Colours...
The Beauty of Diversity

Pat Green  Race and Love
Erika Rose  Coloured Only
Cassandra Worthy  The Fruit Race

New!!
Astrology and Love...Cathy H. Burroughs

Regular Features...
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...and much more!!!
This is a hard topic as a white man who has never experienced the brunt of racism. I sometimes cringe when my white friends try to lead the charge in improving racism making it their story. It feels like Pat Boone leading the March on Birmingham and then recording a song about it. It would feel wrong and commercial. Being white it would be easy to say something “enlightened” like we should see past color and love everyone for there is no race.

I do know that there is racism. I do know that we have problems in North America regarding race. I do know that I have white privilege and that includes my spiritual and philosophical approach to life. I have no solutions and I admit that I am blinded by my own ignorance. I know that I don’t know, but I also don’t know what I don’t know.

When I was a Progressive minister I thought I had a firm grasp on so many things. I had an idea of who God was and how He worked. I understood marriage. I knew about race relations, human trafficking, gang issues, poverty, homelessness, hunger, recovery and a great many other things.

Then my marriage collapsed. Not too long after that my church would fall apart. My ideas of love and how God and community worked were shattered and I was confused. Then I spent almost three years at a taxi company and everything else collapsed under the weight of reality driving a taxi in the gritty urban jungle at night.

I saw some of the homeless outreaches I used to fund and support as a pastor toss homeless mothers with toddlers out into the street at 2 am. I saw a homeless friend die of exposure because she was too high maintenance for the shelters to deal with. I got to know prostitutes and gang bangers and drug dealers and addicts and abused spouses on a different level. In that new understanding I realized how little my understanding was and how ignorant I was. I learned that some of us social justice pursuers were at best, doing little that was effective and at worst, hurting people and committing gentrification.

The institutions I was not only a part of, but a leader in, were wrong. The lessons I taught and learned were wrong. Up was down and right was left and I got angry. I got angry at myself, the authors of the studies and books I read, and the God I believed in. I decided it was easier to tell all of those things (including myself) to take a long walk on a short pier. For the first time I understood the anguish of the teacher in the beginning of the Old Testament book of Ecclesiastes when he cried “Meaningless! Meaningless! All is meaningless!”

I got very dark and very hard. It took almost losing everything, including my life, to wake me up to the fact that life mattered and just because I did not have answers to the questions of life does not mean I should give up.

I found myself waking to love and in love found not only peace in the mystery, but a new resolve to act and to walk in love without having to define it and understand it. In that is also an honesty to have difficult conversations, to grow, to challenge myself and to change as needed when I am not walking in love’s path.

We have to deconstruct all that we know and believe to find what is real. I do not understand God. I do not understand love. I do not understand my own spirituality. I certainly do not understand the causes and solutions to the problems that ail this world. But I readily accept all these things and walk as best as I can through this world relying mostly on the divine and love to guide me, even though I do not understand them as a human mortal.

I believe that this may also be the first step in resolving race. Admitting that we do not know and deconstructing what we think we know and believe until only rubble remains. Only then, can we be in a place with no walls remaining to be able to see, and love, the world around us and perhaps understand. If we cannot understand, we can at least love and that is a good place as any to start.

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**AQUARIUS**

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Colours...The
Beauty of Diversity

Look around. Monochrome has left the building.

We live in a reality that has found itself in a strange situation - we are humans of all sizes, colors, cultures, voices. Our access to different cultures, resources, prosperity, and technology is greater than it has ever been. And yet...we find ourselves facing more separation and mistrust than almost ever before in history.

The fractures are all around us: religious ideals, political ideals, sexual identities, natural resources, racial diversity, ageism. Most of those who observe and pay attention to our society recognize that our nation...and perhaps every nation, and all people...are more afraid, more uncertain of the future and more angry than they have ever been.

Mindless eruptions of violence and rage reveal that this is so. Relationships fragmenting and ending over the slightest offense are commonplace. And that hints at a rage under the surface of things that has been waiting for an opportunity to blow.

I want to challenge you to google - at the first chance you get - the term “the danger of diversity.” You may be shocked at what you find. Voices around the globe are promoting the dangers of diversity and multi-culturalism by appealing to fear and the “loss” of our nation or our country or our values.

There is a very simple reason for this kind of fear-mongering, and the growing sense of tension, anger and mistrust that abounds...it is called DUALITY.

Duality is a way of seeing the world as “us” and “them” (or “it”). Duality says “mine”. Duality says “we are right, you are wrong.” Duality says “ours is better.”

Duality begins in the view of the divine that has been handed to us from centuries. It advocates a view of God as Wholly Other, and that we have humans are separated from this God. Our separation makes us unworthy of the Love and Blessing of God, and is the cause of the bad things that happen in life.

However, if you look closely at the teachings of all the great spiritual leaders of the past 4,000+ years, you will find a very simple and common message: God and Humanity are ONE. And all of humanity are at the core ONE Humanity. Differences in race, sex, culture, or even language all exist at the simple and primal level of humanity. They are truly and only "skin deep." Pull back the skin of any human and you will find the same muscle, the same blood, the same skeletal structure - enough to make it impossible to distinguish between us. Our brains all work the same, our emotions are driven by the same genetic coding, we all feel love and fear and hope and anger. We all want the best for our children. We all feel love and fear and hope and anger. We all want to see the earth kept safe and healthy, so that we can prosper as a race.

This pernicious concept of duality is a relic of the Piscean Age (the past 3,000 years of empire building and religious/governmental dominance). In the Age of Aquarius, a new way of knowing has begun to arise. It is a way that recognizes the unity of all things. Science has found a way of informing that unity of all things. Science has found a way of informing that belief, so that Unity is not just an idea or belief, but is a growing certainty within scientific credibility.

As we learn more about the intricate and amazing energy unity of our universe, we see that we are all one...

I believe in the kingdom come when all the colors bleed into one...

Bono
still haven't found what I'm looking for

letter from the publisher

Don Martin is the owner of Aquarius Newspaper and CEO of Aquarius Media Network. He is native of Atlanta and has traveled extensively in this world and many others. He is a family man, outdoorsman, poet, mystic, writer, photographer, and metaphysical practitioner (Alaskan Field Therapy). All he wants is love, a farm, and a few chickens and goats.

You and I are not different...though our skin color or sexual gender or economic status may be. We are all part of one another, and if you suffer, I suffer. If you prosper, I prosper.

This issue of Aquarius deals with issues of race...but only in the context of Diversity, Unity and Love. As we learn more about the intricate and amazing energy unity of our universe, we see that we are all one, and that we can experience the beauty of Unity in our Diversity.

Curiously, our experience of Unity will begin as we learn how to Love ourselves, and to allow Self-Love to blossom into Genuine Love...not for the Other, because THERE IS NO OTHER!! If you love yourself...you will be loving all that is, because all that is is YOU, and in a very real sense, you are all that is.

