

# THE EDEN

OCTOBER 2020

MAGAZINE

## Paulette Dozier

Singer, Actress, &  
Talent Coach in RHYTHM



THE NEW TEAM  
AT THE HELM  
OF BIOFRIENDLY

WHAT ARE YOU  
NOT SEEING  
by Teal Swan

OPEN WRAP-UP  
OPEN VISION,  
OPEN FUTURE  
by Risch Mollura

THE SECRET  
LANGUAGE  
of CELLS  
by Jon Lieff, M.D.

FINDING  
YOUR  
PURPOSE  
by Malcom Stern

THE SOUNDS  
OF THE FOREST  
By Lavandaia  
& Marco Nunzio Alati

THE SILENT  
REVOLUTION  
OF A NEW  
EARTH  
by Kaliyani Sundari

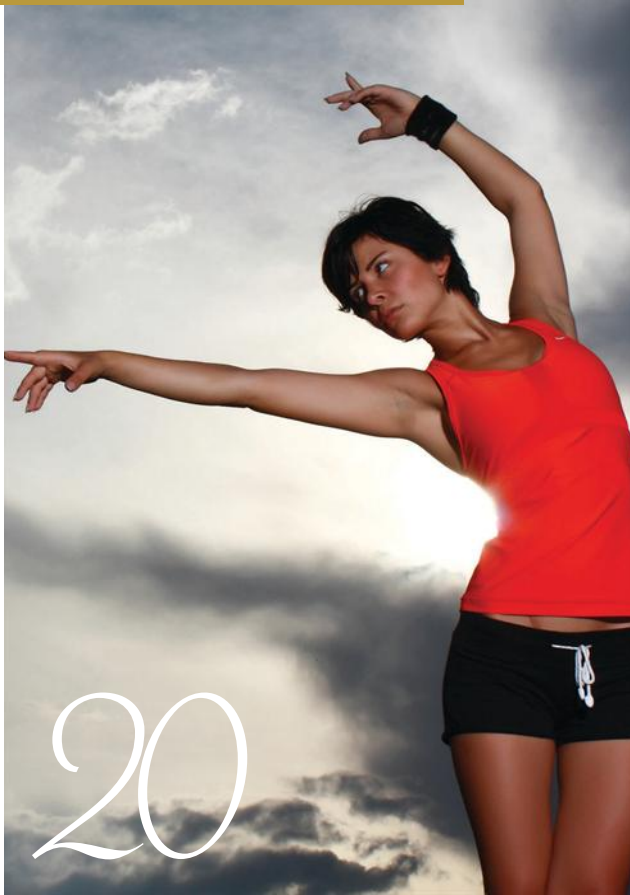
CULTIVATING  
NEW BEGINNINGS  
by Angela Dunning

CONSCIOUSLY  
CREATING  
THE LIFE  
YOU DESIRE  
by Shelly Wilson

Kshamā  
PATIENCE, PEACE  
& GRATITUDE  
IN A TIME  
OF PANDEMIC  
by Sarah Mane

# Table of Contents

The Power of speaking the truth

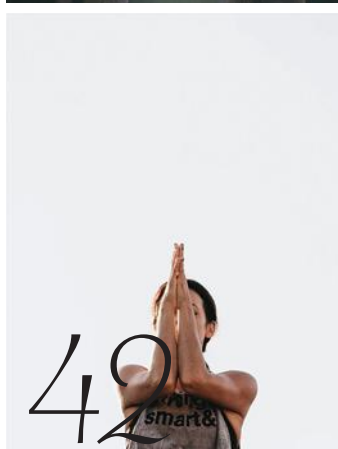
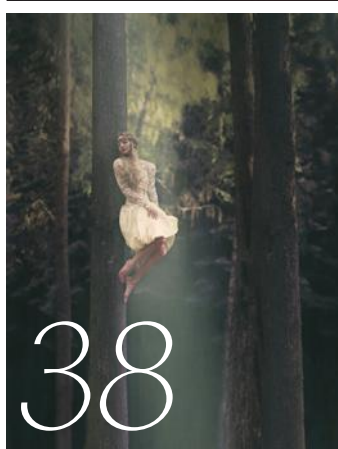


20

Open Wrap-up, Open Vision, Open future



28



44

8

**PAULETTE DOZIER**

By Dina Morrone

16

**WHAT ARE YOU NOT SEEING?**

By Teal Swan

20

**THE POWER OF SPEAKING YOUR TRUTH**

By Ruby Walker

24

**DON'T BE HARD ON YOURSELF**

By Ruby Walker

28

**OPEN WRAP-UP, OPEN VISION, OPEN FUTURE**

By Rich Mollura

32

**I CAME HOME TO THIS A SOLDIER'S ODYSSEY**

By Joseph Lisuzzo

36

**THE NEW TEAM AT THE HELM OF BIOFRIENDLY**

38

**MEDIEVAL WALK SPANISH CAMINO**

By Eileen Curtis & Patricia Dunn Williams

42

**KSHAMĀ PATIENCE, PEACE & GRATITUDE IN A TIME OF PANDEMIC**

By Sarah Mane

44

**WILDFIRES & WEATHER EXTERMED, IT'S NOT COINCIDENCE, IT IS CLIMATE CHANGE**

By Jeff Berardelli

Cover Photo by Norman Black





**52**  
**THE SECRET LANGUAGE OF CELLS**

By Jon Lefee, M.D.



**56**  
**CRYSTAL GRIDS**

By Judy Hall



**66**  
**CULTIVATING NEW BEGINNINGS**

By Angela Dunning

**68**  
**THE SILENT REVOLUTION OF A NEW EARTH**

By Kaliyani Sundari

**78**  
**CONSCIOUSLY CREATING THE LIFE YOU DESIRE**

By Shelly Wilson



**82**  
**FIND YOUR PURPOSE**

By Malcolm Stern



**86**  
**THE ENLIGHTENED SOUL**

By Sasha Gary

**90**  
**THE SOUND OF THE FOREST**

By Lavandaia & Marco Nunzio Alati

**92**  
**BACK IN THE SADDLE**

By Alexia Melocchi



# THE EDEN MAGAZINE

**Since 2010**

The Eden Magazine is a free online publication that focuses on spreading compassion to all Sentient Beings living in a healing and peaceful world

**FOUNDER & EDITOR-IN-CHIEF  
MARYAM MORRISON**

**EXECUTIVE EDITOR/  
CONTRIBUTING WRITER  
DINA MORRONE**

**COMMUNICATION DIRECTOR/  
CONTRIBUTING WRITER  
ALEXIA MELOCCHI**

**BRAND AMBASSADOR  
MARIA ELENA INFANTINO**

**COMMUNICATION SPECIALIST  
GLORIA KISEL-HOLLIS**

**CONTRIBUTING WRITERS**

**SASHA GARY  
PHYLLIS KING  
JOE SANTOS, JR.  
ANGELA DUNNING  
NANCY E. YEAROUT  
MICHAEL WHITE RYAN  
MARCO NUNZIO ALATI  
JAYITA BHATTACHARJEE  
TARA-JENELLE WALSCH  
MARGARET TOMASZEWIC**

**CONTRIBUTING STYLISTS + MAKEUP ARTIST  
EDWARD HAKOPIAN**

**GRAPHICS & PHOTOGRAPHY  
GREG DOHERTY  
ISABELLE RUEN  
SHERI DETERMAN  
ARTIN MARDIROSIAN**

**WEBSITE**

**[www.theedenmagazine.com](http://www.theedenmagazine.com)**

**325 N. Maple Dr.  
Po Box 5132  
Beverly Hills, CA 90209**

To purchase a copy visit us in **[www.theedenmagazine.com](http://www.theedenmagazine.com)**

Eden Magazine is a non-profit monthly online magazine. We aim to create a better environment where we live among other living beings in peace and harmony. We support artists that their work matches our criteria. If you would like to submit your artwork, article or/and your photography for our future issues please contact Maryam Morrison at; [maryammorrison@theedenmagazine.com](mailto:maryammorrison@theedenmagazine.com)

The Eden Magazine reviews article content for accuracy before the date of publication. The views expressed in the articles reflect the author(s) opinions and do not necessarily reflect the views of the publisher and editor. The published material, adverts, editorials, and all other content is published in good faith.





# TREASURE OUR CHILDREN

The National CARES Mentoring Movement is a pioneering 58-city affiliate network breaking the cycle of centuries-long Black poverty and laying a proven blueprint for family recovery. The nation's recognized leader in the recruitment and training of African-American mentors, CARES is the only organization in the U.S. providing holistic programming on a national scale for the healing and advancement of Black children and parents struggling in poverty. Our emotional, social, and career-readiness support creates pathways to financial stability. Please believe with us that transforming harmed lives is possible.

**[info@caresmentoring.org](mailto:info@caresmentoring.org) • [www.caresmentoring.org](http://www.caresmentoring.org)**



NATIONAL CARES MENTORING MOVEMENT



Photo by ISABELLE RUEN

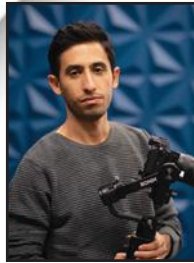


*Maryam Morrison*

*Discover the path to a peaceful life among other living beings. We are all made of vibration and light in the universe to manifest our energy around all livingness.*



**DINA MORRONE**



**ARTIN MARDIROSIAN**



**EDWARD HAKOPIAN**



**MARIA ELENA INFANTINO**



**ALEXIA MELOCCHI**



**GLORIA KISEL HOLLIS**



**TARA-JENELLE WALSCH**



**ANGELA DUNNING**



**NANCY E. YEAROUT**



**SHERI DETERMAN**



**GREG DOHERTY**



**MICHAEL WHITE RYAN**



**SASHA GARY**



**JAYITA BHATTACHARJEE**



**JOE SANTOS, JR.**



**VITO TROTTA**



**MARGARET TOMASZEWICZ**



**ISABELLE RUEN**



**SHELLY WILSON**



**MARCO NUNZIO ALATI**



**PHYLLIS KING**

**MEET OUR TEAM**



**JOIN US IN BRINGING COVID RELIEF TO  
CHILDREN AROUND THE WORLD**

[GOcampaign.org](https://GOcampaign.org)



**WITH YOUR HELP, EVERYDAY WE SUPPORT  
160,705 CHILDREN | 430 PROJECTS | 166 LOCAL HEROES | 37 COUNTRIES**

**DURING THESE EXTREME TIMES OF NEED, WE'RE PROVIDING ADDITIONAL SUPPORT  
3,899 FAMILIES | 1,085,760 MEALS | 30,360 MASKS | 15,735 CHILDREN**





# P AULETTE DOZIER

Singer, Actress, & Talent Coach  
Always Staying in RHYTHM

By Dina Morrone



Photo by Amy Pasquantonio

**What led you to become the artist you are today?  
Tell us a little bit about your first steps into the world  
of entertainment.**

On my mother's quest to find better work opportunities for herself, she moved us to New York. I'd see advertisements about how to become a model. I became fascinated with the glamorous world I saw and wanted to be part of it. But money was an issue for her as a divorced single parent raising two kids. Still, with the little money she could spare, my mom allowed me to enroll in a modeling school at age fifteen. A few years later, while trying to get through my first year of college, I was booked as a full-time showroom model in the garment center (7th Avenue) flaunting collections by designer Carol Cohen. I remained connected to the New York school, and they eventually asked me to work for them as one of their instructors.

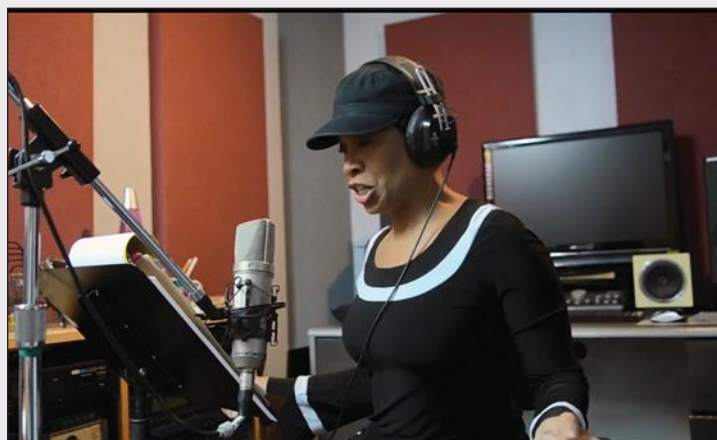
The New York school then opened other facilities in various parts of the country. The one in Hollywood, CA, expanded to be a full performing arts center, and there, I was hired as a talent coach to train aspiring artists of all ages.

**How do you find performing as an actress on stage different than singing on stage?**

I love performing in both arenas, but of the two, I have to say that the theater stage is more challenging. I thrive off of a good theater production, especially a musical. When working in a production, whether it is a musical or play, the script and director rule. My task as the actor is to get it right - as scripted.

There is no easy method to memorizing a script and songs verbatim. I know how to navigate this process very well. But when I portrayed Billie Holiday in "Lady Day at Emerson's Bar & Grill," I felt the challenge. Imagine a one-woman show that required me to memorize thirty-six pages of monologue and fourteen songs verbatim. This was also paired with coordinating the direction and blocking with the author's words, while maybe having to burst into a song interwoven amongst the dialogue or even the song being the dialogue. Not to mention, having to be on point with my instructions for the production's technical aspect, e.g., lights, sound, costume order, etc. All of this capped with someone hired to see your performance each night and make sure you performed the book "as scripted."

However, on the concert stage, as a jazz singer and entertainer, there is more freedom with the songs, and the performance is unscripted. Rehearsals are done to get the music right. But with jazz, improvisation plays a major role, and that does not happen in rehearsal. For me (and sometimes the musicians), it happens during showtime. Improvisation becomes the script, so to speak. Backstage preparations, however, are the same as in the theater. Everything must align in order to have a great show. Knowing that anything can happen on stage, I must be ready to accept whatever comes my way and work it into the show as if it was rehearsed that way.





Each of these stages has its challenges, but the one challenge I welcome any time is making sure my audience enjoys the show.

### **Where did your love of jazz come from?**

Listening to Ella Fitzgerald got me interested in jazz. At the time, I did not know what style of music I wanted to perform. I just knew I wanted to sing. It was inevitable that my dance career would have to end. You know you can only kick your legs up high for so long. I had to make a decision about what would come next. Since the great standards drew my attention, jazz seemed to be a good fit.

Ella Fitzgerald was the voice of choice for me to listen to. Her stylistic technique served as a learning tool for song interpretation and scat singing in particular. I appreciated how scat singing gave you the freedom to express how you felt in the moment. Ella performed with such ease that even her live performances sounded like well-rehearsed concerts. Many of which came with perfect "mistakes" that worked so well on stage. After listening to her, there was no question that jazz was the kind of music I wanted to perform.

I was even fortunate enough to be introduced to Ella Fitzgerald after one of her concerts in Caracas. I was beyond nervous, knowing that I was going to meet my idol. I entered her dressing room, and there she was. It's amazing how being in the presence of a true legend like her can bring you to tears. And there I was in front of Ella Fitzgerald blubbering like a baby. I managed to get myself under control. And after that experience, there was no turning back. A jazz singer was what I wanted to be.

