is an optimal time to look to astrology on how to best utilize the cosmic energies of our circumstances for spiritual, emotional and physical well being for the coming year.

We enter the new year in a retrograding Mercury period which means the year may be slow to launch and we may still be processing the confusing and unexpected developments from 2016. Continue to expect the unexpected.

The cycles of New Year's Eve can sometimes give us a preview of coming attractions and this New Year's is notable in that Mars and Neptune come together in Pisces. The positives of this dynamic is a visionary initiative that is for the highest good, but the shadow side of this dynamic is an atmosphere of confusion, deception, misdirection and illusion. The best way to deal with these energies are through meditation, spiritual practice, dream analysis, escapes and get-away's. This is truly a transcendental start to a new cycle where we need to be attuned to the higher spiritual functions of the time rather than the harsher realities of day to day life.

There seem to be a considerable number of retrograding or backward moving planets this year including Mercury, planet of communication (until Jan 8 and again April 9, August 12 and December 3 for about 3 weeks each). These indicate periods of re-evaluation and uncertainty.

Venus, the planet of love and harmony also goes retrograde March 4, again asking us to re-evaluate our values and may bring love from the past back to be re-considered. Other retrogrades include Jupiter (values, economy, good fortune) on February the 6th and Saturn (lessons, conservatives, restrictions) on April 6th. So the over all trends for this year are a back and forth energy where we are trying to ascertain whether the changes we've made are in fact of benefit or for the highest good.

Personally the best way to deal with all these backward moving energies is with spiritual practice, travel, much sleep, care and feeding of the spirit and body through massage, retreat, regeneration, spa treatments and in general, seeking kinder, gentler introspective approach to life and our own well being.

The furious battle between the old guard and the new guard, the force of change and conservative restriction continue their life and death struggle as Uranus, the planet of revolution, continues in Aries, the warrior, and squares or forms a difficult aspect to Pluto the powerful one and bringer of life, death and regeneration. Pluto continues in the sign of Capricorn, symbolic of the old ways and tradition. Saturn continues in the sign of Sagittarius which is evoking deep-seated fears in all things different: all different cultures, all different religions - the dark side of this is a resurgence of racism. Personally this is a great time to get really serious about your spiritual practice as it is one of the best means of working with these energies most positively.

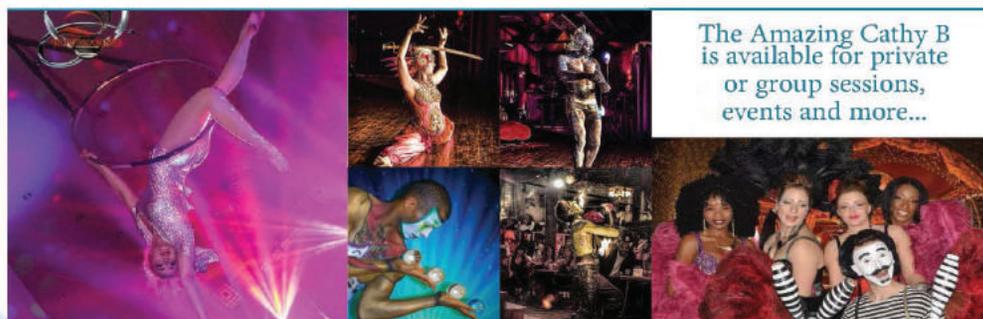
The good news is that Jupiter, the planet of good fortune and harmony, is in the sign of Libra, the sign of peace and relationship, hopefully overriding or softening the more harsh energies being expressed elsewhere. This is an ideal time to turn to family and intimate partnerships as a place of solace and safety. So in a word: stay close to home and cherish those closest to you....or, head to Canada or beyond - stat!

Gifted psychic/astrologer Cathy Burroughs has an international clientele and attracted more than 1,000 callers due to the accuracy of her predictions on Q-100's The Bert Show. Formerly Vice President of Metro Atlanta Astrological Society (MAAS), she sees clients privately as well as teaching nationally, regionally and locally on topics such as psychic development, tarot, healing/clearing, medical intuition and all levels of astrology. Her articles appear in The Aquarius, NCGR Geocosmic Journal, NCGR memberletter, .



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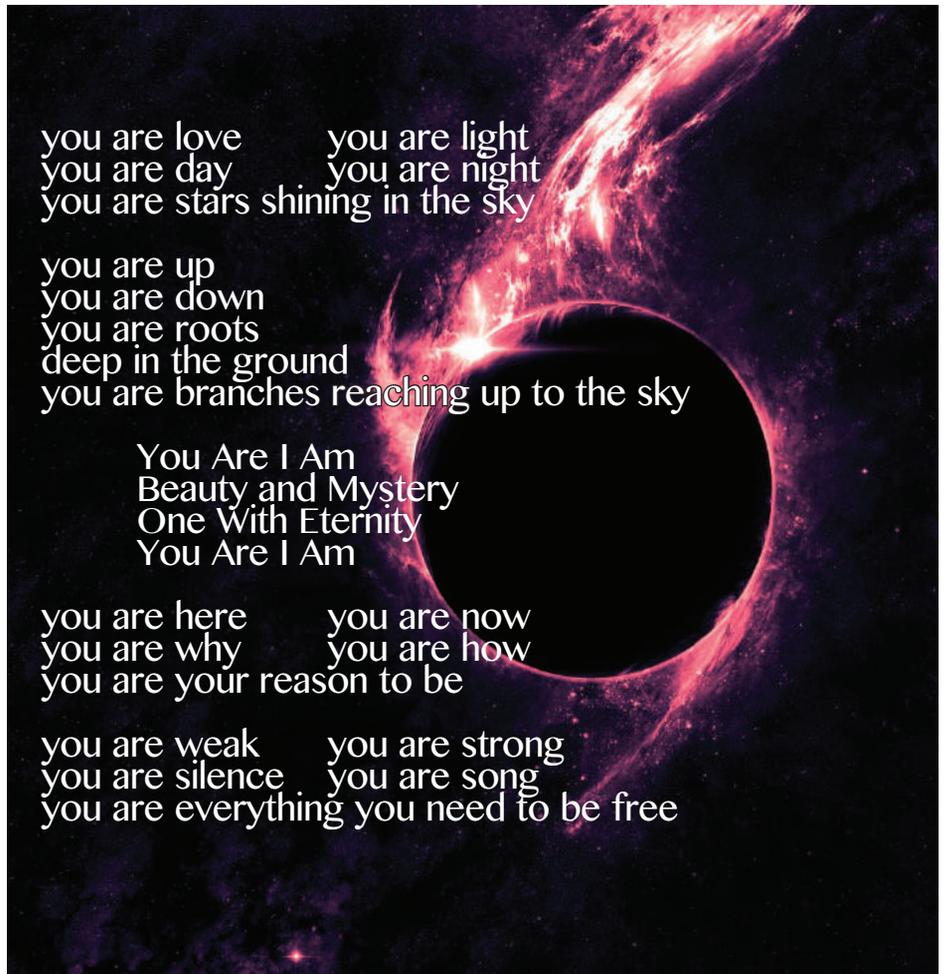
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