Got it?? Namaste!!!!
I am a child of the 80s and so have never seen a “colored only” sign over a bathroom or water fountain. And then one day I visited a friend, T. Lang - a wonderfully talented artist and choreographer here in Atlanta. T. Lang uses her own experience and heritage to inspire her work, which means she often explores the connection between race and identity. This issue is a constant source of inspiration for her and even her house is evidence of this. And that brings me to my first sighting of the sign. On a wall in her guest bathroom, T. Lang hung an antique sign, boldly printed in black and white, that reads “Colored Only.” When I asked her about the sign and why she chose to incorporate it into her home, she explained to me that it’s a symbol of past triumphs, a reminder that her ancestors overcame seemingly insurmountable obstacles.

The sign and T. Lang’s interpretation have stuck in my mind ever since. The more I reflect on that sign, the more I see it as a direction into a future built by me and those of my race.

But first we need to be clear about my race. I am a coloured person. By adding that U (yes, you, too), we are considering a new idea of race. Color is the past. Colour is the future. Colour is my race.

If you’re a coloured person, you know it. We may be a little hard to distinguish at first. We come in different skin shades and speak with different accents. We appear in cultures across the world in bodies that are as diverse as they are unique. Our race is not defined by the superficial, by appearance or nationality. Coloured people are characterized in an abstract way: by our thoughts and intentions.

If you’re coloured, you can feel it. You might cry at injustice or seethe with rage at corruption. You daydream or explore. You can’t understand why there’s so much suffering and hatred in the world. You are deeply spiritual, even if you’re open minded about what “spiritual” means. But there is one obvious common trait: you probably feel like you don’t fit in.

Our colours don’t fit comfortably in this black and white world with its easy categories and scary absolutes. Many coloured people feel like a stranger in their own homeland, an alien on their own planet. That’s because we have been dwelling on and in the invisible worlds: working with secret acts of kindness that don’t appear in commercials, creating silent moments of courage that are ignored by the news, exploring spiritual and emotional worlds that are rejected by the economy. Our colours, our very unique nature, have been under attack, undervalued, and misunderstood for a long time. We went into hiding long ago. We have become so good at hiding that we have even forgotten how to find ourselves.

But all of that is changing. By exploring spiritual and artistic depths, by making meaningful connections, by finding each other, we are doing something that many would have thought impossible: we are making the invisible visible.

Those who currently hold the power in this world would have you believe that we are a dying minority. They will tell you there is no place for colour in their black and white world. They will say we’re idealistic or childish. They’ll lecture that our system is not black and white, it is coloured.

A CEO and a countess - both ruthless and both symbols of success in our world. If this is success in the black and white world, I cannot see any part of it. I recognize that the world is diverse and divided - diverse and divided. Not everyone thinks like me or like those of my coloured race. But I cannot abide by this earth being used, abused, and manipulated by the black and white people whose intentions are so self-serving and narrow-minded. After all, the world is not black and white, it is coloured.

And so I call to you, my coloured brothers and sisters, to realize that we are not a dying minority, nor should we continue to be in hiding. Think of your colour as chakras, eccentricities, or artistic passions. Call them what you will, but be proud of your colour. Let’s stand and walk out of the shadows. Let’s complicate this cold, black and white world by adding our colours. We will rise and demand to be seen. This beautiful, coloured earth is calling to us because it is one of us. Will you answer the call with me?

Later in his article, Bercovici questions the future direction of the world, saying, “Is society getting more and more psychopathic in its kind of desire for short-term killings? Is that because we kind of admire psychopaths in all their glib, superficial charm and ruthlessness?”

My answer to that is no! No, because it is we, the people of colour who will overcome, rise up, and make a change. Let’s hang a sign over this world: Coloured Only.

Erika Rose pursued her MA in Religious Studies at Georgia State University where she also taught religious philosophy. Further trained at a mystery school in Florida, Erika combines her academic experience with her mystery school training to offer intuitive readings, essential oil consultations, and spiritual guidance. Submit your questions to Erika Rose at erikainrose@gmail.com

In his Forbes article entitled “Why (Some) Psychopaths Make Great CEOs,” Jeff Bercovici points out a well-known statistic - that psychopathy is four times higher among CEOs than the general population. When going into detail, Bercovici references the example of AI (“Chainsaw”) Dunlap, a now retired corporate executive known for his ruthless methods to downszie businesses and increase shareholder value. Bercovici recalls his interview with Dunlap, saying he “was a man who seemed to enjoy firing people, not to mention the stories from his first marriage – telling his first wife he wanted to know what human flesh tastes like, not going to his parents’ funerals. Then you realize that because of this dysfunctional capitalistic society we live in those things were positives. He was hailed and given high-powered jobs, and the more ruthlessly his administration behaved, the more his share price shot up.”

Eventually Dunlap ranked high on several lists of the world’s worst CEOs, but that was only after he got a little too greedy. Like Elizabeth Bathory, a 16th century Hungarian countess and serial killer who tortured and killed hundreds of young women, Dunlap was only stopped and ousted when he began preying on his own class. Thousands of working families were tormented by Dunlap’s downsizing tactics and fear-based work environments, but he was working on a pedestal until he began to steal from his clients’ companies. When he was caught, he was thrown from his pedestal.

Erika combines her academic experience with her mystery school training to offer intuitive readings, essential oil consultations, and spiritual guidance. Submit your questions to Erika Rose at erikainrose@gmail.com
The Fruit Race

by Cassandra Worthy

Henry was born in Guatemala but he moved to the United States with his family soon after being born. They moved into a local food market in Nashville, TN. They settled, amongst many others like them, into a box in aisle 3. Henry...is a banana.

During his journey from Guatemala as well as during his time in the market, he had seen many other strange fruits. He spoke about them often to his siblings. "I wonder what they're like. Wonder if they sound like us. Gosh, they all look so different!" he would exclaim. Henry's brother always said that you couldn't trust other fruit...that they were all weirdly shaped, not as intelligent, and not only unpleasant to be around but dangerous. He often said that bananas weren't meant to mingle with other fruit. He said they were bundled together and therefore were meant to stay together. That always made Henry wonder because he knew his brother had never come any closer to other fruit types than he had. How could he possibly know this about ALL fruit? But he was right about one thing...he and his family had always been bundled up together within a banana community. Until the day Henry's fate took him somewhere he never imagined.

Henry was pulled one morning from his family, from the banana bin, from the community he knew so well and placed in a rundown, much smaller bin. When he landed he noticed he was all alone and found himself looking up for his family and the other bananas to fall from the sky. And then one after another, fruits began to fall next to him but they weren't bananas. The first to fall and roll was Tommy the orange. Henry immediately smelled him. It was like nothing he had ever smelled before. Then came Susie. Susie was this massive pineapple. Next, the big thud of Mary and Melissa, the mango twins. Then finally all the others...Jessica, Travis, Gilbert, Richard, Shanna, Theresa, April, Eddie, Jason, Dan, Tracy, Cynthia, Bob, and Justin. They were the thickest bunch of grapes you'll ever meet. And there they all sat with Henry. Henry - confused, lost, and lonely missing his family and all the other bananas.