### **How did your childhood influence your creativity?**

I guess you can say I was influenced by my experience as a kid singing in the youth choir at Saint John's Baptist Church (Panama City, FL). That short-lived time sparked my interest in the performing arts. Choir rehearsal was a fun time because it meant getting together with my friends. When it came time to rehearse, the strict hand of our choir director instilled respect for the performance (and church) and gave us stage discipline. On Sunday mornings, it was showtime. I believe it was mostly our enthusiastic congregation and their generous appreciation for the singing that made me want to be in front of an audience some more.

### **You worked in New York City and then traveled to Venezuela, where you worked and lived for some time. Please tell us about your time in Venezuela?**

I was scouted by a singer in New York to join her dance ensemble for a South America tour. I didn't exactly know what international travel would entail. I just wanted to

get out of New York City, so I said yes. Like many of my experiences connected to Venezuela, that trip was my first time traveling abroad. I also learned my first foreign language there, signed my first T.V. and recording contracts, recorded my first album, and met my first and only husband, who is Italian. Both of us were on contracts in Caracas, he an engineer, me a dancer. Before I met him, he had seen me in the show I was doing, and as they say, the rest is history.

The early 80s were the glory days in Caracas. A time when the country was beautiful and the bolivar (its currency) stronger than the dollar. While I was with the show and even after leaving it, I traveled to many parts of the country, usually on tour. Venezuela was different from the states. I saw it as an opportunity where I could excel and become a big part of their entertainment industry. They loved what I had to offer, plus money didn't seem to be an issue. I would be paid well, at least, much better than in the States, so I decided to give this new place a try.

I spent ten years abroad, the latter part of that time overlapped with me living in Milan, Italy for a while then returning to Caracas. In retrospect, the decision to move to Venezuela probably should have been more concerning, but I don't recall any hesitation. Even though it was a very different world from what I knew, I wanted to explore it. Imagine arriving at the airport and seeing the military-like security carrying machine guns, which was the norm—or being met with a new language, different currency, and food, plus seeing extreme poverty in plain view, etc. Yet I enjoyed much of my time there. I took a leap and discovered who I was as a young 23-year-old woman, and what I could achieve in the entertainment industry and life.

The time then came to start a new chapter and return to the U.S. (Miami), where I gave my husband a hand with his boat business for a while and received my Master's Degree in Interdisciplinary Arts. The new chapter began.

### **What has been a highlight in life that had a significant impact on who you are today?**

It might sound a little corny, but it was giving birth to my beautiful daughter. Although it has been years since that special moment happened, the maternal feeling of closeness still lingers, and I am thankful it never ends. She is my heart.

Domenica is a successful musician (flutist) and lead singer of the band Underground System. It's always a thrill when I see her on stage in her element. Mind you, her concerts are "pretty darn wild." But all the same, I am a fan and will be in the crowd cheering her on. I admire her as a colleague, respect the growth and success she has accomplished professionally, and as a woman.



Photo by Amy Pasquantonio



### **Where would you like to perform next, and why?**

Hands down, no doubt, in a Broadway production! That would be the highlight of my career because Broadway is the maximum theater experience. Besides, New York is where I got my training and "I Love New York"! It's where you can find entertainment 24/7, at least during normal times without Covid-19.

### **Are you involved in any charities?**

Yes, I am involved with "Cancer Excludes No One" or C.E.N.O., as it is better known. Since 2008 I have been invited to perform at the annual "Cancer Excludes No One" benefit, which contributes funds to Fresno State University's cancer research department. A department under the direction of Professor Dr. Jason Bush.

C.E.N.O. falls under the umbrella of the "As One Services" non-profit organization that was started by my sister Valette Farwell. The organization is, in part, dedicated to fundraising for cancer research, yet their efforts are also immersed in finding activities "to strengthen the community involvement in the fight against all forms of cancer." One such activity is their Healthy Eating & Exercise workshop. It is a free community event open to the public hosted by A.O.S.

C.E.N.O., on the other hand, hosts special events where for only a \$60 to \$75 ticket, you can have a delicious dinner and great show. My work with C.E.N.O. has been as an entertainer and MC working alongside comedian and radio host Andre Covington. Each year the challenge is to pack the house, and Valette Farwell has never failed to have a SOLD OUT show. This year's C.E.N.O. event was canceled due to Covid-19, but everyone connected to the organization is looking forward to filling the seats and stage once again as One Services welcomes the fight to continue raising money because as C.E.N.O. reminds us, Cancer Excludes No One.

### **How have you kept busy during the pandemic?**

Besides trying to declutter my house, I'm working on my children's book and teaching my online RHYTHM Exercise classes. The pandemic has been the only event that has made me slow down and not cater to an overloaded schedule. The main problems I had in trying to move forward with both of these projects were a lack of time and the money to kickstart them. Plus, for the exercise program, I needed an inexpensive space where I could teach the classes.

Once Covid-19 contained us to the house, this gave me the time needed. I found time to write and even research apps that could help me with my book illustrations. I'm a big fan of the D.I.Y. factor. That is, if you cannot find or afford someone to do it for you, then Do It Yourself. I also had time to put the RHYTHM Exercise program into action this past April. Zoom.us is the medium I use to teach, and a room in my home (or wherever I might be) is the space where I conduct the sessions. As for the money needed to start, a nominal investment to have a Zoom account, along with some advertisements to promote the classes, is all I needed to get it going. The RHYTHM workout is ideal for



baby boomers. In fact, it is designed for the active 50+ demographic. There are familiar tunes from "back in the day" to dance and exercise to. The aerobic routines are doable by everyone yet still a challenge to the body. And one of the best things about RHYTHM is the comradery. It's a lot of fun.

In July, we did a 21-Day Challenge. The group was required to set a goal, commit to the 21-Days of activity, and persevere when faced with a difficult task/exercise. These three actions are useful when striving for success, setting a goal, committing to it, and persevering. Anyway, the 21-Day Challenge included only one full day of fasting. On day 20, a Nutrition Specialist was invited to speak to the group. And on day 21, the group (along with their daughters, if they had one) was invited to participate in my daughter's Zumba class that has different music, moves, and higher impact movements. It was the final test of the stamina, and everyone did a great job.

### **Do you adhere to a special diet or meal plan?**

I'm a vegetarian, and I generally like any vegetable plate if well prepared. However, my favorite dishes are my mom's collard greens, my husband's homemade tomato sauce, and my niece's sweet potato pie. Then throw in a good polenta and Caprese salad with a bottle of Brachetto wine – so good. And to top this off, last year while dining at the Agriturismo Montegualdone restaurant on the hills of Tortona, I.T.A.L.Y., I discovered fried mushrooms. What a tasty surprise. The way the mushrooms were prepared had a flavor typical of fried foods (not greasy) from the south (the U.S. that is), and they were deliziosi. Translation, "um um good."

### **What's next for you professionally?**

Producing and staging a play that is named after my 2017 CD, "In Walked You." My dear friend, and colleague, Chantel Deniese, was inspired to write the story after seeing me in rehearsal for one of my concerts. The production was scheduled to debut this past July, at the 2020 Fringe Festival, but the event was canceled due to the coronavirus shutdown. Plans are in the works to perform an excerpt from the play via Zoom and Facebook this November.

"In Walked You" [is an intriguing story] about a woman who comes face to face with the biggest challenge of her life. As she relives the days of her youth, she finds herself trapped in her own memories. When confronted with a reality that threatens her very existence, she lashes out at the ones who can help her. Losing herself in a world of her own making is her only outlet to inner peace.

For more information about Paulette and her upcoming online performance, please visit [PauletteDozier.com](http://PauletteDozier.com).

Special thanks to :

**Paulette Dozier**

**Amy Pasquantonio** Photography

**Norman Black** Photography



Photo by Norman Black





Photo by Norman Black





“Not being aware of something on the path of your life is just as dangerous as not seeing something that is in your blind spot when you are driving a car on the highway.”



# What Are You Not Seeing?

by Teal Swan



Ask yourself: What are you not seeing? The Blind Spot Oracle Cards seek to help querents uncover what they are not aware of. Not being aware of something on our life path is just as dangerous as not seeing something when we're driving. Our blind spots may hide motives, fears, desires, needs, truths, reasons, habits, patterns ... and more. This oracle will reveal the unseen, and once you are aware you can take action.

The deck features 78 Sigils – seals or symbols painted by the author during a trance. Each one of these can influence you, like a teacher, in discovering your blind spots, and each one has a super accessible name, ranging from "Your Fear" to "Denial" to "What You Really Want and Need". The more you use the deck, the more your relationship with these potent sources of insight and energy will deepen. To use the deck, simply ask

for clarity on a specific issue, draw a Sigil card, then look up the card in the guidebook and read the description. You can use the deck to see what you don't see about another person, your job, your true desires, needs or motives, an addiction, a habit, your own character, your future, your path, a health condition, a decision, your current perspective, and so much more.

## Cards

- 1 - Your Fear
- 10 - Denial
- 15 - What You REALLY Want and Need
- 34 - Running Away from Emotion
- 44 - Expectations
- 53 - Identification
- 55 - Not Seeing the Signs

**H**ave you ever felt like you would have made different choices *if only* you would have known something or seen something? Have you had personal experience with hindsight being 20-20? Because of the law of cause and effect, just because you don't know or see something doesn't mean you are spared the consequences. This is why your blind spots have the potential to cause yourself and others so much pain.

A blind spot is an area where a person's view is obstructed. We have these blind spots not only in terms of our vision, but also in terms of our awareness (which vision is only one small part of). Essentially, you cannot *perceive* what is in a blind spot. Not being aware of something on the path of your life is just as dangerous as not seeing something that is in your blind spot when you are driving a car on the highway.

Oracle decks are divination tools that offer insight to the reader. What insight could be better than to show a reader the *reality* of what he or she does not see in any given situation? The Blind Spot Oracle Deck is designed to specifically tell you *what you are not aware of* relative to whatever you are consulting the cards for.

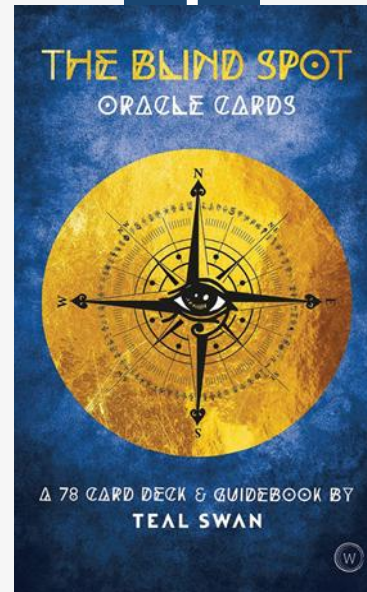
The contents of a person's blind spots consist of what they don't know *that* they don't know. For example, you may know that you know how to read. You may know that you don't know how to play the piano. Both of these things are still in the realm of 'what you know'. In other words, when you know what you *don't* know and you know what you *do* know, that is still in the realm of *knowing*. But when it comes to a blind spot, awareness is about becoming aware of what you don't know *that* you don't know. This includes things you think you know but that just aren't so. After all, it isn't what you don't know that gets you in the most trouble; it is what you think you know that just happens to be *untrue*.

The artwork on these cards was origi-

nally painted by hand directly on paper. Each card in the deck acts as a berth for a specific Sigil. A Sigil is an inscribed or painted symbol or seal. But the difference between a symbol and a Sigil is that unlike a symbol, a Sigil is not *representing* anything. Instead, the symbol itself is like a *body* for a specific essence, entity or spirit. This is why a Sigil is considered to have magical powers. For example, you could use a symbol to *represent* a specific archangel. But a Sigil would act as a physical manifestation of that archangel. It would act as a portal to enable that entity or spirit to enter the realm of the physical. *Therefore, the Sigil is considered to be a living entity in and of itself.* This is what makes them so incredibly powerful.

Each Sigil in this deck is not a symbol that represents the subject matter that it has chosen to be assigned to. *Instead it is the Sigil that can help you the most to become aware of the contents of that specific blind spot.* For example, Sigil #1 which is assigned to the fear blind spot, is not a Sigil that represents fear in any way, quite the opposite, it brings a sense of safety and wellbeing. By doing this, it makes you aware of your own tendency to project threat where there is none. To the opposite, Sigil #59 is a Sigil that carries the actual energy of projection so that you can clearly feel and see that there is something in-between you and your capacity to see the truth. Each Sigil awakens your awareness to the actual content of the specific blind spot that it helps with. This also means that each Sigil in the Blind Spot Oracle Deck has the capacity to influence you (like a teacher or a guide) so as to make you aware relative to the specific blind spot it has chosen to be assigned to.

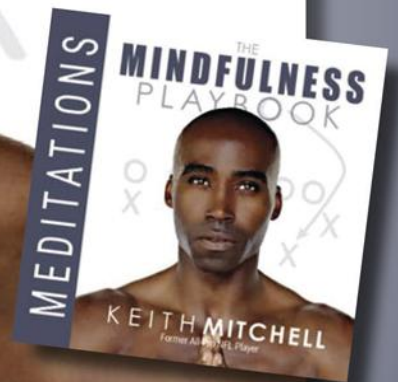
Many times, we do not have awareness of things because they are too painful to face or consider. For this reason, The Blind Spot Oracle is a deck that definitely takes courage to use. But doing so can be instrumental to your happiness, growth, safety, health, purpose, relationships and every other part of your life.



**Teal Swan** is a personal transformation revolutionary who was born highly intuitive. A renowned author, speaker and modern spiritual leader, she travels the world teaching about self-awareness and inspiring millions of people towards authenticity, freedom and joy. She is the bestselling author of three books, including *The Anatomy of Loneliness*.  
[www.tealswan.com](http://www.tealswan.com)

# THE MINDFULNESS PLAYBOOK

8 Strategies for  
Winning at the  
Game of Life



## KEITH MITCHELL

Former All-Pro NFL Player  
Master Yogi & Meditation Coach  
Mindfulness Thought Leader

[KeithMitchellMindfulness.com](http://KeithMitchellMindfulness.com)



# THE POWER OF SPEAKING YOUR TRUTH

How to Become Confident  
and Assertive



By Harinder Ghatora

I remember it as if it were yesterday—the nauseating feeling I had seconds after agreeing to attend a work training event that would take me away from my eight-month-old son for a whole weekend. My stomach muscles tensed up. I felt hot and clammy. I was overcome with anxiety. The internal conflict was debilitating. I absolutely did not want to go. How could I possibly leave my baby for all that time? We had never been apart for more than a few hours. I knew I didn't want to go, but why couldn't I say no?

I distinctly remember my feelings of disgust on another occasion, when I found myself listening to an acquaintance making outrageously crude and derogatory remarks about a young lady he'd met up with. I sat there politely smiling when what I really wanted to do was a challenge not only the validity of what he was saying but also the disrespectful way he said it. But I couldn't bring myself to say anything. I couldn't even show my repulsion by getting up and walking away. I felt sick with frustration. I was deeply disappointed in myself for not being able to speak my truth.





—The—  
**POWER**  
—of—  
**SPEAKING**

How to Become Confident and Assertive

**YOUR  
TRUTH**

HARINDER GHATORA

"The way we think and the beliefs we hold profoundly influence the way we feel and the way we behave."

Since you're reading this article, I'm guessing you've been there too, like so many of us. And you know exactly how it feels: that moment when someone in your life—a relative, co-worker, acquaintance, or even a stranger—expresses a view you vehemently disagree with. You know what it's like to feel the tension, the irritation, and perhaps even the anger rising deep inside—the energy surging upwards, seeking some sort of verbal expression. You desperately want to put that person straight, correct him or her, and tell the person that he or she is wrong. But you can't. The words just won't come out. So, you stand there, silent.

Something stops you from opening your mouth. Something stops you from finding your voice. Something stops you from speaking your truth. And this happens again and again and again.

This situation and these feelings were once very familiar to me. I lived most of my young adult life in this way, never saying what I really wanted to say. I would outwardly agree with everyone around me, but inwardly I would be vehemently disagreeing; outwardly, I would be nice and polite, but inwardly I would struggle to control my emotional reactions to what others were saying or doing. On some occasions, the internal conflict was on an epic scale.

I would find phrases like "Sure, no problem ..."; "No, it's fine ..."; and "Yes, of course ..." coming out of my mouth in an instant—way before I had even given a second thought to what was being asked of me. More often than not, these phrases would be responses to situa-

tions that clearly were a problem, were not fine at all, and needed a "Sorry, but I can't do that ..." response.

I'm pleased to say that these experiences are now firmly in my past. I no longer choose to live my life in such a timid, compliant, and people-pleasing way. Over the years, I've learned to kindly, politely, but firmly state my truth. I still commonly say, "Sure, no problem ..." and "No, it's fine ..." and "Yes, of course ..." Now, these phrases come after a moment of true inner reflection on the situation in hand and my ability and willingness to comply. I can truly say that this is a far more healthy and harmonious way to live than the internal warfare that was previously raging inside me. To reach this place, I had to go on a deep inner journey. In this book, I would like to take you on this same journey of self-discovery and positive change.

I'm a qualified and experienced counselor and holistic life coach and have worked with hundreds of people in my private practice. Over the years, I've noticed that a common cause of direct and indirect unhappiness in many of my clients' lives is their tendency not to speak their truth. When you cannot communicate your wishes and needs to those around you in a clear, firm, but polite way, it often means that at best, your needs are unmet, and at worst, you are misunderstood, ignored, or simply walked all over. Over many years, the internal tension that can build up has the potential to cause you severe mental and physical harm. It has the potential to warp your personality and wreck your relationships.



I chose to write this book for two reasons. Firstly, I believe that the simple practice of speaking your truth sits right at the heart of a happy, balanced, and fulfilled life. As human beings, we are all permanently in a relationship, firstly with ourselves, secondly with those around us, and thirdly with our environment. For every one of us, there is only ever one person at the center of our universe—ourselves. If we want to make meaningful connections with others, have closeness in our relationships, live a satisfying life, and have a strong, healthy, respectful sense of self. We must learn to identify and communicate what we truly feel, need, and expect from others.

The second reason is that through my client work, I have realized that many people are conditioned to believe that there are only two modes of expression: a passive, quiet, compliant way or a loud, angry, aggressive way. It is this "either/or" perception that I wish to challenge. There is another way—the middle way. My aim in writing this book is to present and promote this middle way, in which you speak your truth firmly but gently and kindly. This is an assertive way.

Because I have been on this journey of discovery and learning myself, I know that it can initially feel scary. Learning to be assertive is like learning a new language. In the beginning, it can feel daunting and require an extra degree of effort. But as you begin to understand how you came to lose your voice in the first place, start to reflect on and challenge the underlying beliefs that are working against you, and learn alternative ways of expressing yourself. In time, being assertive will become second nature. It may be not easy initially, but as with everything in life, the more you do it, the easier it gets.

Being assertive is about honoring and expressing your needs and desires in a way that is considerate of other people's needs and desires. As you'll discover in the next chapter, it does not mean getting your own way all the time. It's certainly not about shouting, arguing, or using your voice to abuse others—that's aggression, not assertiveness, and the two are entirely different. It's about learning to put your needs alongside those of others and mindfully and confidently speaking up for yourself in a manner that respects everyone concerned.

Throughout the book, you'll find references to five fictional characters who all struggle to be assertive in different situations in their lives. Aaron, Jasmine, Jay, Sharon, and Zara will help us explore the issues that get in the way of a person speaking his or her truth and how these can be overcome. We will be following their individual journeys as each of them rediscovers his or her voice and learns to move from passivity to assertiveness. I hope that as you read Aaron, Jasmine, Jay, Sharon, and Zara's stories,

you'll be able to reflect on your own experiences of not speaking your truth and gain some insight into what holds you back from expressing yourself truthfully. To aid this process, I've included a series of self-reflection exercises throughout the book. These have been designed to encourage you to think about and uncover the underlying causes and identify the thoughts and beliefs that underpin your passivity to move past it.

The way we think and the beliefs we hold profoundly influence the way we feel and the way we behave. A crucial part of the journey from passivity to assertiveness is identifying and working through the thoughts and beliefs that are keeping you locked into your passive behavior. This is something you'll learn to do as you read on and work through the exercises, but for now, I want to point out that one of the most powerful ways to pinpoint your innermost beliefs is through journaling. Writing down your thoughts and feelings opens you up to and sheds light on your internal dialogue, which is challenging to do by merely thinking about an issue. For this reason, I strongly advise you to invest in a journal and make time to write down your thoughts in response to the self-reflection prompts included in this book.

If you can understand the core beliefs you hold, engage with the self-reflection questions in this book, work through the suggested exercises, and find the courage to try out the techniques shown in situations of your own choosing. At your own pace, you will find that gently, over time, you will have moved to that place of dignified, respectful, empowered expression that already exists somewhere deep inside of you.



**Harinder Ghatora** is a holistic life coach and counselor. Ghatora resides and has a private practice in West London and offers a range of services that are designed to help people live a healthy and balanced life. She works with all aspects of a person's being – mind, body, emotions, spirit – and supports her clients

in overcoming personal obstacles and fostering self-empowerment. Ghatora is a graduate of the London School of Economics. She previously forged a successful managerial career in local government, specializing in research and statistics, for 18 years before retraining as a counselor, Neuro-Linguistic Programming coach, and healer. Ghatora's time is now fully devoted to supporting others through one-on-one work, group work, workshops, and e-products. This is her first book. To learn more, please visit [www.harinderghatora.co.uk](http://www.harinderghatora.co.uk).

# DON'T BE SO HARD ON YOUR SELF

By Ruby Walker

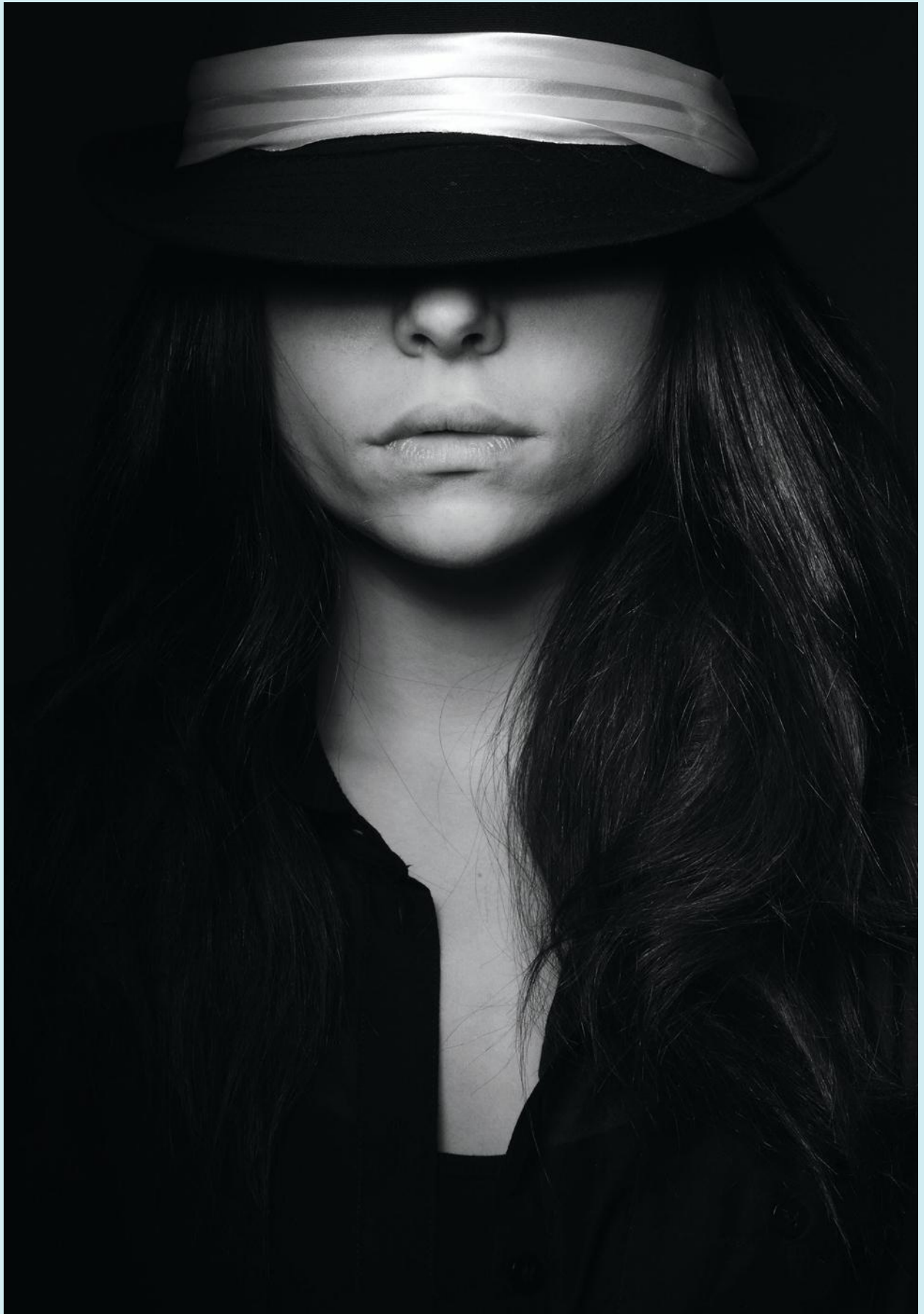
If I had to describe how depression made me feel in four words, I'd say unwelcome in my mind. That was the primary sensation. That's why it was different from just being sad. Day in, day out, I was bullying myself. I was under constant attack. Of course, I was tired! Of course, I broke down! Of course, I was numb, hopeless, and angry! How would you feel about a friend who makes jokes at your expense, puts you down when you fail, ignores your successes, and never thinks you're good enough?

That is exactly how I used to treat myself. It was always, "Sorry, I'm this, sorry, I'm that." There are a hundred thousand ways to bully yourself with words.

All the little things added up. Criticism turned to hatred. Everything made me tired. Everything made me hate myself. The more I hated myself, the more tired I felt, and the more tired I felt, the further I fell. My grades slipped. When I spoke, I snapped. When I wasn't angry, I'd cry. I didn't notice how much my self-deprecation was affecting me. Slowly but surely, it became my status quo.

And how could I have noticed? That's how my friends talked about themselves. We made jokes at our own expense at lunch, on twitter, in the morning, before bed. You've seen the jokes, the posts, the fatalistic streak my generation has. It's a culture of fear and loathing. I hardly knew there was another way to exist.

**I think everyone would like to have better self-esteem. I did, too, but I wanted it in the sort of far-off fantasy way that someone living paycheck-to-paycheck wants a cherry-red Porsche. Wouldn't it be nice if I had better self-esteem?**





But I found the secret. Words. Whether it's a joke or not—whether they “really mean it” or not—when someone says something mean to you, doesn't it hurt?

A relationship doesn't go sour for no reason: it's the daily practice of talking to each other that forms how we feel. Compliments grow scarce; words of support are out the door. Every situation becomes an excuse to snipe at each other! Every problem is your fault.

No, your fault. No, it's your fault.



The same goes for what we say about ourselves—every little comment matters. I changed the way I felt about myself by changing the way I talked about myself. It wasn't easy, but it was a measurable, achievable goal. That was more than I'd ever had before.

*I did three things:*

1. I stopped saying mean things about myself, full stop. Even jokes! And I loved an excellent self-deprecating joke.
2. Even when I couldn't believe them yet, I started saying positive affirmations instead.
3. Everything I said to or about myself came under the same scrutiny: The Friend Rule. If I wouldn't say it to my best friend, I don't say it to myself.

Somehow it worked. The words I spoke turned into the words I thought, and the words I thought turned into me. I went from just feigning self-respect to truly wanting to look out for myself. Like any relationship, it took time and work; it didn't happen overnight. And still, it's the foundation of my recovery. Every time I do something good for myself, I do it because I give a damn whether I am okay or not.

**Actually don't care starts with the words you say to yourself, and eventually, this self-respect extends to actions. You start to improve your life. Kick addictions. Take care of yourself.**

I know that for some blessed people, self-respect is automatic. I had to learn. My friends and family taught me how to love myself: not by telling me, “Ruby, you need to love yourself,” but by showing me what acceptance feels like. I always knew how to treat others with basic decency, and I knew what standard to expect from strangers and pals. I just had to apply that same standard to my inner life.



Being a friend to yourself means cutting yourself the same slack you already give to others. It means recognizing setbacks, celebrating progress, and forgiving mistakes. It means making a conscious effort to speak kindly and show respect. And most of all, it means pushing through, even when all you want is to sink down. By changing the words I used, I became my own best friend. I keep my successes folded carefully in my heart. I wipe my own eyes when the world is too much to handle. And you know what? I wouldn't go back for anything.



**Ruby Walker** is a 19-year-old college student, activist, artist, and author of *Advice Ignored: Stories and Wisdom from a Formerly Depressed Teen*, the only book on teenage mental health actually written by a teenager.

THE  
**HOLY GRAIL**  
OF  
**FACE SERUMS**  
- GQ



CALDERA + LAB

## ONE STEP. BRIGHTER, YOUNGER SKIN

HOW DID WE CREATE A GAME-CHANGING SERUM FOR MEN? SCIENCE.



Meet Green Tech Skincare, born in nature, perfected through science. Your time is better spent living your life, rather than following a complicated routine. We designed The Good to be a one-step regimen for men, replacing everything you need at night except for your cleanser.

Based in Jackson, WY we select botanicals that are clinically-proven, 100% fair trade, wild-harvested or organic, and sourced from the most potent variety - no matter where on the planet that is. The product is then meticulously formulated in a state-of-the-art ECOCERT-certified manufacturing facility.

And our big claims? They're substantiated by scientific data from our clinical trial. Your satisfaction is ensured with a simple commitment: Love it in 60 days or your money back. Our industry leading certifications and proven performance have impressed magazine editors and industry insiders - now it's time for you to be impressed.