The first couple days in the bin, which was later discovered to be the 'discount bin', were relatively quiet with exception to the incessant chatter of the grapes. Shanna was probably the loudest of them all. But for the most part, the different fruit types kept to themselves. Then one day Tommy rolled up to Henry and struck up a conversation. "Where you from kid? How long have you been in the market?" he asked. Henry sensed Tommy was just as lonely as he was and just wanted conversation to pass the time so he happily obliged. They began conversing through the days getting to know each other. Henry loved sitting and chatting with Tommy, at first due to his smell which he found delightful, but as he actually got to know him he found himself enthralled by Tommy's stories. Tommy had traveled from Florida on the back of a truck and as a result had lots of interesting stories from the road.

Eventually Tommy and Henry's conversation fell to fruit type. Tommy was wondering if Henry had ever been exposed to so many different types in his same bin. His answer was of course no. But he felt close enough to Tommy to share his brother's perspective. He shared how he didn't really ever believe his brother's words...about all other fruit was unpleasant to be around. This conversation peaked the attention of Susie who had been keeping to herself since landing in the bin. She hopped over and began sharing loudly how she'd experienced many fruit types before and carried no prejudice to any of them. She claimed to be 'type blind', remarking that she saw everyone as the same and therefore liked everyone. During this rant she looked at Henry and said, "And you! I don't even see that peel of yours! We're all fruit! I see everyone the same...as equal!" Though he could tell she was well-intentioned, Henry was taken by this comment. How could she NOT see how different he was with his bright, yellow peel and curvature? That never really sat well with him.

Life in the bin progressed pretty much the same day after day. Henry and Tommy becoming closer and closer with the sporadic interruption of Susie. The mango sisters keeping to themselves, whispering here and there, and the grape bunch chattering away about who knows what. Then one evening something happened that would transform the discount fruit bin forever: another piece of fruit fell from the sky in the strangest way.

She was a small plum surrounded by plastic. As soon as she landed she cried out but it was muffled. She was suffocating. Of course grabbed the attention of all the fruit. They instantly looked down at the hurt, entrapped plum then around at each other. In a flash, as if by an unspoken language, they each understood they had to act at that instant if they were to save her. Susie immediately assessed the situation and seeing that the bag was tied near the top, she devised a plan. She started barking out orders, "Grapes! Over here! Mangoes! I need you over here! Tommy, get over here!!" Everyone followed orders feeling the intention and strength behind her words.

"I need you to roll her as best you can from side to side!" she shouted to Tommy. It was all happening so fast, but Henry could see how she had placed a portion of the plastic sheet on one of her prickly spines and was using Tommy's swift but easy rolling motion to move the plum and subsequently the plastic back and forth as she braced herself in a corner. She had positioned the grapes and the mango sisters on top of the plastic to better stabilize it. Instinctively, the grapes, notably Shanna, were keeping the little plum calm by saying all was well and to relax and breathe easy...that she would be out soon.

Then miraculously the plastic ripped. As soon as she saw the tear, Susie turned to Henry, "Now! Henry I need you here now!" Henry, having been awestruck by the scene unfolding before him, snapped out of his daze after hearing his name and came flopping over. Keeping the mangoes and grapes in place, Susie wanted him to use his body like a hook to pull the hole open wide enough for the plum to roll out. He was obedient and determined. As the hole opened wider and wider, Tommy helped slide the plum towards it. Then out she slid, wheezing and gasping for air. Susie's plan had worked!

All the fruits gathered around the plum to comfort her. They could all see how she had been bruised at some point during her journey. After she caught her breath she explained how she had just been taken from the plum community, stuffed in a bag, and carried in a cart around the market, lodging in the cart, she had panicking realizing she was slowly losing air. Then as quickly as she had been plucked from her home, she was picked up out of the cart and tossed into the discount bin left for dead, or so she thought. She expressed so much gratitude to everyone for her rescue. And all the fruit came together and welcomed her. With the arrival of Paris the plum, they in a sense, welcomed each other. It was the most wonderful day they had all spent talking together since landing in the bin themselves.

Not long after the rescue, early one morning Henry woke up with Susie sitting peacefully beside him. They were all growing closer since saving Paris, so this wasn't altogether surprising. But what she told him was. She leaned over to him and gently whispered, "Henry, I was wrong. I've been wrong for so long. What I said about fruit types...about being 'blind' to them? I was wrong. If it wasn't for all the unique elements that each of us have we wouldn't have been able to save Paris. The truth is, I see your yellow peel and beautiful, curved shape. And I'm grateful for them. Thank you Henry. Thank you for being you and thank you for helping to save Paris."

As she slowly scooted away, Henry beamed with love and joy. He was grateful for how life in the bin had changed after Paris. The fruits were slowly becoming like family.
Dear Dream Experts,

I dreamt I was with my husband Mark and he told me he reserved a space in a room for a couple of hours to work quietly. I asked how much it cost, and he said $75. I was furious! I yelled and said that was ridiculous and that we should not do that because we didn’t have money to spend like that. I told him he could work anywhere and didn’t need to reserve a space and pay money for it. I told him that we didn’t have money because he hadn’t worked since August. Two of my friends were there and so I was asking them what they thought of my husband renting the room, and they didn’t seem to think it was a bad idea. I was a bit embarrassed.

Then Mark and I were sitting in a booth at a restaurant and this guy next to us overheard Mark and me talking about his room rental. He butted in and was taking my husband’s side. I was angry at him and told him to butt out of our business. I kept telling my husband we couldn’t afford it and we needed to spend our money on other things.

Then Mark and I went to a barn. We went inside this chicken coop and an egg dropped and cracked open. I was telling Mark we shouldn’t eat the egg because it could now have germs, yet we were thinking we didn’t want to waste the egg.

Sincerely, Cheap

Dear Exposed,

There is a part of yourself that you are committed to (your husband) that values peace and serenity (he paid $75 for a quiet place to work). However, there is also a part of you that lacks value and doesn’t see value in serenity. You view your lack of value as being related to not being productive (blaming your husband for not working). You look at this from other viewpoints or ways of thinking (consulting with your friends), and these parts of you also think it is important to invest in quiet time. This causes you more inner conflict.

You want to learn more about the part of you that values peace and serenity (you go to a restaurant with Mark), and yet another perspective concurs that valuing quiet time is good (the man in the restaurant agrees with your husband). You still insist on putting value and emphasis on other things in life besides peace and serenity. You have a habitual tendency to focus on lack (chicken is an animal which represents habits), and are afraid that there may not be more knowledge for you to obtain. (you are tempted to eat the broken egg, which may have germs).

The dream indicates a lack mentality since you fear spending money on the room and consider eating a rotten egg out of fear that there won’t be more eggs. Focus on abundance and know that you can always have what you desire. Recognize that quiet time has value and helps you to rejuvenate so that when you get back to work you can be even more productive.

Dear Dream Experts,

I’m in this group event with many people who are dressed like the Amish. I start washing my hair outside and I have a hose that I am rinsing it with. Then I go inside and look for a bathroom. First I go inside one which turns out to be a family bathroom, then I find the women’s bathroom. I get naked to take a shower. People come and go while I am in the shower.

Sincerely, Exposed

Dear Exposed,

You are purifying your thoughts (washing your hair and taking a shower). The Amish people represent these attitudes. You need to investigate your beliefs about the Amish to understand the thoughts you are purifying. Describe the Amish in one or two words. For example, if you feel the Amish are controlling, then this is the type of thinking you want to understand the thoughts you are purifying. Describe the Amish in one or two words. For example, if you feel the Amish are controlling, then this is the type of thinking you want to understand the thoughts you are purifying.

You are also practicing a certain amount of honesty in this (being naked).

Kathryn and Patrick Andries, the Dream Experts, are the authors of Naked in Public: Dream Symbols Revealed and The Dream Doctor, released by Ozark Mountain Publishing. If you would like your dream to appear in a future article, send it to intuitiveschool@sbcglobal.net. Kathryn and Patrick reserve the right to edit any dreams submitted to suit the needs of the article. Learn more at www.intuitiveschool.com.
All of us have experienced loss...of loved ones, of pets, of friendships and relationships. It is part of the human condition. In her book *Rising Above Grief* local energy healer Philippa Kingsley shares the amazing channeled messages she received from her father and other angelic beings who use her voice to help those who have experienced loss to rise above the grief and discover the purpose.

This inspiring and insightful book presents profound truth in a simple and accessible way that can truly transform grief to joy. Philippa is certified as an energy healer in VortexHealing® Divine Energy Healing, and is an animal spirit communicator. She is originally from London, moving to Atlanta, GA in 1996.

Philippa shares her own intimate experience of grief in the loss of her father and her beloved pet dogs, Volumie and Cosmo. It was encountering the consciousness of her loved after their passing that enabled her to have such a unique and compassionate insight into the process of grieving and the process of healing that comes after.

Her sharing is both intimately personal and practical. Besides addressing the deep inner sorrow and fear that accompany loss, Philippa provides practical steps that have been channeled through her that are offered to aid in the beautiful healing process that can begin at loss. Simple actions such as having a burial ritual, expressing yourself in writing, making a memorial, and honoring your loved ones - humans or pets - both living and transitioned are encouraged to help both understand your own spiritual journey but to gain a greater insight into the purpose of the Universe in the experience of loss and pain.

Dale Borglum, of the Living/Dying Project, and co-author of *Journey of Awakening*, says "Philippa's book offers a truly heartfelt and deeply personal account of her encounters with grief. You will be touched by her courage and honesty."

Colin Tipping, author of *Radical Forgiveness*, says this book will "connect you with your own experience of grief (and) shines a light for others who are struggling to come to terms with the loss of a person or pet."

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*Rising Above Grief*... *A True Story of Love, Caring, Sharing* by Philippa Kingsley
Hello Dear Reader... Are you enjoying the New Years beginnings? For me the 2016 energies are full of rest and play. Work has more clarity and I am confident that this dream, we are all creating, is unfolding perfectly. Many of us are old souls in young incarnations spending most of our time re-membering our oneness and humility which leads to dignity and leadership.

Many of my friends within this met-physical community have this common thread. I believe as we come to understand more of ourselves we will unite under this remembering, and that is, in our early childhood not knowing that we were healers we awakened to our practices. We became mediators and peacekeepers with a pattern that eventually lead us to our own healing and the desire to assist others in their own healing.

Light workers are beloved sentient beings that love at all cost, often to themselves, because we are in-service to humanity. Devotion shows up with a spiritual gust of a mystical wind and your life has now evolved into a beautiful presence of mindful awareness, contentment and the agile ability to just BE. Because honestly that is all that is required.

Balance is Health. I believe the energies of 2016 are all about finding our way back into love. Self love begins with setting healthy boundaries and healing the sub-conscious mind. In my experience there is nothing faster at getting to the source of ourselves and our behaviors than working with your sub-conscious mind. And if we are truly “in it to win it” then this is also where the collective receives its healing as well. What you decide to do for yourself as an individual consciousness is channelled right up into and thru to the collective. As above so below, right? Are you treating yourself with kindness and joy... or are you still judging yourself with emotional energy from the past therefore keeping forgiveness sitting in the waiting room of your life.

Truth is there is no waiting in the present moment. It is all about your willingness to be present fully within as without. But the rub is that you are accepting and allowing of all your beautiful contrasting extremes. The beast and the butterfly if you will.

Before I lose you in translation let us bring this down to earth. In 2000 my mind was beginning to wake up to the convention of Christianity. I made some very emotional choices which changed my world and all those in it. Divorce. My existence was shifted and life took on a duality that was almost unbearable. My life became a force unknown to me and with abandon I answered its call daily, hourly with the only tool I knew, trust.

Consider your experiences. The ones that have taken you down the loneliest of streets and often cost you the things most important to you. How did you find your way home mentally and emotionally? It is a daily practice my friends.

I am excited about the waves of conscious energy sweeping over our planet at this time. Very gentle, supportive and sweet! Here is our Still Point, Self-love. Continue to walk as an apprentice of love. Listen to your soul and it will guide you into much healing & HAPPINESS. Listen to those who you invest your time and energy into, observe how they are growing in your love. Allow for expression, with the moderation of extremes, in yourself and others. And when vulnerability comes calling remain open and use your most sacred tool of trust and attract to you the NEW experiences you wish to enjoy. Godspeed!

I am Phoenix Lea
A Clear and Perfect Channel

Yoga & Love
February is a month that is synonymous with Love. Admittedly all the attention during Valentine’s day is placed on romantic love which assumes that we already experience Self Love.

We have all heard the old adage “In order to love someone else you must first love yourself.” There are thousands of books, websites and seminars that purport to teach you how to love yourself more, but ultimately the question is “how can I cultivate sustainable Self Love organically?” The answer lies in being present in each moment with an open heart, which the practice of Yoga can help anyone develop.

Yoga teaches us that we are each our own Guru, and empowers us to be present and open our hearts to the possibility of each moment. Meditation, Breath, and Sama Vata Pranayama are some ways that yoga helps us cultivate Self Love.

Meditation
Looking within is essential to uncovering the truth of what we feel. Taking a moment to sit or lay with an inward gaze focusing on the internal, on your self, can have powerful results. We are generally so attached to what just happened or is about to happen that we are not present in moment.

Presence of mind in the moment creates a greater awareness of one’s self, this type of internal focus opens the mind up for new perspective. Flexibility in perspective is essential for unconditional Self Love. Allowing yourself the space to change your point of view, while learning more about your needs & wants promotes a more compassionate inward attitude. Meditation provides both a neutral platform for you to assess where your outlook could benefit from shifting, and a safe place from which to begin to make those shifts.

For many, meditation can be a daunting task fraught with more questions than answers. Thankfully the practice of quieting the mind at the beginning and end of each Yoga Asana practice provides an opportunity for us all to strengthen our meditation muscles. Use that time to focus on one word, sentence, phrase, or a feeling - let it be something simple and easy for you to hold in your minds eye. You can do this in your home practice or at the studio. Notice if it becomes easier to hold your focus after doing this 5 times, you may find that it becomes more accessible the more you do it.