To learn more and purchase visit:  
[www.CalderaLab.com](http://www.CalderaLab.com)





*Open  
Wrap-Up...*

*Open  
Vision...*

*Open  
Future ...*

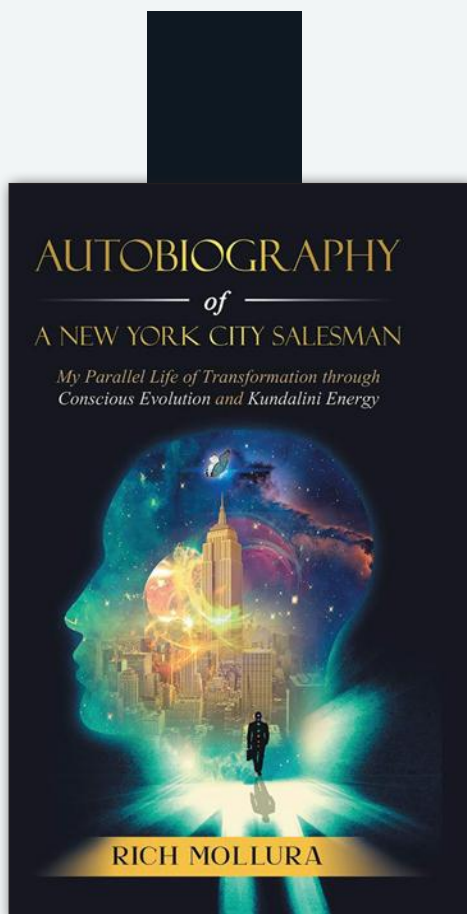


By Rich Mollura





Life strives, grows, and expands through the intelligent connections it forges, and our evolving ability to connect directly to them is all part of this grand and supreme design.



Ultimately, my book has been about one extraordinary phenomenon—*being alive, together in conscious connection*. We've explored conscious evolution and the extraordinary power of Kundalini energy, which encompasses the dizzying and bewildering infinitude of creativity and the bioelectrical reality that underlies and empowers it. I have made a point of emphasizing the cellular and physical dimension of the miracle of life and the promising potential that can result from an alignment with its natural genius. As human beings, we exemplify the highest, most complex, and most recent incarnation of a four-billion-year history, which is an astonishing fact. We embody all the wisdom of creation that is crystallizing now in a place in time where it is our responsibility to take the baton of life to the next stage of evolution. Throughout this book, I have tried to communicate the sense of gratitude and awe that inspired my journey that I felt deserved expression. The spirit of life is the very intelligent electricity that runs through every microorganism, plant, animal, and human, and each is a celebration of existence in its own right.

Life strives, grows, and expands through the intelligent connections it forges, and our evolving ability to connect directly to them is all part of this grand and supreme design.

The best way to see this is to fall completely silent; observe existence without words—even if for a few seconds—and look without mental noise, imbecilic voices, and preposterous worries.

Consider how words can wreak havoc and how plants and animals live in the wonderful silence of action and have no mind to impose conflict, doubt, guilt, and stress.

Consider how the vast majority of life is benevolent by tuning into nature and watching her in her purest

and most brilliant forms as they exist without toil and take even death with unconditional acceptance and peace.

Take a second and appreciate the invisible consciousness you are as you read these words and what an absolute miracle it is that you can think, love, appreciate, and live this life so nonchalantly when there is nothing simple about it. It is simply glorious that we are alive!

I understand that I have repeated, sometimes even word for word, certain ideas throughout this book, but it has been purposeful and with good reason. Most of us, including myself, enjoy reveling in the insights, visions, and ideals like the ones I have presented. I understand that it's difficult, if not impossible, to remember and apply higher ideas while absorbed and locked in the crossfire of physical, emotional, and egoistic reactions to the ordeals of everyday life. I specifically told my story of being a salesman in New York City while searching for transformation through Kundalini to provide a living sample of an effort quietly and secretly made in an otherwise commonplace and mundane life. I hope that it has been clear that an escalation of higher consciousness demands a new and different way of processing and perceiving in order not to get lost in the daily, transient minutiae of life, including the relatively serious parts.

We need healthier bodies, access to higher emotions, and disciplined use of reason and logic aimed at the collective good. We might want to consider our creative ingenuity as an inner spiritual war machine to combat our own lower nature, because this inner work can be difficult. It's easy to give up, not care, or surrender. It is also easy to get down, depressed, and discouraged. It is much harder to march forward and work for and with life to evolve and grow.

We must remember that we really don't have a choice (if you seek higher experience) – the moment we choose cynical pessimism we contract instant negative karma – we, our precious consciousness – loses. It is also gravely important that we do *not* turn from the perennial wisdom of life's highest manifestations through scripture, art, music, and all fields, including science and technology. If we can read the teachings of a Buddha or Jesus (or any other being of higher consciousness) and not be inspired by them as advanced incarnations of nature, then we will not rise to higher levels. If we cannot appreciate the wisdom from poets, geniuses, and gifted human beings, then we have cut ourselves off from the very source that our own creation has stemmed from. Life is vibrating with intelligence in every conceivable living thing or subjective mental position—even those that we despise, reject, and hate. Such ugly manifestations of life are always stepping in our evolution and never isolated evil. Our living and growing fabric longs for a level of consciousness that is active as opposed to stagnant. We ought to ask ourselves whether we are proactively managing our own being. Are we upgrading ourselves the way we upgrade our phones, computers, software, roads, and bridges? Do we have a new version of our self in production with more advanced features than we have today? If we are verbally attacked, is there a part of us that remains aware and conscious before launching an irrational and violent defense?

This is the reality of what it means to do work on ourselves. Reading books and attending retreats will not rewire our behavior. *We have to do the work, or else remain childish.*

I have honed into nature because no matter what our race, religion, creed, birthplace, or personal condition, we cannot question the cunning intelligence that underlies nature and the utter unquestionable integrity of her manifestations. It is compelling that consciousness derives from nature and therefore is its very home and surroundings. I have found that a serene inner comfort and inconceivable wealth of wisdom flows directly from this connection to nature and hopefully is shared by others. Nature, by tapping directly into the perceivable, tangible, and measurable intelligence, provides considerable security and calm fortitude while being enlightening and empowering. In a recent trip we took to Barcelona Spain, Nancy and I toured the Sagrada Familia, a stupefying cathedral that combines nature's genius, human genius, artistic genius, and divine inspiration all in one collective masterpiece (if we are not galvanized by such miracles as this cathedral, we need to take our pulses). These wondrous creations must continue to inspire our deepest meaning and purpose and remind us of who and what we are. I hope that by walking with me through

my search for transformation, you have felt the same spiritual growth and intellectual insight of life's endless creativity; that you felt encouraged by an exciting inner world of revelation and expansion.

In closing, I want to acknowledge and thank you, my reader, for sharing your personal consciousness with mine for the time spent reading this book. I am not writing as a teacher or one with an established reputation in any field other than my personal life. I do not pretend to be an expert in consciousness, energy, or evolution. I am not trying to convince anyone to follow any path—*except one's own*. It is your own personal energetic evolution and revolution you must wage in *your-self* that has long term relevance. I have made my living and supported my family as a salesman in New York City and have relished the inner opportunities that life has afforded me. I am appreciative most of all for a life that has taught me a very profound lesson that, if put into words, would sound something like this:

*If you cannot connect everything, you cannot connect anything—rightly.*

The key prize is just that: connecting everything. Living this way enlivens, stirs, provokes, and intrigues the energetic spirit. Of course, no human can connect everything, but that is what makes it so much *fun*. Enjoy!



**Rich Mollura** is a first-time author from Long Island and a top Salesman in New York City for a Fortune 500 Company. Mollura has undergone a powerful transformation for over 40 years. This transformation involves a relentless search for higher meaning and the activation of a higher energy traditionally known as Kundalini Energy. He pursued and detailed this journey and experiences in journals while leading a dual life as an everyday man and a deep esoteric seeker of enlightenment. He details his unique self-growth in his debut book, "Autobiography of a New York City Salesman: My Parallel Life of Transformation through Conscious Evolution and Kundalini Energy," relating to those who are also on the same path of seeking higher states of consciousness. Mollura is a father of two and currently resides in Long Island, New York with his wife. To learn more, please visit [www.richmollura.com](http://www.richmollura.com).



# I CAME HOME TO THIS



## A Soldier's Odyssey



By Joseph Lisuzzo  
Photography by Catherine Sackett



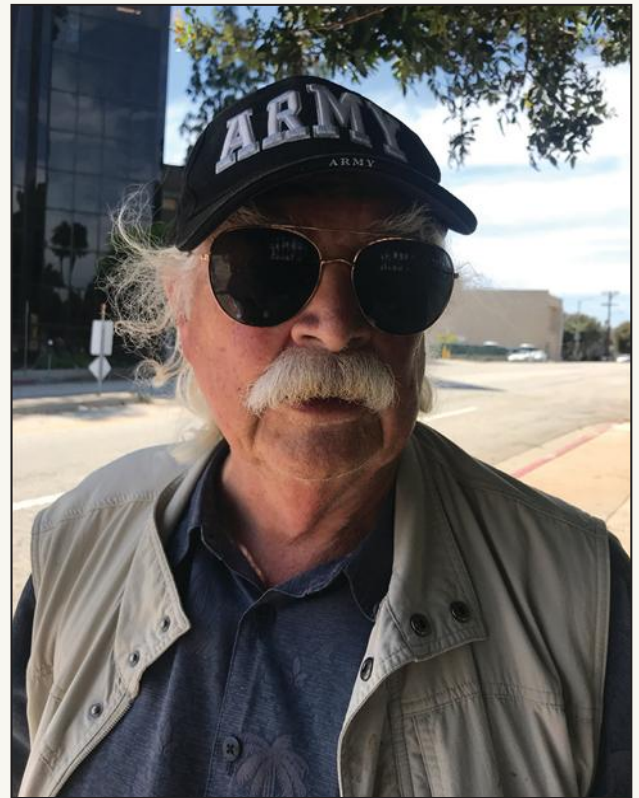
American soldiers love the U.S.A. because they believe America is the greatest country on Earth. Though many nations have existed for thousands of years, in less than 250, America has helped save the world from the evils of WWI, WWII, and it has continued to fight throughout the planet for freedom from communism, fascism, and oppression. In that same short time, American innovation has helped bring the world: the telegraph, the telephone, the airplane, liquid propelled rockets, the television, computers, the internet, cell phones... we've even gone to Mars.

America has always been the land of opportunity. People never attempt to escape from America, but rather dream of coming here. America is the land of the free because of the brave. American soldiers proudly serve this nation and fight daily to protect human freedom worldwide. America is: "One Nation Under God, Indivisible, with Liberty and Justice for All." With that said, though we are a proud nation, we know we are not a perfect nation. The goal of this story is to hopefully provide 'justice for all soldiers' who return home to America, many of whom are damaged due to the ravages of the wars they fight on our behalf.



Rob Reynolds served with the 10th Mountain Division 4th Battalion 31st Infantry Regiment based out of Fort Drum in New York from 2006-2010. He was deployed in support of Operation Iraqi Freedom in 2007 in an area of Iraq known as the "triangle of death." After honorably serving his country, Reynolds returned to the U.S.A. and moved to California to begin a new life of service as a California firefighter. In 2018, while Rob was on the job, he began experiencing PTSD (Post Traumatic Stress Disorder) symptoms. He was referred to the West Los Angeles Veterans Administration Center, the largest and one of the oldest V.A.'s in the United States, located in the affluent section of Los Angeles' Westwood community. Accompanied by his service dog, he lovingly named "Diva," Reynolds left his job. But he soon found that he was entering a new combat zone, a "Twilight Zone," that sadly still exists at the West Los Angeles Veterans Administration Center.

Upon entering the West L.A. V.A., Reynolds, who had honorably served America in Iraq, was immediately told they would not accept him with his service animal. He was told, if he wanted treatment, he could not enter with his dog, and would have to leave her behind. Rather than



part with his best friend who had loyally stood by his side, Reynolds left the V.A. in bewilderment. Upon stepping outside the gates of the V.A., Rob came upon a group of fellow Veterans who themselves were living on the street directly outside this V.A.'s fence on San Vicente and Wilshire Boulevards.

Though Reynolds had been turned away inside the V.A. by "the powers that be," outside the V.A., his fellow veterans took him and his dog in and provided shelter to both.

Rob could not believe what he was seeing and what was happening to his comrades. Veterans who had served their country, suffering from all sorts of issues, were now camped outside this huge V.A. in pup tents on the streets, surrounded by trash, in one of the most prestigious areas of Los Angeles, because the waitlist for programs inside was so long, and permanent housing was unavailable, even though VA buildings sit empty and many acres remain undeveloped. Finally, after living outside this V.A. for too long, Reynolds came to the conclusion that being denied access to treatment because of his service dog had to be a violation of federal A.D.A. service dog laws, so he took action. In July of 2019, he demanded that the V.A. put in writing that they could not serve him due to their rules not allowing veterans accompanied by a service animal. Soon after that, an inquiry was filed against the V.A., and magically, Rob was allowed housing and access into the V.A.'s Domiciliary Combat Track program. To his surprise, Rob would later find that his dog, Diva, was the first service dog ever allowed into a program at the West Los Angeles V.A. Center.



While Reynolds was inside the V.A. getting treatment, he never forgot his brothers and sisters outside of the V.A. fences, on the streets. Given his long sojourn, Reynolds decided to start documenting similar mistreatment of other veterans who were living on the streets surrounding this poorly functioning, mismanaged, and antiquated V.A. Reynolds joined AM-VETS, and with their help, along with the Veteran's service Organization of Culver City Post 2, he began contacting the V.A. White House hotline, the OIG (Office of the Inspector General), and multiple Veteran Crisis lines. But nothing ever seemed to change or expedite services to his fellow homeless vets, one who has since died on the streets, while others have attempted suicide.

In January of 2020, Reynolds got to speak at a local Federal Advisory board meeting. There he met community members and a 74-year-old Vietnam Veteran and retired businessman named Bob Rosebrock, a director of the Veteran's Old Guard. They told him that they too had been trying for years to help the homeless vets on the streets outside this V.A. Through them, Rob discovered that all their pleas regarding their homeless brothers and sisters were "purposely" left unanswered. And, like an onion that is slowly peeled away, layers of hidden corruption at this V.A. would soon be revealed.

Though this land was gifted to the V.A. over a century ago with the promise that it solely be used to benefit America's veterans, huge property developers, well-known politicians,

and high-powered attorneys have other plans for the vast undeveloped acreage located inside the fences at the West LA Veterans Administration. By slowly connecting the dots, Reynolds, Rosebrock, and others have collectively uncovered a massive land fraud abuse scheme on this sacred property that is currently under investigation with the assistance of USCG veteran James P. Bradley (BradleyCongress.com), who is currently running for Congress in this California district. Bradley and his staff have compiled a dossier of information that has recently been sent to the F.B.I. and the Justice Department in Washington, D.C., and are awaiting a response.

Every Sunday for 13 years, Bob Rosebrock, himself a U.S. Army Vietnam Vet, HQ USARHAW, Schofield Barracks, with members of his Old Veterans Guard, have gathered on the corner of this V.A., standing guard to peacefully protest and bring light to the atrocious disregard being given to his fellow vets living on the streets outside of this V.A. Their clarion call is often acknowledged with a donation or supportive car horns by thousands who drive by, and from time to time, news crews, writers, and even documentary filmmakers stop by. Yet, vets are still lined up outside, in what Bob and Rob have helped transform from a "skid row" into a uniformed "Veterans Row." Both Bob and Rob have provided 30+ Vets with a respectable 10 ft x 14 ft "walk-in" tent, which is patriotically emblazoned with an American Flag, with each tent containing a cot. Though they may sleep outside, no Vet sleeps on the cement anymore.





Here is some brief history about this particular V.A. The huge parcel of land, on which the West Los Angeles Veterans Administration Center sits, comprises hundreds of acres that were deeded to them in 1888. In the Deed of 1888, it specifically declares that the benevolent land gift from Senator John P. Jones and Arcadia B. de Baker to the U.S. Government is "to be permanently maintained as a National Home for Disabled Volunteer Soldiers." In 1887, an Act of Congress pre-mandated the clause of perpetuity, and it appears no less than five times in the Deed.

But rather than permanently maintain this V.A. Home as a quiet sanctuary for disabled Veterans, the land inside these hallowed fences has instead been surprisingly, and often illegally, used over the years as a "ritzy private school" playground, a public recreation park, a public dog park, a used-car and bus storage lot, a soccer field, a public entertainment center, a golf course, as a public botanical garden, a celebrity carnival site, a bike race track, a public parking lot, a major hotel laundry facility, and other sully-ing misappropriations.

Incredulously, at the painful expense of disabled and disadvantaged Veterans who require proper shelter and care, the West Los Angeles VA has been hijacked by others. Amazingly, despite having the nation's largest landmass to provide state of the art Veteran Housing, Los Angeles has instead become the capital for HOMELESS Veterans. In essence, Veterans are being exiled from the very Home and land that was gifted to them. Rosebrock acknowledges that this is a national disgrace and a black-eye to all veterans, suburban Brentwood, CA, and West Los Angeles' Westwood, 33rd Congressional District.



Nonetheless, Rosebrock and Reynolds, though often being asked by authorities to end their campaigns, continue week after week, year after year, to respectfully appeal to neighboring residents and those in power at the V.A., to unify and support a grand "New Plan" that will replace scores of 80-year old obsolete and dysfunctional buildings (many that are empty) with a fully modern "21st Century Veterans Home." Preliminary plans that have been drafted by Rosebrock include new resident towers, dining halls, healthcare and rehabilitation facilities, administrative services, a Veterans College, a Veterans Village, tranquil therapy gardens, and other amenities for fellow Veterans to help each other battle their stressful, long-term war injuries.



Bob Rosebrock often reminds America how our federal government in the past has spent hundreds-of-billions-of-dollars bailing out mismanaged banks, insurance companies, and auto manufacturers. Surely, if we have the same resolve, we can restore and rebuild the currently mismanaged West Los Angeles V.A. Center for our American Soldiers who come home needing rehabilitation services. This plan is their hope, this is my hope, and this should be "our collective duty" as Americans. We must never forget or stop honoring our soldiers who serve. Without our soldiers, there would be no us, or better put, without our soldiers, there would be no U.S.

(The author and all involved wish to thank Eden Magazine for the opportunity to tell this story, and look forward to bringing its readers future updates on this V.A., as they transpire.)

Special Thanks to All our Vets, especially those involved in this article:

**Rob Reynolds, Bob Rosebock,  
John Raposa, Robert Ferguson  
and James P. Bradley**



THE NEW TEAM AT THE HELM OF

**BIOFRIENDLY**







**B**iofriendly, a global green solutions company based out of Los Angeles, CA, is on a mission to strengthen the fight for a cleaner environment. The environmental company aims to do this by reducing air pollution with its flagship product, Green Plus® Energy Transition Fuel additive, and educate with Biofriendly Planet. An online e-magazine and green media network dedicated to providing good-natured everyday solutions for the issues that seem out of reach. In 2018, Biofriendly landed under a new leadership team led by CEO Noel Carroll and had since welcomed a new Chairman of the Board, Jose Niño, in addition to Director of Promotion and Marketing Jacob Givens.

Carroll brings his extensive background and leadership experience from years in the entertainment industry to the table. Most notably, he co-wrote, produced, and co-starred in Machinima's hit YouTube series' "Good Cops and Tumbleweed" and Shoreline Entertainment's indie-horror classic, "I Had a Bloody Good Time at House Harker." Being well versed in entertainment allowed Carroll to translate the current call-to-action techniques of environmentalism, which rely heavily upon fear, and transform that message into a positive and upbeat platform that would engage readers at Biofriendly Planet.

Niño was introduced as Chairman of the Board in 2019 and brought his extensive relationships in Washington D.C. as former President of the U.S. Hispanic Chamber of Commerce and a Hispanic Business Advisor to both Bush Administrations. Niño looks to help Biofriendly expand and bridge the political gap regarding the environment, especially as the global demand for more sustainable solutions in our environment continues to grow dramatically (in addition to an increasingly loud opposition).



Givens is responsible for public relations, brand awareness, product promotion, and the Biofriendly Planet network dedicated to environmental education through media. Biofriendly Planet publishes content through an e-magazine and Podcast committed to providing good-natured everyday solutions for the issues that seem out of reach. Biofriendly Planet has grown into a well-known brand of sustainable living solutions with accessible articles provided daily. Similarly, The Biofriendly Podcast provides educational content through light-hearted humor and banter to listeners searching for painless ways to go green. It's co-hosted by Givens and Carroll, whose backgrounds in comedy makes for a fun discussion on all things ecofriendly. The Podcast releases new episodes weekly and has received positive reviews and praise from listeners as an informative and funny program without all the browbeating.

Biofriendly's flagship product, Green Plus, has been proven to significantly reduce CO<sub>2</sub>, NO<sub>x</sub>, carbon monoxide, particulate matter, and sulfur-based emissions— and is now being used by many of the

largest oil companies in the world in order to exceed ever-tightening emissions regulations. Green Plus reduces the amount of energy needed for fuel to burning, resulting in fewer carbon emissions and improved vehicle performance by 7%. UNITAR and CIFAL Argentina recently Eco-Labeled Green Plus-treated fuel as the planet's first Energy Transition Fuel. Biofriendly believes that the earth will continue to move away from fossil fuels and embrace renewable technology. Still, until that day comes, they will work tirelessly to improve the quality of the fuel we have with *Green Plus*.

For far too long, environmentalism has been plagued with holier-than-thou eco-shaming and finger-wagging toward individuals deemed irresponsible with their waste and resources. While polluting mega-corporations should be held accountable for their actions, everyday consumers are often left in their wake, feeling powerless in the fight against climate change. That's where Biofriendly comes in with their passion for educating people around the world on the little things they can do to make a difference.



# Medieval Walk: Spanish Camino

By Eileen Curtis & Patricia Dunn Williams

“We have individual tales to swap because now we aren’t walking together as a group. It’s surprising and yet refreshing. I feel that the Camino is also an interior trip—a time for reflection, for attuning to details and subtleties that normally elude us as we rush through our busy lives. For me, hitting the road feels like a kind of abandonment of burdens and worries and control. I am very much in the moment, feeling the stones beneath my sneakers, smelling the eucalyptus in forest patches, sniffing past the barns being cleared of manure. I’m opening my eyes to bright fields of flowers. The spears of sunlight filtering through these tall trees create spotlights on the paths; suddenly I am a child again and want to play hopscotch on those spotlights. In the solitude, I hear my own breathing, my boots’ crunching in the fine gravel, and sometimes the click-clack of my hiking poles.”

We savor the stillness when we can. These can be very busy forests, teeming with a riptide of pilgrims from everywhere, all of us heading for Santiago de Compostela. Most of us are getting there on foot, but some are traveling by bike and a few on horseback. These riders must go twice the 60-mile distance in order to qualify for their pilgrim certificates. Some of the bicyclists travel at full throttle, racing down hills and accosting the walkers at alarming speeds from behind. Not get-

ting run over adds an extra level of spice to the adventure.

*Buen Camino* is the greeting we learn to exchange with every passing pilgrim, even the bikers. We are wishing each other a “good road” or “good way.” Occasionally, the greeting elongates to encompass a chat as we match a stranger’s strides along the path. These make good tales to share as well. Pat meets a young woman from California who is soon to be married. She has eschewed the maze of dressmakers, florists and clergy for a lovely month-long meander on the Camino path that pours down from the French Pyrenees. Eileen meets a man with a soft Irish brogue who reveals that even though he has always lived in Ireland, he holds only a British passport because his mother happened to be in England when he was born. He reports that many from Northern Ireland are now applying for Irish Republic passports so that they can avoid the turmoil of Brexit. Another gentleman turns out to be a Belgian who is traversing the Camino over the course of five years, his plan being to reach Finisterre on his 75th<sup>h</sup> birthday. Several of us marvel at the old blind woman walking the Camino on the arm of her granddaughter. It is a good sport sorting out the many foreign languages we hear each day. And we feel a building sense of global unity, one of the many gifts of the Camino.









**"The Sufis captured the world's imagination through the poetry of Rumi and the dancing of the Whirling Dervishes. Sufis believe that each person has a unique cosmic character, with unique impediments to knowledge and pure intention in serving God."**

### **Chasing Saints and Sultans: a Sufi performance**

We are going to attend a famous ritual of the Islamic Sufis. I am very excited to see them and think it will be one of my trip's personal highlights. The Sufis captured the world's imagination through the poetry of Rumi and the dancing of the Whirling Dervishes. But most Westerners are not aware of what credos inspire them. Sufis believe that each person has a unique cosmic character, with unique impediments to knowledge and pure intention in serving God; therefore, each must develop his or her individual plan for gaining grace. And I feel obliged to indulge in some personal introspection. Am I as compassionate as I could be? Do I practice sufficient generosity? I acknowledge that I am a work in progress.

Omer meets us in the lobby with our tickets. Before we find our seats, he explains that this is not a show. The musicians and dervishes are graciously allowing us to be in the room with them while they explore one of the core elements of Sufi mysticism. He quotes a well-known passage that attributes these words to God: "... when I love him [the person], I am his hearing through which he hears, his sight through which he sees, his hand through which he grasps, and his foot through which he walks." Omer emphasizes that in this way Sufis concentrate on the interconnectedness between both God and man, and between mind and body.

The auditorium doors close and a silent expectancy pervades the room. Then two string instruments—the *saz* and the *oud*—introduce themselves with ancient thrums. A drum enters the musical tale and finally, all these melodious sounds are pierced by the yearnings of the ney, a reed flute. Here is a unique window of sound into traditional Turkish culture, enchanting and mesmerizing.

Now comes a whispered rippling from the crowd as the dervishes make their way on stage. Their dress dates back eight centuries: white, full-skirted robes held with black belts, and conical, light-colored headdresses. They arrange themselves, then slowly commence circling's that gain momentum; soon the white skirts are whirling tops dancing for God, seeking union with the ineffable. As he whirls, the dervish is said to be engaging all humanity with love. It is a dance of evolution, a mystical journey to the beyond.

At ritual's end, the clapping seems jarring to the mood. We have been privileged to witness that journey of snowy swirls engendering an evocative embracing of the Divine. Like the Shakers, they have viscerally married movement to prayer.

## Himalayan Retreat: excerpts

Kathmandu is totally, indescribably third world, but also a surprise. We had thought it a smallish town with an economy built on supplying trekkers, but this capital is a metropolis of three and a half million folks. For much of the year, it is a hot environ. Most living is done in open air, relaxing on rooftops, cooking meals, bathing at the public square, or transacting business.

Cottage-industries set amidst rows of dilapidated poster-plaster boxes, ripple in a long line along the roadways. Perpetual socializing seems to mark Nepali culture. We can see small groups leaning against the shop poles, conversing, drinking tea, shopping, or simply licking up the sunshine.

Photo by Balazs Busznyak



[Kopan Buddhist Monastery] But the most interesting living takes place a level above. A set of stairs leads onto a spacious plaza with a waterfall tucked into a beautiful rocky landscape at one end. Commanding the plaza is the gompa—the large temple that will be our classroom. At the far side stands a lovely open-air shrine painted red and gold that can hold up to twenty or so adults but is usually crammed with students. From the plaza, the pathway swans its way up to the jewel of the monastery, a stunning garden that brings one to one's knees. Pathways a blush with flowering trees invite walking meditations. Evening strolls bathe the garden in hot pink, lapis blue, and white lights. The trees sparkle like fairy-dust, a glittering that rivals the stars above.

We are fascinated by the monks (and the few nuns) who reside here. They all radiate an otherworldly calm in repose. In conversation, they greet you with a smile and full attention. In physical aspect, they share a stark con-

formity: shaved heads, and robes of deep maroon accented by a flame-gold under-shirt. The robe wraps around so that the wearer is balancing the edge of cloth over one arm that seems to call for perpetual readjustment. These robe-wearers are not just Nepali or Tibetan; they come from all over the world. We have a most interesting conversation with an older monk who has apparently come from a well-to-do family in Australia. He is just returned from a long sojourn in the Syrian refugee camps. That is certainly compassion in action.

The biggest surprise is the presence of a little lama. We meet him a few times on the walkway. He is five years old and attended by his special mentor. His features bespeak a Tibetan heritage. He appears to be a happy little boy, playfully kicking up stones on his daily journey down the pathway and sometimes enjoying piggy-back rides around the grounds from his mentor, with whom, according to tradition, he shares his room and board. Mentors to lamas-in-training serve as mother, father and teacher, and their bonding is intense. Finding a lama is a formidable task. It took the Buddhist community two years in their search for the reincarnated person of the monastery's deceased lama. A dying lama apparently states where he will next appear but even so, there is a lot of legwork to match the age and abilities of the lama-to-be. This one correctly answered a series of questions put to him and identified various objects owned by the deceased lama. It is so interesting to observe a nascent leader at five years old. When he was selected, his rejoinder was "How propitious!"



**Eileen Curtis** is an internationally published author and media host whose diverse writings span arts and travel documentaries, magazine covers, memoirs and business. Among her many awards are a Peabody and the Silver Medal for the Arts from the Government of Austria, with a

certificate from the Mozarteum in Salzburg, Austria.

To learn more please visit

[www.EileenCurtisWritings.com](http://www.EileenCurtisWritings.com).

**Patricia Dunn Williams** grew up in Costa Rica and owned a travel agency specializing in adventure trips. She is a Gold Medalist in the U.S. Senior Olympics Volleyball Games and a published author, and she is also the recipient of the Leadership Fairfax Community Trustee Award, Rotary Citizen of the Year Award, and the Lifetime Leadership Award from the March of Dimes. To learn more please visit

[www.PatsWisdom.com](http://www.PatsWisdom.com).