BackBends/ Heart Openers:

Your physical heart & your heart chakra are the your energetic love centers. Most humans spend their waking hours sitting - at a desk, behind a steering wheel, on the couch or doing a combination thereof. Our sedentary lifestyles cause us to hunch forward, curl our shoulders forward, and drop our head which has the effect of closing our hearts.

Backbends offer us a way to open our hearts through Yoga Asana. When you incorporate backbends into your practice you are engaging in heart opening activity that in turn cultivates a foundation for sustainable Self Love. A prescription of: 3 Baby Cobras per vinyasa, followed by 3 Cobras per vinyasa and then 1 Up Dog per vinyasa would help anyone begin to physically open their heart; as the movement in backbends originates from between the shoulder blades. Foundational backbends such as the ones I just listed work as well as more advanced backbends, like Camel or Cosmic Dancer. Remember Yoga is negotiation with the body, finding a happy medium between effort and ease is paramount. If try to muscle yourself into a more challenging backbend injury is almost certain, so go slow and always consult a teacher if you have any questions.

SamaVata Pranayama:
Sama Vata Pranayama, is equal length breathing out of the nostrils which is key to being present with an open heart.

When we breathe using our nostrils, exclusively, we are activating the Parasympathetic nervous system. The parasympathetic system controls our bodies: rest, relax & heal response. Conversely, mouth breathing activates our fight or flight response. As you can imagine, when one is in a mental state of light or flight it is virtually impossible to be present in the moment because one’s survival is at stake. However, when you are nostril breathing the body can find a calm homeostasis and take in your surroundings in a relaxed fashion.

Practicing Equal length nostril breathing is a wonderful way to create sacred space for your self in any situation. All you need to do is focus on your breath. Let your inhales and exhaltes be the same length, speed, and pressure. You can begin by counting how long you inhale is and counting down for the exhale. Over a few rounds let your self organically find an even flow. Do this for several cycles. When our finish notice if you feel more present and open to your surroundings.

I invite you to use the practices detailed above to support your Self Love cultivation. Cultivating Self Love is a process, it can be elusive and slippery. Thankfully as long as we return to the timeless truth that “in order to love someone you must first love yourself” we will never forget the importance of Self Love. Namaste!
Aries March 21 - April 19
You are feisty, dynamic and independent this month! In your career, relationships and at home you definitely want to take the lead. The best part is that you are exuding a refined confidence now, so other people will be more open to following you to the reins of leadership. This is a good time to plan larger reaching career goals or work on a humanitarian project that will benefit the masses.

Taurus April 20 - May 20
Your sense of adventure and desire to travel becomes serious business this month. It’s a good time to plan out a meaningful and somewhat ambitious itinerary for a long-dreamed of getaway. At work you are independent and inventive - this will be a blessing unless you have strict or rigid co-workers that you have to convince. There’s plenty of intensity in your relationship area now, which could incite arguments or lead to passionate nights!

Gemini May 21 - June 21
This is a positive month to shine in your career and public life. You’ll be brimming with new thoughts and creative inspirations that you should share with others. Use your most professional and polished approach to get the best results, because others will be concerned with the practical applications of your ideas. Be gentle with yourself physically as taking too many risks could backfire at this time.

Cancer June 22 - July 22
Relationships and your interior emotional life are significant this month. You’ll be going for deep, meaningful answers and conversations and will not be content with anything shallow or surface-level. You have a great deal of power to transform your relationships for better or worse, so use this strength wisely. Any therapy or counseling you undergo now can be of great benefit and inspire you in a positive way.

Leo July 23 - August 22
This can be a wonderful month for socializing and being with your groups of friends. However, you will need to be aware of some heavier energies that if left unchecked could leave you feeling tired and dragged down. Taking care of your health (both mental and physical) is important - especially in the areas of teeth, skin and bones, along with circulation and digestive wellness. Eat a good diet and clear your home dynamics to bring about greater healing.

Virgo August 23 - September 22
The influence of Aquarius amplifies your desire to heal and serve the world. This is a month where any charitable cause or greater vision of the future comes into play for you. You excel at organizing details toward a positive end. Your creative energies are also at a high, with potential to create something foundational that will stand the test of time. Expand your idea of what you believe is possible, because you are capable of bringing large dreams to life.

Libra September 23 - October 22
You may feel like stepping out into the spotlight this month and claiming some of your due rewards. If you’ve been overly compromising in love and friendships, you will likely start requesting some reciprocity in your interactions. If you’re newly coupled, if could be moving slower than you like, while the deeper emotions simmer beneath the surface. Be patient for now! A long-term relationship may go through some challenges, but emerge stronger by the month’s end.

Scorpio October 24 - November 22
Your personal energy is strong and you should be feeling more harmonious with your own identity. In relationships, you want to communicate and share deeper ideas and feelings. This is mostly a positive thing, but be aware that your intensity might scare off gentler individuals. Only open up to grounded, solid people who can handle your passion and direct style of thinking! Home is a good area of cultivation now. You can work to liberate or release some area of your living situation that needs a change.

Sagittarius November 23 - December 21
Overall, this is a month to let your thoughts and dreams roam freely and allow yourself to communicate your ideas to others. You thrive intellectually during this time and should seek out kindred spirits for companionship. Having some quality alone time to work on a special project will also benefit you. If you have any unpaid bills or obligations, do your best to take care of them now, so you can relax and be more at ease.

Capricorn December 22 - January 19
Your personal magnetism and charm are attractive to others this month and many people will be drawn to you. Be selective about who you accept into your circle, because they could tend to extreme personalities of good or bad. If anything feels ‘off’ to you about someone, just move on - there will be plenty of positive people out there to connect with instead! Spend some time working on your finances and what you’d like to plan for in the future.

Aquarius January 20 - February 18
Happy Birthday Aquarius! You’ll be feeling stronger and brighter this month in regards to your personal identity and sense of self. This is also a deeply spiritual month for you and your emotions are more open and intuitive than usual. If dreams are vivid, remember to write them down. You could be drawn to a solo adventure or sabbatical journey to recharge and refresh your mental perspective. Allow your body and spirit what they need to flourish and live truthfully.

Pisces February 19 - March 20
This month you should feel energetic and inspired, but will also be quite sensitive and may desire some alone time to work out your projects. You have excellent potential to turn your creative dreams into tangible reality at this time. Communicate with friends and associates who can assist you in bringing your higher vision to solid life. You want to make a real mark on the world and this is the perfect phase to start, further or complete just that!
As Valentine’s Day approaches, we thought it would be apropos to explore some of the lesser-known ways that Astrology can point to the Soul Mate, Love and Romance in relationships.

- How do I Love thee? Let me count the ways?
  – Elizabeth Barrett Browning

Next to the Fountain of Youth, the Holy Grail and the Dead Sea Scrolls, the mysteries of love are one of life’s most elusive — and compelling. As luck would have it, we have within our midst some new, less fully-known or understood tools to help us crack the code.