# Kshamā

Patience,  
Peace and  
Gratitude  
in a Time of Pandemic

By Sarah Mane



I am writing this at a time when a viral pandemic has girdled the earth. There is a palpable sense of fear and anxiety, accompanied by the insecurity that comes from the disruption of established patterns of life. We have all, to some extent, been forced into an examination of our lives and the things we held dear, perhaps without even knowing it, the freedom to shop, to walk with friends, to interactive face to face with colleagues, to go to church, to stand next to someone, to shake hands.

The comfort zone is aptly named because when we are forced out of it, the first feeling is one of discomfort. In fact, the change will do that; in fact, it is one of the hallmarks of genuine change that feeling of uneasiness and discomposure accompanies it.

Lately, there seem to be hopeful signs that the virulence of the virus is easing. We can only hope that this is so. But what is certain is that many have been affected, either in their employment, family life, health, and many have died. Each such death is a tragedy to be mourned.

It is in times such as these that the guidance of the wise is especially valuable. By definition, the wise are insightful, knowledgeable, clued into the realities of the situation. That's why we call them wise. And that is why it is intelligent to turn to them for answers. As an aside, it is curious how many of us seek out wisdom when we have space and time and leisure but fail to do so when the need is urgent the situation pressing, and the time short.

So perhaps we can create some space and take the time to ask what the wise have to say that can be helpful in this time of worldwide fear and disruption?

There are many virtues appropriate to our present circumstances that are extolled in the wisdom of Sanskrit: Abhayam fearlessness, Balam (strength; Buddhi reason, Kshamā patience, and forbearance, and so on.

When I reflected on these words of wisdom, it was Kshamā – patience and forbearance – that 'spoke' to me, that I felt would be the most helpful to explore. This beautiful word is full of deep, practical wisdom. It is derived from a root form that relates to remaining calm and composed and allowing events to take place and not resisting the moment's reality. It also carries the sense of having the strength to bear any burden.

In its ordinary meaning, Kshamā simply means patience. The ability to wait upon events without judgment, criticism, or requirement that the universe serves us up a different reality. This requires an inner steadiness and ability to find rest, satisfaction, and fullness within ourselves. This is certainly an important part of mastering Conscious Confidence.

One easy way to discover the beauty and power of Kshamā is to change your story about the events that come your way, from judgment and requirement to gratitude and acceptance. This acceptance is not a passive, inert condition, but a starting point to see the situation clearly so you can apply intelligence and reason, allowing yourself to respond in a full-hearted, effective and fruitful way.

This feeling of gratitude and acceptance can be cultivated and practiced. Start by realizing the universe is a great giver of gifts, and that anything presented to you is for your benefit, even if it's in the form of a lesson that you need more patience! In this time of disruption, fear, and anxiety, cultivating the feeling of gratitude may require a bit more effort. Affirmations are helpful. Perhaps you might ask yourself: what can I learn from this situation? What is here that will make me stronger, that will help me grow? What inner resources do I possess, what courage, what strength, and what intelligence will help me meet this face? Questions such as these can give us space and strength and, yes, patience and fortitude to meet life and turn whatever it serves up to good effect.

So, in this current climate, let's work together to meet fear, distress, and grief head-on, by cultivating Kshamā in ourselves, a positive feeling of gratitude, patience, and peace. This will leave us free of some of our burdens, so we can be ready and willing to give our love, compassion, and support to the many friends, family, and even strangers who need some strength and comfort.



**Sarah Mane** is a Sanskrit scholar with a particular interest in the wisdom of Sanskrit as a practical means to life-mastery. Previously a teacher and school executive, today she is a transformational and executive coach. Sarah lives in Australia.

<https://consciousconfidence.com>





# Wildfires and weather extremes: IT'S NOT COINCIDENCE, IT'S CLIMATE CHANGE

By Jeff Berardelli

This story originally appeared in "CBS NEWS" It is re-published here as part of The Eden Magazine partnership with Covering Climate Now, a global journalistic collaboration to strengthen coverage of the climate story.

Right on the heels of arguably the West Coast's most intense heat wave in modern history comes the most ferocious flare-up of catastrophic wildfires in recent memory. Meanwhile, just a few hundred miles east, a 60-degree temperature drop over just 18 hours in Wyoming and Colorado was accompanied by an extremely rare late-summer dumping of up to 2 feet of snow.

## It's not coincidence, it's climate change.

These kinds of dystopian weather events, happening often at the same time, are exactly what scientists have been warning about for decades. While extreme weather is a part of the natural cycle, the recent uptick in the ferocity and frequency of these extremes, scientists say, is evidence of an acceleration of climate impacts, some of which were underestimated by climate computer models.

"This is yet another example of where uncertainty is not our friend," says Michael Mann, distinguished professor of atmospheric science at Penn State. "As we learn more, we are finding that many climate change impacts, including these sorts of extreme weather events, are playing out faster and with greater magnitude than our models predicted."

On Wednesday NOAA released its latest State of the Climate Report, which finds that just during the month of August the U.S. was hit by four different billion-dollar disasters: two hurricanes, huge wildfires and an extraordinary Midwest derecho.

Just one such extreme event can strain emergency resources — a situation West Coast firefighters find themselves in now. However, in two dramatic cases this summer, the nation was hit simultaneously with concurrent catastrophes, some of which had no precedent in modern history. It's a concept scientists call compound events, and it is necessary to factor these confluences into future projections to properly estimate risk, response and resources.

In mid-August the West suffered through an extended heat wave which saw Death Valley surge to 130 degrees, the hottest temperature ever reliably measured on Earth. The tinderbox conditions caused by the heat, along with a rare lightning outbreak, sparked

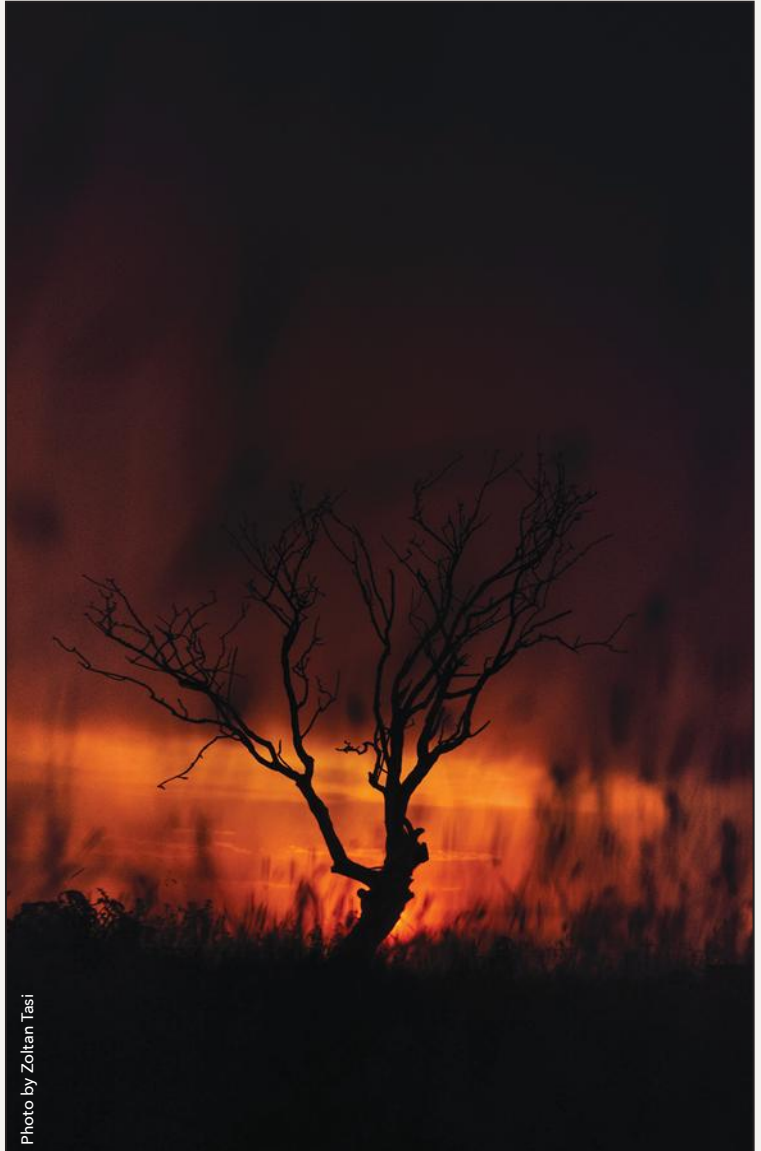


Photo by Zoltan Tasi

the first round of major wildfires in California this season, escalating into three of the four largest fires in state history. At about the same time a powerful derecho caused billions of dollars in damage in Iowa and Illinois, and Hurricane Laura plowed into the Gulf Coast of Louisiana as a Category 4 with 150 mph winds and 16 feet of storm surge.

- **Animal populations have declined nearly 70% since 1970, report says**
- **Greenhouse gas emissions back to pre-pandemic levels**
- **California wildfires burn 2.2 million acres — more than any year on record**

Just three weeks later, and here we are again. This past weekend California experienced an even more intense heat wave, with the southern part of the state hitting 121 degrees west of the mountains for the first time in record-keeping history. Predictably, fires flared back up due to the severe heating and drying, and then went into overdrive as a wicked early-season cold front — which is also bringing heavy snow to the Rockies — brought a wind event through the mountains and valleys of the intermountain west.

In Washington state, an estimated 330,000 acres burned across the state on Monday, more than the total in each of the last 12 fire seasons. California has seen a record 2.3 million acres burn so far this year — more than 3 times the normal for an entire season (typically July through November), and 7 times the normal year to date.

If it were just this fire season, one could chalk the extremity up to mere coincidence. But scientists say this is part of an ongoing upward trend, made clear by the data and well understood by science.

"There is little doubt that we're witnessing an acceleration of fire activity in the West - be it in terms of burned area, number of large fires, fire growth, and of course direct and indirect impacts to people," explains Dr. John Abatzoglou, climate professor at the University of California Merced.

The acceleration has been dramatic. Fire season is now two to three months longer than it was just a few decades ago across much of the West. Since the 1970s, California has experienced

a five-fold increase in annual burned area and an eight-fold increase in summer forest fire extent. At least 17 of California's top 20 largest wildfires have burned since 2000.

Abatzoglou makes clear that there are many factors — not just climate change — that contribute to the escalation of fire activity. These include the increased settlement of people in fire-prone lands and a legacy of fire suppression in many lower-elevation forests, which led to years of heavy growth of trees and brush.

"We can focus on the bad fortune of the lightning siege around the San Francisco Bay Area, or the multitude of stupid human tricks that materialized in large wildfires, but the confluence of long-term and short-term environmental factors set the table for the 2020 fire season," he said.

In other words, though climate change does not cause the heat waves or fires, it sets the stage so that when conditions are ripe, like the summer and fall of 2020, heat waves are more intense and fires burn more fiercely.

This summer has been extremely hot and dry in the West. According to NOAA, Arizona, California, Colorado, Nevada, New Mexico and Utah each had their warmest August on record. Research has found that heat waves are now larger, getting more intense and lasting longer than decades ago. Specifically in California, extreme heat waves — like the ones of recent weeks — are now 3 to 4 degrees Fahrenheit warmer due to climate change. By 2080, that same study finds such heat waves will intensify by another 3 to 5 degrees.

Photo by Marcus Kauffman





This week's NOAA report also finds that the same general area in the West also experienced one of its driest Augusts on record. This short-term dry and hot pattern is mainly due to natural cycles in weather, and from season to season has the biggest impact on the amount of area burned because it determines how dry the forests and brush are.

"Across the Western U.S. forests, we find that climatic measures of fuel dryness explain about  $\frac{3}{4}$  of the year-to-year variability in the burned area — highlighting that climate very strongly enables big fire seasons in warm-dry summers and inhibits widespread fire activity in cool-wet summers," explains Abatzoglou.

But over the long term, human-caused climate change has been gradually drying out the atmosphere and the fuel. "The observed changes in fuel dryness [plus the] number of days of high fire danger have been particularly stark in the American West over the past half-century," says Abatzoglou.

Since the 1970s the warm season in the West has heated up by 2 to 3 degrees Fahrenheit. This extra heat has increased the evaporation of moisture from the surface. While atmospheric moisture has also increased some, it has not increased nearly as fast as the temperature. That has caused a long-term "moisture deficit" and has accelerated the rate of foliage drying. This is part of the reason why, according to research, the West has entered into one of the worst megadroughts in the past 1,200 years.

A recent study, co-authored by Abatzoglou, found a direct link with nearly all of the increase in summer forest-fire area during the period from 1972–2018 driven by the increased moisture deficit. To illustrate just how impactful the moisture deficit is, right now, as unprecedented wildfires burn out of control, the deficit is at record low levels in the majority of the Western U.S.

Another recent study from this spring found that the frequency of autumn days with extreme fire weather conditions has more than doubled since the 1980s, fueled by a combination of less rainfall and warmer temperatures.

But many scientists believe that there is more at play contributing to this extreme weather than simply the direct effects of warming and drying. One of those mechanisms is the indirect impacts of global warming on the most influential weather-maker on day-to-day conditions: the jet stream.

The speed and orientation of the jet stream — a river of fast-moving air currents in the atmosphere — determines the track, intensity and forward speed of most storm systems and also how cold or hot the weather is. The attributes of the jet stream at any given moment are deter-

mined largely by the placement of hot and cold air masses and the strength of the gradient between them. Because the Arctic has been warming at three times the rate of the rest of the globe, climate scientists know human-caused climate change is throwing the jet stream off-kilter. But how and to what extent is not totally understood.

A number of climate scientists believe that a warmer Arctic is slowing down the jet stream during certain times of year, resulting in a more wavy jet stream. As shown below, a wavy jet stream can catapult warm air northward into the Arctic and drive cold air far southward. This is exactly what happened during the catastrophic Midwest floods in 2019 and is also the kind of pattern we have right now, which is causing record low temperatures and extremely early season snow in the Rockies and Plains. A wavy jet stream is a normal part of nature, but climate change may be making it more amplified, resulting in more extremes.

"I think it's a triple whammy — heat and drought, which are favored by climate change, and the extra added ingredient is the slower, wavier jet stream," explains Mann. But he says the wavier jet stream isn't well resolved by current models, thus they underestimate the extremity of weather events enhanced by climate change.

As a result, when scientists dig into the causes of an extreme event, Mann says the studies underestimate the influence of human-caused climate change. "So if anything, climate attribution studies are likely to under-attribute the role that climate change is playing with these persistent extreme weather events," he said.

---

**"While the extent of the ongoing fire siege is beyond what most have seen in the West, the alignment of ingredients for such fire seasons is becoming more favorable as a result of climate change and land-use practices"**

---

As for future fire seasons, Abatzoglou says we should expect extreme fire seasons like 2020's to become the rule rather than the exception.

"While the extent of the ongoing fire siege is beyond what most have seen in the West, the alignment of ingredients for such fire seasons is becoming more favorable as a result of climate change and land-use practices," he said. "We should expect, adapt, and prepare for similar years moving forward."

**Jeff Berardelli** is CBS News Meteorologist and Climate Specialist. Follow him on Twitter @WeatherProf.



# Covering Climate Now

Covering Climate Now is a global journalism initiative committed to bringing more and better coverage to the defining story of our time.

Nearly 400 outlets worldwide have joined co-founders Columbia Journalism Review and The Nation, and more are joining every day. Our combined audience exceeds 1 billion people.

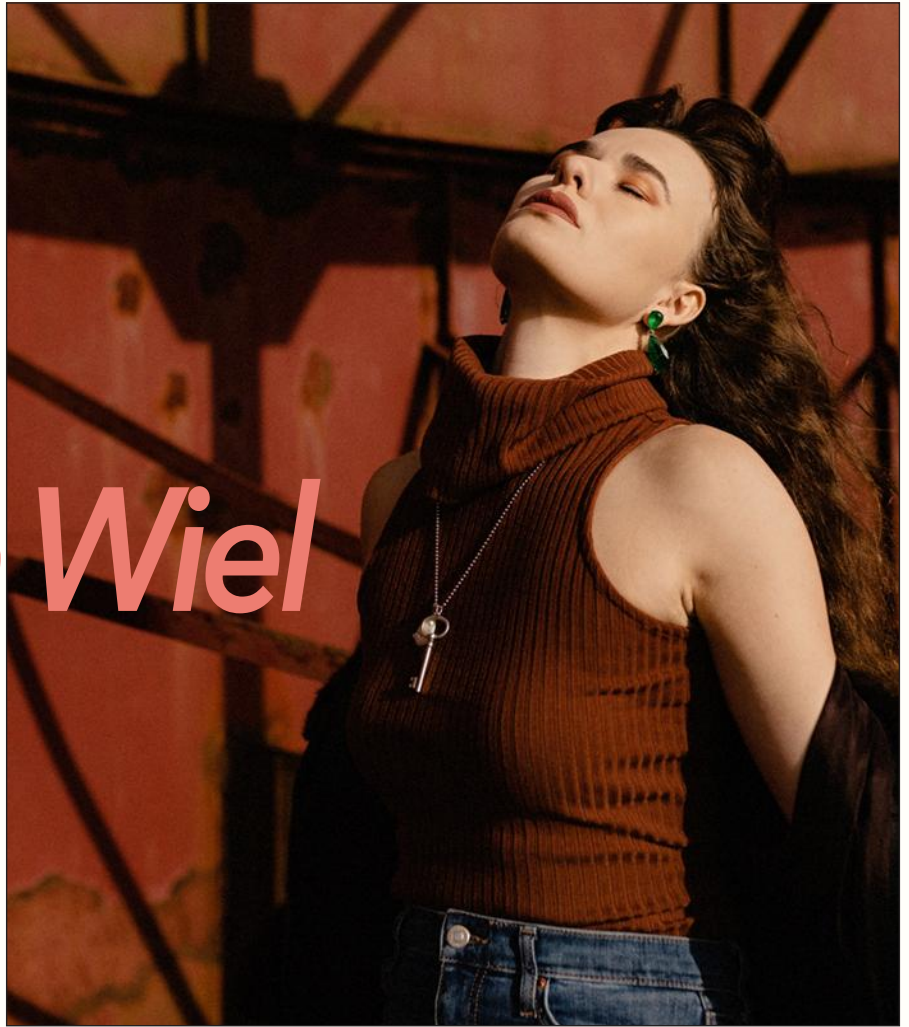
Follow the story and learn more at [coveringclimatenow.org](https://coveringclimatenow.org)

Find us on Twitter  
[@CoveringClimate](https://twitter.com/CoveringClimate)



# PIERA

## Van de Wiel



**P**iera Van de Wiel who has captured the attention and support from the United Nations who is using her music to raise social awareness of domestic violence through her single "Used," with proceeds going to the United Nations Trust Fund to End Violence Against Women. Now, Piera is releasing her next single titled "Dear Mrs." timed for Pride Month.

**Hi Piera, please tell us about yourself and your work.**

I'm Piera Van de Wiel, British Singer-songwriter, Actor, and Filmmaker who's passionate about music and mental health and music and social impact. With my company Stronger With Music, we have worked with NGOs globally. Through the power of music, we believe that we use our voices to make other voices heard.

**You captured the United Nations' attention to raise awareness of domestic violence spike due to COVID-19 quarantine, with your single "USED" tell us more about it.**

My first performance at the United Nations was in 2019 on International Women's Day at the UN Headquarters in New York City. I was invited by the Aspire Artemis Foundation and the Mission of Djibouti to perform my music about social impact. That event was the launch of STEAM, the inclusion of arts and culture within the world of STEM (Science, Tech, Engineering, Maths). I have Hermina Johnny, founder of the Aspire Artemis Foundation, to thank for introducing me to the United Nations world. At the event, I met delegates and counselors from all over the globe. In February 2020, I was then invited to the Regional Caribbean STEAM & Innovation Symposia by the Aspire Artemis Foundation, UN Women, and Microsoft.

See DBS TV interview below: (start 1:32 for TV feature on DBS News in St Lucia)

<https://m.youtube.com/watch?feature=youtu.be&v=t8G-jqnK8ruo>

Piera Van de Wiel with the St Lucian Highschoolers at the STEAM & Innovation Symposia with Aspire Artemis Foundation, UN Women, and Microsoft.

With my single "Used" (which you can find on Spotify and Apple Music,) I wanted to raise awareness of domestic violence during this time of COVID-19 and raise funds for the United Nations Trust Fund to End Violence Against Women.

The United Nations Trust Fund to End Violence against Women (UN Trust Fund EVAW) is the only global grant-making mechanism exclusively dedicated to eradicating all forms of violence against women and girls.

Since its establishment in 1996, it has supported over 550 initiatives in 140 countries and territories aiming to improve access to services for survivors of violence, changing harmful norms and attitudes to prevent violence, and making laws and policies work for women.

Every year, approximately 8 million people, including women and girls, men and boys, government officials, and the general public, are reached by projects supported by the UN Trust Fund.

In the context of COVID-19, there has been an alarming increase in violence against women and girls, as virus containment measures have exacerbated the shadow pandemic of violence against women. The UN Trust Fund provides life-saving support to women's organizations, identified as first responders to women and girls who are victims of violence.



### How did you decide to become a singer?

While growing up, I sang in various competitions, and my favorite thing whilst being driven to school was to sing along to Gilbert & Sullivan and The Doors! I have a broad taste in music. I performed in shows from a young age, including the Rose Theatre in Kingston. I went on to study at New York University's Tisch School of the Arts. Opportunities arose when I was invited to sing at Jazz at Lincoln Center and Feinstein's 54 Below.

### In 3 words, let us know how you describe your music.

Smooth Rich Whisky (Haha! I'm Scottish after all)

### How do you feel when you are on the stage and singing for your fans?

I still find it so weird to hear the word fans, haha! They are honestly more like family and friends, supporting me every step of the way. And each time I sing on stage, and they join in, it makes me smile and skip up and down (cheesy, I know, but that's how I feel!) In life, the people around us make us who we are supposed to be, and my friends and family have done exactly that!

### What is most important in your life?

Family To quote my song "Come Back Home," "friends

I've found, and they're a family now." As a Cancerian girl, home and family are most important for me.

### What makes you sad or happy?

Standing on the top of a mountain, skis on, music blasting, and singing as I race down the piste. I can breathe, laugh, cry, compose, and belt out any note how I don't fall on my face! Probably all that ski race training from the age of 8. People never believe me.

I don't know what it is- but I feel stronger, braver, and ready to take anything.

### What inspired you to create "USED"?

Domestic Violence is the Shadow Pandemic. It needs our attention as we turn to data suggesting an increase in hotline calls in countries, cases of IPV increasing, shelters filled; we need to raise awareness of an issue that was present even before Covid-19. People have been forced to stay in their homes, and we don't know what happens behind closed doors. I wanted to help these women and girls who are victims of domestic violence, so I did what I knew best, and I wrote a song and released my single "Used."

"Used" is a song that is an emotional rollercoaster about how one can feel so safe that when you let your barriers down, you can feel used, abused, and taken for granted; but ends with a lasting positive message of strength and hope.



### What is next for Piera Van de Wiel?

I have a new single out called "Dear Mrs." It's an Electro Swing Pop song celebrating Pride and LGBTQ+ voices. It's dangerous, exciting, and crosses boundaries into your ultimate fantasy (listen closely to the lyrics!). "Dear Mrs" showcases the passion and power inside every woman, no matter her age! I want to get people dancing and celebrating incredible moments, like our LGBTQ rights in the US as Supreme Court rules workplace protects gay and transgender employees!





TM

# Sea Witch Botanicals®

## NATURE MISSES YOU

A healthy world starts at home, and no company understands this better than Sea Witch Botanicals. The Certified B. Corp. brand offers plant based, certified vegan and cruelty-free home and body care products. Its mission: to keep you and the environment equally healthy.

We're all aware of the trash and single-use plastics overwhelming our oceans, but this Sea Witch raises awareness to the other toxins lurking beneath the surface. Synthetic fragrances, preservatives, irritants and carcinogens are within many products we use, which in turn, end up in our precious waterways.

Sea Witch Botanicals is doing its part by providing all-natural and affordable products but that's only half of the mermaid's tail. The company is committed to giving back to environmental charities and social nonprofits.



### Create A Germ Free Fridge with a Home Cleaning Produce Wash

One of Sea Witch Botanicals most innovative products is a bar of produce soap. When you think about all the dirt and grime left on your fruits and vegetables, it only makes sense that there should be a soap to help them come clean. This organic coconut-based bar works great for scrubbing off wax, microbes, soil, and residual pesticides.



### Stay Healthy, Clean and Artful with Printed Vegan Soaps

Printed Body Soaps are a brand best-seller. Each soap contains an image printed on rice paper with vegetable-based ink to help make washing your hands enjoyable. Don't just admire the bar for its beauty, it contains a gentle formula that can be used from head to toe.



### Purify Your Space with All-Natural Incense

For those who love a smoky, sensual mystique in the room, incense varieties are just as clean burning. They feature charcoal and non-gmo essential oils. Sea Witch Botanicals presents a complete line of All-Natural, Essential Oil based, Air-Purifying Incense that will won't cause migraines.

Our mission is to keep you and the environment equally healthy



# What would Ed do?

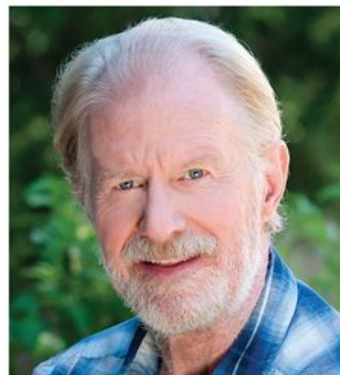


Honestly?  
I'd use Begley's.

Every liquid product you use in your home will evaporate, releasing molecules into the air. Your family, your pets, even your houseplants will breathe that stuff.

I've spent years developing some of the hardest working, best smelling, safest natural plant-based products in the world.

Because I care. And so do you.

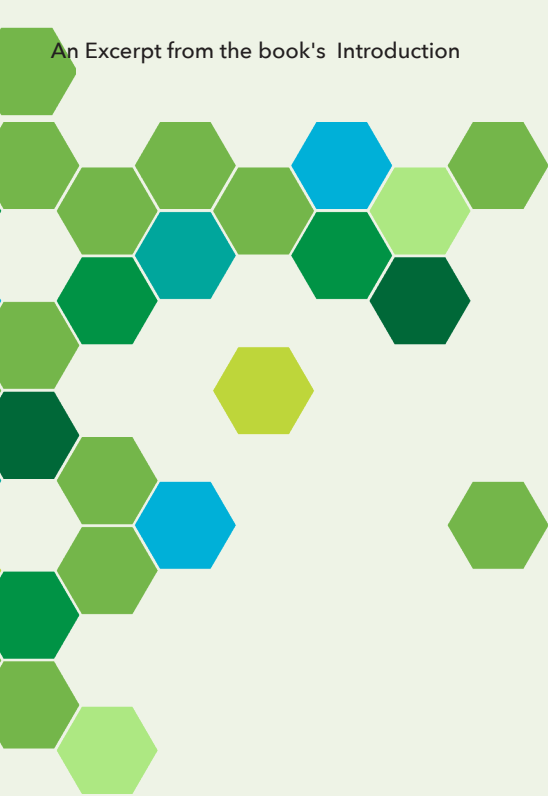


Actor, Author, and Pioneering Environmentalist Ed Begley, Jr.

**Look for these hard working, great smelling Begley's products available on AMAZON:**

- DISH SOAP (also makes a great HAND SOAP)
- HARDWOOD FLOOR CLEANER
- MULTI-SURFACE FLOOR CLEANER
- WATERLESS PET SHAMPOO
- PET STAIN & ODOR REMOVER
- HOUSEHOLD STAIN & ODOR REMOVER
- NO-IRON FABRIC WRINKLE REMOVER

Full ingredients disclosure is listed on every Begley's label.



# The Secret Language of CELLS

By Jon Lieff, M.D.

## INTRODUCTION

The greatest secret of modern biological science, hiding in plain sight, is that all of life's activity occurs because of conversations among cells. During infections, immune T cells tell brain cells that we should "feel sick" and lie down. Long-distance signals direct white blood cells at every step of their long journey to an infection. Cancer cells warn their community about immune and microbe attacks. Gut cells talk with microbes to determine who are friends and enemies. Instructor cells in the thymus teach T cells not to destroy human tissues.

This key to modern medical science is hidden because it is impossible for most of us to understand the best current technical journals in neuroscience, genetics, molecular biology, immunology, and microbiology. Filled with incomprehensible names of molecules, signals, receptors, and cells, the secret of cellular communication is concealed by jargon.

## UNDERSTANDING THE CONVERSATIONS

Taking away the mystery, *The Secret Language of Cells* provides a clear way to understand medical research—and life itself. Explained in everyday English, the many languages of cells and how they operate are laid bare. Sections of this book focus on cells from the body, the brain, microbes, and communication inside cells between cell compartments. By describing the lifestyle of each cell, *Secret Language* makes advanced biology understandable.

And whether you speak jargon or not, *The Secret Language of Cells* will make clear the extent and significance of this pervasive communication. Perhaps, like me, you will gain a greater sense of awe about the nature of cell signaling, which we are just beginning to tap into, and how it influences the life of every organism on the planet.

The overwhelming conclusion of the best current research is that all processes in the human body, in all animals and plants, and in microbe communities as well, are based on conversations and group decision making among cells. By understanding how determinations are made among a wide range of cells from the immune system, blood vessels, barrier cells of the gut and skin, brain tissue, and microbes, it becomes clear how cellular communication determines health and disease.

In fact, understanding cellular communication will allow you to keep up with the latest, most advanced modern medical treatments—such as new immune therapies for cancer. Experimental treatments using microbes and immune cells against any number of cancers take advantage of natural conversations among these cells. Elaborate discussions in the gut determine how microbes might affect treatments related to metabolism, weight loss, anxiety, gut diseases, food allergies, and brain diseases. Results of cellular conversations between immune cells and brain cells determine possible treatments for stress, inflammation, depression, anxiety, trauma, brain disease, and microbe invasions.