Some of you may know in Astrology we frequently look to the tried and true repertoire of planetary contacts that make up traditional relationship analysis. With the Sun/Moon, Mars/Venus lynchpins, we’ve long looked at conjunctions between the charts, (some say, especially Venus; others say, the closer the better) as well as aspect formations, angle contacts, house placements, the composite, the chart of the meet, as well as the chart of the marriage.

Who, Who, Who Wrote the Book of Love?

Two recently uncovered systems that have their origins in ancient cultural traditions, and their “feet” firmly planted in today’s cutting edge cosmology: the 9th Harmonic and Magi Astrology. Clues, secrets and remarkable relationship markers are found in these astonishing techniques that take us closer to answering the questions: Is this my Soul Mate? And, Will We Live Happily-Ever-After? For the 9th gives us more information about soul mate astrology than ever before, and the Magis have, indeed, cornered the astrological market on “happily-ever-after.”

The 9th Harmonic: Is this My Soul Mate?

When all the knots that strangle the heart are loosened, the mortal becomes immortal.
  – Katha Upanishad

According to astrologer Bob Marks, the harmonics have to be one of the “greatest advances in astrological analysis of the last hundred years.” This particular application — the profound 9th Harmonic and its revelations regarding relationships — was handed down to me by the brilliant Florida-based astrologer Delphine Jay. She in turn, was inspired by virtual inventor of harmonics British astrologer John Addey. The 9th Harmonic Chart has the capacity to make a significant contribution to the field as a means for identifying soul mate relationships, while providing us the material that describes the nature of these relationships.

Akin to the Sidereal Navamsha system or marriage chart, also known as the 9th Harmonic, which has been used in Indian society for aeons as a tool for making the optimal choice for an arranged marriage partner, the 9th Harmonic is also the higher vibrational frequency of Pluto, making this chart transcendental in nature. In a recent study, the efficacy of this aspect in long term partnership was further substantiated by Alphee LaVoie, Peter Standaart, and Alphee’s team of Astro Investigators. Using a bank of 1500 married couples and Alphee’s Air software, this time-honored harmonic together with the novile and bi-novile aspects were shown to be statistically significant in these marriage charts.

The 9th Harmonic has real potential to go a long way to explaining why couples are drawn to each other, often inextricably, feel a deep sense of recognition and completion and have the potential to thrive, while living a long and happy life together.

Watch for more as the series on the 9th Harmonic, Magi Astrology and the Soul Mate continues....

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Special Feature: Beyond Synastry...Astrology and Love

By Cathy H. Burroughs

www.AQ-atl.com

FEBRUARY 2016 ** Note: Times are for time zone 5 hours West. DST is observed.

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To Your Health

Life Simple and Heart Strong!

Eating raw and living foods is simple because food preparation takes so little time, and with very little effort you have a delicious, satisfying, nutritious meal. The simplest way of all to eat is to grab an apple, celery stick or carrot and munch away. Raw food is easy to carry with you and when you travel you can almost always find plenty of fresh raw foods in local grocery stores. When you eat fresh raw organic produce you are helping to keep your heart healthy too.

Raw vegetables like cucumbers, celery, tomatoes, squash and dark leafy greens combined with a freshly made raw salad dressing is tasty, delicious and heart healthy. Raw food is nutritious and when you’re finished eating you’ll feel light, not heavy. That will be easier on your heart.

Include both raw foods and living foods in your heart healthy diet. Raw fruits and vegetables are those picked right off the tree, vine or bush. Living Foods are those which are sprouted and actually growing when you eat them. We all know that raw fruits and vegetables are very nutritious, but living, sprouted foods are even more nutritious and they are packed full of protein, vitamins, minerals and enzymes. Living foods can have 100 up to 1000 times more nutritional value than raw foods. The more raw and living foods you eat, the more life and health you bring to your body.

Start today, right where you are and keep it simple. Every cell of your body will sing with delight when you eat organic raw and living produce and you will feel amazing.

When you go out to eat you can find fresh fruit and fresh salads on most any menu. If you don’t see exactly what you’re looking for, just ask your server if the chef can create a special salad of the freshest vegetables just for you. Most every restaurant is very willing to accommodate their customers.

When you’re preparing your meals at home you can keep it simple and get very creative with lots of different types of salads. Some can be made with vegetables and others with fruits. Always eat the fruits first and wait for at least 30 minutes before eating other food. Give the fruit time to digest and move out of the stomach. This will help prevent gas, bloating, indigestion and heartburn.

This delicious all green salad is easy to prepare and full of protein, vitamins and minerals. The dressing is light and delicious too. Of course you always want to select organic produce for the highest quality food without chemicals and pesticides.

---

Green Mineral Rich Heart Healthy Salad

Combine all the dressing ingredients in a glass jar with a top. Shake well and pour over the salad greens and toss until all the vegetables are well-coated. Savor every bite and give yourself credit for eating so well and taking such good care of your health and your heart.

4 cups spinach
1/2 cup chopped zucchini
1/2 cup sunflower sprouts
1 cup mung bean sprouts
1 avocado peeled/sliced
1/2 cup cucumber
1 stalk celery
chop all ingredients and place in a bowl

Green Garlic Dressing
1/2 cup fresh squeezed lime juice
1/4 cup ex.virgin olive oil
1/4 cup chopped parsley
1/4 cup chopped dill
1 Tbs. chopped fresh garlic
1/2 tsp. Himalayan Salt

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
“The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

– Thomas Edison

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Testimonies to Inspire You
3:30pm • $5.00-$10.00 Donation Suggested
February 21 • March 27 • May 1

Educational Seminar and Recipe Demo
Organic, Vegan, Raw Food Tasting
7:00PM • $5.00-$10.00 Donation Suggested
February 22 • March 28 • May 2

All donations go to our Scholarship Fund. Reservations for both events requested. Call and leave your name, phone and the number of people in your party.

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Mindfulness and meditation have long been proven to be beneficial for every age. So why are the tools and resources only easily available to adults? Hill Schroder is trying to change that with his new children’s book titled *Blue: A Mindfulness Tale*. It is a story of compassion, self-love, gratitude, resilience, confidence, and presence for ages eight to 108. Told in rhyme, it is a modern mix of Dr. Seuss and Alan Watts for all ages.

Three years ago, Schroder conceived of bringing a book into the world that would "help raise a generation of children that wouldn’t have to recover from childhood, one that would assist them to love who they already are, persevere through the difficult times, and learn to look lovingly inside themselves." While he had held a mindfulness and meditation practice for eight years at that point, he wasn’t sure how to phrase the instruction in a way that could be digested by children. He then held a six-month residence at Magnolia Grove Monastery, a meditation practice center founded by Zen Master Thich Nhat Hanh, and during his final week, he wrote this book.

The story is about a young, insecure bluebird that wants to look and sing like the other birds and is afraid to fail when it is time to try to fly. The wind blows him out of his nest and down to the forest floor, where he meets a wise old chipmunk. The "munk" teaches him to use his words positively, to focus on the good, to look within himself, and to breathe deeply into the present moment. The illustrations are beautiful as well, with artwork by Nuri Keli, an illustrator on the popular television show Archer.

When I met Hill Schroder, his gentle humor and warmth radiated out of him. His book *Blue: A Mindfulness Tale* brought a few tears to my eyes as I read the pages and saw the character Blue’s illustrated eyes come to life. There are few books that I have read that give me hope for the next generations in finding their truth. Every page is layered with deep messages that are as connected to a child reader as a grandparent. Hill has done a wonderful job disguising wisdom and insight into a whimsical tale for children, and for the inner child within us all.

The book will be available for purchase on Kickstarter from February 4th through March 4th at http://kck.st/1QokmhK

Ashley Chase is a visionary woman with a passion for helping others become their highest selves. With conviction and dedication Ashley founded her organization HUM to utilize the creative arts to help awaken the healing power within each of us.

From representations of modern American life to groundbreaking photography to funerary arts, a diverse variety of artistic trends and styles will be in exhibition in the Atlanta area offering the opportunity to inspire us in transcendental ways with the powerful works of Vik Muniz and Ebony Patterson and many others.

From February 28 to May 29th, 2016, The High Museum of Art in Atlanta, will premiere a major retrospective of the work of photographer Vik Muniz, one of the most innovative and creative artists of the 21st century. Muniz’s most recent work utilizes electron microscopes to unveil what is inaccessible to the human eye which promises to offer an unique perspective. *Postcards from Nowhere: Hong Kong (2014)*

Another innovative exhibit at Atlanta Contemporary Art Center will be "The Fifth of July" running from February 4th through May 1st 2016. This exhibit is a collection of paintings, sculptures, ceramics and videos paying tribute to the day after the Fourth of July’s fireworks are over when an evocative chaos remains. Exhibiting artists include: Charles Harlan, Katherine Bernhardt, Lucas Blalock, Robin Cameron, Alex Da Corte, Tom Holmes and Chris Wiley.

The Atlanta Contemporary Art Center will exhibit the works of Ebony G. Patterson from February 17 through April 21st 2016. Ebony G. Patterson brings to life spectacular representations of gender, politics and traditions blending sequins and crochet to create mesmerizing tapestries that are part of the Jamaican tradition called “a bling funeral” which is part of Kingston’s working class which represents a celebration straddling both the world of the living and the spiritual world. *Shrubz (2014)*

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*http://kck.st/1QokmhK*
Nothing fuels romance more than a dose of spontaneous travel. So this Valentine’s Day indulge in a romantic getaway. From Atlanta, look no further than the mountains for a weekend liaison with your significant other.

The Mountains

In the turn of the century, the mountain air of Asheville, NC was thought to have remedial properties and in current day the “Magic Mountain” effect is still operative and generally kicks in the higher the altitude. From up there you and your sweetheart can find a new attitude and a brand spanning new perspective and lease on life - and love.

One mountainous possibility is Asheville, NC in front of an outdoor fire or under a cloud-like feather duvet. Here you’ll find the perfect conditions to re-kindle your heart to heart connection at the remarkable and completely unique Bunn House (bunnhouse.com).

Asheville, NC’s Bunn House - Hospitality Reinvented

The New York Daily News calls this exceptional new boutique hotel a blend of “folksy and fabulous” finding it already be “Asheville’s coolest hotel;” While Travel + Leisure, finds the “five-room luxury boutique inn” to be perfectly pitched.

With its exposed brick honoring the original 1905 brick maker/owner Albert Bunn and the newest owner’s seamless virtual reservation service, The Bunn House thrills us with its impeccable restoration, slew of surprises, complimentary and imaginative goodies, high end everything done with gusto, wit, sophistication and a dash of brilliance. The both traditional and contemporary Bunn House elevates all notions of the classic bed and breakfast combination historic charm and fabulous finding it to already be “Asheville’s coolest hotel;” While Travel + Leisure, finds the “five-room luxury boutique inn” to be perfectly pitched.

As you enter the magnificent, spare, and mysterious (mysterious in one way because you may never actually meet the management) lobby area replete with slide show that invites you into its multi-year renovation process, a panoramic Asheville photo and all the fixings for a sophisticated course in mixology suitable for Mad Men with an array of snacks for midnight or before or after. As you proceed to your guest room, you’ll begin to feel the spell of the place as a deep sense of quietude sweeps over you. This is perhaps induced by the white sound machine in every room as well as the zephyr-inspired Haiku ceiling fans, the Lavender Pillow Mister, and sustained, no doubt, by the one hundred year old walls.

Just to give you an idea of the lengths these hoteliers have gone to assure our comfort, the newest owner’s seamless virtual reservation service, The Bunn House thrills us with its impeccable restoration, slew of surprises, complimentary and imaginative goodies, high end everything done with gusto, wit, sophistication and a dash of brilliance. The both traditional and contemporary Bunn House elevates all notions of the classic bed and breakfast combination historic charm and fabulous finding it to already be “Asheville’s coolest hotel;” While Travel + Leisure, finds the “five-room luxury boutique inn” to be perfectly pitched.

The Bunn House - this urban inner sanctum with the hip factor in spades - has a rod iron fence and gated security access to its seeming secret formal garden, out-door fireplace and is framed with romantic gas lanterns. Its ongoing array of imaginative extras and treats (like the two Haagen-Dazs Dixie cups in the small freezer and the nightly freshly baked cookies or pralines set out for us by the hotel elves or the silently sliding open wide bathroom drawer loaded with every variety of toiletry - all will bring the kind of delight of a child spilling his or her Christmas day stocking prizes onto the floor.

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

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.

www.AQ-atl.com

Feb 2016  PG 15
It’s such a simple statement but it reminds you that you have the power to control it. All too often we forget how powerful our thoughts can be and that they can create our reality. The trick is to catch yourself, to become aware of where your thoughts are and consciously lead them in a positive way.

After all life is about choices. Choices in how you interpret situations based on your learned behaviors and how you react to them. In any relationship, it is important to understand the experience and the perspective of the other person. This is a higher frequency type of understanding such as empathy and tolerance. In other words, understanding someone’s perspective does not necessarily change what you do but how you do it. Knowing this can help people be more effective in setting boundaries about learned behaviors and in working towards a positive change. Everyone has a choice as to how they live their life on a day to day basis and how they treat people no matter what their family history is.

An example of this type of misperception based on learned behaviors is in society’s view of racism. The true definition of racism is: “the belief that all members of each race possess characteristics or abilities specific to that race, especially those that are assumed so as to distinguish it as inferior or superior to another race or races. Having prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one’s own race is superior”.

Therefore, the definition of racism can be construed as an oxymoron because all human races share 99.99+% of the same genetic materials which means that division of race is largely subjective. As defined by anthropologist, sociologist and biologist the human race belongs to the species called homo sapiens. Therefore, we are all essentially one in the same and identified and classified based on similar genetic features.

A more compassionate way to look at “race” is that there are over 5,000 different ethnic groups in the world in which most people are a mixture of two or more. Therefore, the differences in “race” are so slight like the shape of eyes, or size of forehead or pigment of skin color that they become obsolete unless you focus your energy on a learned behavior instead of choosing to focus on the facts. Even prior to the Civil Rights Movement, The United Nations, in a 1950 statement, opted to “drop the term ‘race’ altogether and speak and refer to “ethnic groups” . This was their attempt to establish unity rather than focus on division but it failed. Again, where your focus and energy goes is where your intention will go. So it is up to the individual to choose to focus on educating themselves on others perspectives and being empathetic in how you interpret a situation in order to react in a kindhearted manner.

No one is perfect and learned behaviors can be very hard to break. Being in the present moment and consciously aware of your reactions is vitally important in all parts of life. All too often we do not realize how often we react unconsciously based on learned behaviors. Even if your intention is not malicious the impact could be profound. For example: you are in the park playing Frisbee with a friend and you accidently hit someone in the face and break their nose. Did you intend to hurt that person? No but the impact was profound to the person you hit in the face who has a broken nose.

All people are basically good and want to do the best thing. Although, some of our life experiences damage us and can create patterns that trigger fear based actions. Vilifying, blaming, and victimizing each other for reacting out of fear does not lead to change. We must work together towards a greater understanding and that lead us towards a more empathetic, compassionate, and tolerant society.

If you focus your energy on being more considerate, accepting and open minded towards everyone and everything imagine where your intention will go? It will go towards having compassion for all and choosing to do the kindest and best thing.
Gratitude has become a popular buzz word. We have a national holiday devoted to it, Hallmark definitely makes a profit from it by creating a plethora of gorgeous greeting cards, and daily Facebook posts sharing gratitude are on the rise. Could there be additional benefits to giving gratitude a focus on a regular weekly or daily basis, does it really work? And can it help you in your career?

I recently conducted a bit of informal research on the impact of gratitude on career and business. Since I work as a Business Coach and Consultant, I thought I would research it from that angle, to see how this might positively impact my clients and community. A common thread that is woven throughout the research suggests that people who focus on gratitude create growth, confidence, happiness and positive impact.

How gratitude shows up in business:

*Effective Team and Business Management* - Gratitude creates happy, effective leaders and managers, who inspire, direct and support their teams and businesses, passing strong positive values to employees and colleagues.

*Expanded Networks* - Gratitude increases “social capital,” affects our worth, and helps us attract new clients, colleagues, mentors, and potential partners. This actually makes a lot of sense, as we are often limited in our scope and reach when we operate solo or with the “Lone Ranger Syndrome.” However, as our personal and professional networks grow, we have access to more, which allows us to share more, so that we can be and do more.

*Successful Goal Achievement* - Research suggests that those who write down goals, take committed action, AND write in a Gratitude Journal, achieve goals faster and easier. Score! In fact there is a ton of research on the power of writing down goals. And, when this action is coupled with writing in a Gratitude Journal, that is, writing as if we have already achieved those goals with a sense of gratitude, there is a higher probability of achieving those intended results.

*Improved Decision-Making* - Studies show that a sense of gratitude motivates us toward far-better decision-making. Decisions can be costly. Those who cultivate and nurture an attitude of gratitude are often seen as strong, confident, resilient, and willing to quickly take thoughtful decisive action. Confidence seems to have a high correlation to gratitude.

*Increased Personal Productivity* - Gratitude has been shown to boost self-esteem and reduce insecurity, and it means that it can help us focus and improve our productivity. Again, having that strong sense of gratitude in life, for all of the good, the bad and the ugly, seems to increase a sense of confidence and well-being. Plus, it’s easy to get things done, accomplished and completed when we are in a space that is influenced by a mindset of gratitude and appreciation.

So turn up your Gratitude Attitude! Yes, turn up the volume! Colleagues share that creating and maintaining Gratitude Journals are well worth the time and energy. I’ve also found that to be true, and have instituted this practice for several years. From time to time, it has been fun and insightful to pull old journals out and glance at what I once wrote. How interesting to see the panoramic view of what transpired in my life, what I had, what I wanted, what I yearned for, and what I was honestly appreciating.

Treat yourself to a beautiful new journal. There are so many styles that will tickle your fancy. Allow yourself to shop, see and feel what looks inspiring to you, and select one that calls to you, and will motivate you to write. Select a beautiful writing implement to use just for this purpose.

Begin the day listing five or more things you are grateful for, and claim them for yourself, each and every day. In fact, you can write that you are grateful for things and results that haven’t even occurred yet. Yes, claim them. Allow your creativity to come alive. Use vibrant color, add some doodles, joyful highlights, and set this daily time as a commitment to your personal growth and development.

Savor surprises. Begin to record unexpected happenings, as this tends to elicit deeper levels of gratitude. Take notice of unexpected events and acknowledge those special moments and notice what happens. It is said that “what you focus on expands.”

And as you do all of this, with love attention and a grateful heart, then step back and allow the Law of Attraction to do its magic in your life, your business or career.

Marie Fratoni is a Business Coach, Consultant and Speaker. As CEO of Get Clients Everywhere, she works globally to help professionals build solid, long-term, successful businesses. She coaches business owners and professionals to become savvy, social, and successful through cultivating professional relationships that are both fulfilling and profitable. She provides sound business-building strategies, coaching, and knowledge-filled seminars that are fun, dynamic and valuable. Find her at www.getclientseverywhere.com
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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 8:45 a.m. & 11:00 a.m. Wednesday Evening Prayer Service 7:00-7:30 p.m., 3597 Parkway Lane, Norcross 30092, 770-441-0685. www.atlantacityunity.org.
Center for Spiritual Living - Midtown Sunday service at 1:00 p.m. at the Academy of Medicine, 875 West Peachtree St., Atlanta, GA 30309. www.clsmidtown.com.

City Of Light/Unity - Sunday Services at 11 a.m. Feed the Hungry and Homeless, Wed - 5 p.m., Food Bank, Friday, 11-1 p.m., 1379 Tullie Rd., Atlanta, GA 30327. www.cityoflightatlanta.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.

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

Inner Quest Church - Sunday service: 10:30 a.m. -11:30 a.m. Metaphysical Class 9:30 am. -10:15 am. Come Celebrate God's love! 770-521-2875. 12830 New Providence Road, Alpharetta, GA 30004. www.innerquestchurch.org.

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 scl-atlanta.org for more information.


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 Spiritual Center - Sunday Services 11:00 a.m. Classes Wed. 7:00 p.m. 3415 Stancil Rd., Gainesville, GA 770-534-0949. Take 129 to right on Lakeland, then right on Charles Bridge Rd. and right at the Center on Stancil Rd.

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 understanding 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

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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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3RD SATURDAY MARKETPLACE 120 has Spirit Fair every 3rd Saturday of the Month. Come out for Psychic Readings and more. Our next Fair is January 16th. Come by and visit the Mystic Cafe Spiritual Learning Center. Marketplace 120, 562 Wylie Road Marietta.

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