---

**The science of cell signaling demonstrates that the immune system and the brain can't really be separated. Both perceive stress, social isolation, trauma, and infections and talk together constantly about all of these.**

---

### **SAME LANGUAGE, DIFFERENT APPROACHES**

Chapters in *The Secret Language of Cells* demonstrate the many different cells that use multiple signals at the same time.

All of the following can serve as signaling devices:

- secreted chemicals
- launched sacs filled with genetic instructions
- electric currents
- electromagnetic waves
- physical contact by cells
- biological nanotubes between cells

Remarkably, all levels of cells throughout nature—humans, animals, plants, and microbes—use these same languages with the same vocabulary.

You are likely aware that neurons use one type of signal in brain circuits. Neurons produce electrical currents along an axon, which triggers the release of neurotransmitter molecules as a signal to another neuron. In fact, neurons use all of these

other language techniques just mentioned—and at the same time. Neurons don't just talk with other neurons; they talk with three other types of supportive brain cells, multiple immune cells, and cells from all other human tissues—simultaneously. In chronic pain syndromes, neurons communicate through complex connections, sometimes including ten different cell types at once. Another recently discovered neuron trick is sending messages to local immune cells sideways from the axon into the tissue, rather than at the usual connection to the next neuron in a circuit.

Neurons also communicate with brain waves. Groups of neurons vibrate together, sending particular frequencies of electromagnetic oscillations as messages to other brain regions. For messages between two primary brain memory centers, one frequency provides spatial information about the memory and a different frequency supplies time-related information.

The science of cell signaling demonstrates that the immune system and the brain can't really be separated. Both perceive stress, social isolation, trauma, and infections and talk together constantly about all of these. The brain is built on a dynamic, but fairly fixed, the structure of circuits. This "wired" brain sends signals rapidly to particular locations throughout the body. Immune cells, on the other hand, travel freely throughout tissue and blood, constantly signaling to each other, to brain cells, and to bodily organs. This "wireless brain" can send signals through blood and tissue to other locations that are hard to reach.

By reading *The Secret Language of Cells*, you will understand how the wired and wireless brains constantly work together through elaborate conversations. This type of communication between mobile immune cells and stationary nerves is described in the book as a way to explain the wide-ranging effects of acupuncture. Another example of the brain and immune system working together occurs when the master immune regulator T cell travels into the fluid that bathes the brain. From that vantage point, T cells send signals to brain cells explaining whether there is an infection or not. Signals from these immune T cells normally stimulate ordinary cognition. When an infection occurs, T cells alter their signals to trigger "the sick feeling" we all experience when ill. They tell the brain it is time to slow down and rest so that healing can occur.

## UNDERSTANDING THE BASICS OF HEALTH AND DISEASE

The Secret Language of Cells puts together and organizes a large amount of information not available in one place anywhere else. Based on the latest findings from the top scientific journals, it is a modern view of biological science whose time has come. As medical science becomes increasingly complex, many people find it more challenging than ever to understand what maintains health and what causes disease.

Each chapter of *The Secret Language of Cells* provides insight into critical new areas of immunity, cancer, and the physiology of the brain, gut, and skin. Anyone interested in microbes, how the body and brain work, how immune, blood, and gut cells work; and how cancer works will find this book essential reading.

By following stories of each major cell type, you will understand these conversations firsthand. Cells that provide a border for an organ might seem to be boring, but in fact, lining cells in the gut have elaborate conversations and make many of the most important decisions. Large numbers of microbes in the gut talk to these barrier cells, as well as immune cells, local neurons, and each other. All through the long gut, these conversations determine which specific microbes are allowed to live as residents to help us in many different ways.



Art by Maryam Morrison



The lining cells of the skin, lung, blood vessels and brain fluid are also engaged in conversations with cells from every other part of the body. In the brain, gatekeeper cells determine which specific cells can enter the brain and which are needed to heal brain trauma and infections. Surprisingly, capillary lining cells not only line the smallest blood vessels but also have major roles in instructing each organ how to produce cells to build tissues. Special cells in each organ that produce all other cells are called stem cells, and they sit right next to capillaries. Both capillary cells and stem cells engage in back-and-forth conversations about how to supply new cells for the tissue as needed.

## DAILY CONVERSATIONS AND THE QUESTION OF INTELLIGENCE

*The Secret Language of Cells* describes multiple kinds of cellular conversations. Cells talk about every aspect of life—where they should be in an organ, what time of day activity must occur, how big they should grow, how they can fight microbes together, how to rebuild and heal tissue, and how to cooperate in providing necessary functions for our daily activity. Conversations determine types of inflammation, how food is digested, and chronic pain. Almost every aspect of physiology is determined by back-and-forth signaling among groups of cells. Often, the discussion group is large and includes blood cells, tissue lining cells, immune cells, and brain cells, all at the same time. Microbes and cancer cells take part, as well.

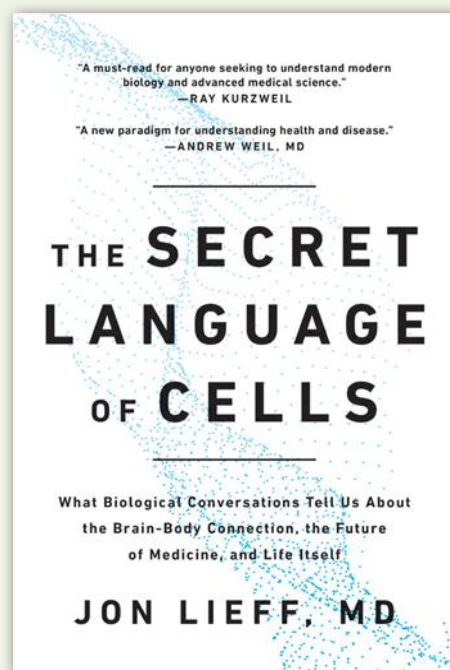
Conversations also occur between small components inside cells. These organelles are tiny parts of cells, just as organs are smaller parts of the body. Signals are sent between organelles, such as mitochondria and the nucleus. Some complex molecules appear to send signals as well—gathering data, making decisions, and signaling back-and-forth with organelles. Signals inside cells between organelles and molecules are much harder for scientists to observe, and these conversations are just now being discovered.

---

**Cells talk about every aspect of life—where they should be in an organ, what time of day activity must occur, how big they should grow, how they can fight microbes together, how to rebuild and heal tissue, and how to cooperate in providing necessary functions for our daily activity.**

---

Are cellular conversations “intelligent”? Since no one can really define intelligence in nature, it is not possible to answer this question. Certainly, the lifestyles of cells are complex and intriguing. Cells use back-and-forth discussions to ask questions, get answers, give feedback, gather information, call for each other, move through the body, and make decisions based on multiple inputs. Signals stimulate very specific actions, which are altered as situations change. The question about the implications of ubiquitous cellular communication explaining intelligence in nature is discussed in the concluding chapter.



**Jon Lieff, MD**, brings to bear 40 years as a nationally recognized neuro-psychiatrist, during which he was president of a national medical subspecialty organization, founded a major scientific journal, and was the medical director for 25 years of a large network of psychiatric care for the elderly. He was a pioneer in several medical fields—geriatric psychiatry, brain injury, computer applications in psychiatry, and the integration of medicine, psychiatry, and neurology. Starting with an interest in brain cell communication, Dr. Lieff found similar signaling among all cells in nature. Five years ago, he established his acclaimed and popular scientific website, *Searching for the Mind*, about the topic of cellular communication. With weekly posts, he reviewed and synthesized the latest scientific literature in neuroscience and cell biology.



# CRYSTAL GRIDS



Use the Power of the Stones for Healing  
and Manifestation

By Judy Hall

**C**rystal grids synthesize powerful crystal vibrations and sacred geometric energy. To put it simply, they are energetic technology in action. Each grid has a unique harmonic resonance, and to stand inside a crystal grid is to experience the creative matrix of the universe made manifest. Being in the energy of a grid can be a vibrant event, profoundly energizing and expansive—or it can be a deeply peaceful experience that brings you to the point of stillness and ultimate union. It all depends on the intention of the individual grid.

Laying out grids helps you to develop your intuition: the “inner sight” that simply knows. Intuition helps you to recognize the appropriate placement for a crystal or exactly the right grid for your purpose, because of intuition tunes in to your body’s innate, but largely unconscious until developed, ability to read energies. So, the more you rely on your intuition when selecting or using crystals, the stronger your intuition will become. In your crystal work, always go with your heart, the seat of the intuition, rather than your head.

### THE EFFECT OF COLOR IN CRYSTAL GRIDS

Color subtly alters the way a crystal functions in a grid. Vibrant “hot” colors energize and stimulate, while paler colors tend to be calming and “cool.”

Transparent crystals may be either energizing or dissipating, as called for by the individual grid, harmonizing its energetics. Dark colors, on the other hand, transmute and ground energy. Black crystals, such as Smoky Quartz or Shungite, have a structure that captures energy as the light is absorbed. This means that the crystal draws in and holds toxic energies such as electromagnetic “smog,” or ill-wishing. They also anchor the grid into the environment.

During crystal healing and grid work, some areas may need sedating, and others may need stimulation. Choosing an appropriate color or colors of crystals harmonizes the energy flow.

### CRYSTAL COLOR SPECTRUM

**Black:** Black crystals are strongly protective. They entrap negative energies that are then either neutralized or transmuted into positive energy. For this reason, they make excellent detoxifiers. They can also help to identify gifts that are hidden in the shadows—that is, they can help you to recognize the potential and opportunities that you may not have been aware of before. Grids from black crystals ground the physical body and protect the environment.



Photo by Sara Johnston

**Brown:** Brown crystals resonate with the earth chakras. They are cleansing and purifying, grounding, and protective. Use them to absorb toxic emanations and negative energies and to induce stability and centeredness. They are excellent for long-term use but need regular cleansing.

**Silver-Gray:** Metallic and silvery-gray crystals have alchemical properties of transmutation. That is, they convert negative energy into positive. They make excellent journeying crystals, traditionally imparting invisibility, helping the traveler to pass safely and unharmed. These crystals resonate with the earth chakras and are useful for shadow work. The shadow is a disowned, dejected, rejected, and isolated part of the overall self that tends to be denied, and so the shadow gets projected “out there” into external experiences. It forms an unconscious snag, thwarting our most well-meant intentions. Home to the wounds leftover from childhood, ancestral trauma, and previous lives, the shadow also contains gifts that have been repressed. As crystals heal the energetic patterns that contain the wounds, it is not always necessary to connect to their source. Integrating the shadow through

journeying, crystal work, or therapy opens up a new emotional vitality.

**Gold:** Gold stones have long been associated with abundance and manifestation, as they generate energy and also facilitate enlightenment. Use them for long-term grids to draw prosperity and new vitality into your life.

**Red:** Red crystals resonate with the base and sacral chakras. They energize and activate, strengthening libido, and stimulating creativity. Red crystals generate and circulate energy as required. This effect can be extremely stimulating, though, and may over-excite volatile emotions, so red crystals are best for short-term use.

**Pink:** Exceedingly gentle, pink crystals carry the essence of unconditional love and promote forgiveness. In grids, they attract more love into the seeker’s life. They can provide comfort and alleviate anxiety, making them useful heart-healers. Pink crystals also help to overcome loss, release grief and dispel trauma. Instilling acceptance, they resonate with the three-chambered heart chakra and are ideal for long-term use.



**Peach:** Gently energizing peach crystals unite the heart and sacral chakras, combining love with action. Use them in grids intended to help you move forward placidly in your life.

**Blue:** Blue crystals resonate with the throat, third eye, soma, and causal vortex chakras, stimulating self-expression, facilitating communication, and linking to the highest states of consciousness. The ground or project spiritual energy and assist intuition and channeling. Traditionally, these crystals procured the assistance of spirits of light to counteract the darkness. A blue grid stimulates intuition and metaphysical abilities, bringing about mystical perception.

**Indigo:** Indigo crystals link to the highest states of consciousness and to the most profound depths of space. With powerful spiritual awakening qualities, these crystals integrate and align, stimulating service to others. They can be useful for cooling over-heated energies, too. Stimulating intuition and metaphysical abilities, they bring about mystical perception of the world when placed at the third eye or soma chakras.

**Lavender, lilac, and purple:** Purple crystals resonate with the higher crown chakras and multi-dimensional realities, drawing spiritual energy into the physical plane and encouraging service to others. Lavender and violet crystals have a lighter and finer vibration that links to the highest states of awareness.

**Magenta:** Magenta crystals link to the higher crown chakras, particularly the soul star and causal vortex, and stimulate connection to multi-dimensional realities. Use them to open the higher vibration chakras around the head to expand consciousness.

**Orange:** Orange crystals activate and release and are useful for building up energetic structures since their energetic output locks together and does not dissipate. Many attract abundance. They stimulate creativity and increase assertiveness. An orange grid grounds projects into the physical world and gets things done. This color resonates with the sacral chakra.

**Yellow:** Yellow crystals work with the solar plexus and the mind, balancing emotion and intellect; a yellow grid instills clarity. These grids are excellent for reducing seasonal depression, bringing the warmth of the sun into winter.

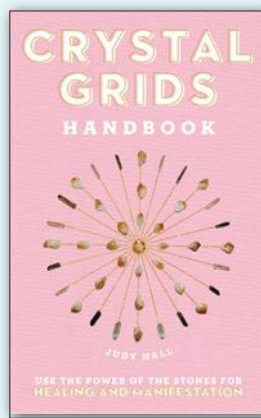
**Green:** Calming and cleansing, green crystals resonate with the heart chakra, providing emotional healing and instilling compassion and tranquility. They also draw higher consciousness down to earth, anchoring it. A

green grid is useful when energy needs sedating or when emotions need pacifying.

**Green-Blue and turquoise:** These crystals resonate with higher levels of being, stimulating spiritual awareness and metaphysical abilities. Many turquoise crystals connect to cosmic consciousness, drawing it down to earth; all instill profound peace and relaxation. These crystals work at the third eye and soma chakras, uniting intuition and the heart.

**Clear or white:** Clear crystals carry the vibration of pure light and higher consciousness. They resonate with the higher crown chakras. These crystals purify and focus energy, connecting the highest realms of being. Use them when situations need clarifying, or for opening intuition and gaining insight. Clear crystals are powerful energizers, radiating energy into the environment. In grids, they purify and heal the aura and physical body.


**Combination and bi-colored crystals:** Combination crystals create additional possibilities. Synergizing the qualities of component colors or crystals to work holistically together, they are often more effective than individual crystals because their vibrations are raised to a higher energetic frequency.



**Judy Hall** is a successful Mind-Body-Spirit author with over 45 books to her credit, including *101 Power Crystals*, *Crystals and Sacred Sites*, *The Crystal Seer*, and *The Encyclopedia of Crystals*. A trained healer and counselor, Judy has been psychic all her life and has a wide experience of many systems of divination and natural healing methods.

It is excerpted from *The Crystal Grids Handbook* by Judy Hall, © 2020. Used with permission from *Fair Winds Press*, an imprint of Quarto Publishing Group. [www.quartoknows.com](http://www.quartoknows.com).



A woman with dark hair pulled back, wearing a grey tank top, gold hoop earrings, and a diamond ring, is smiling and looking down at a bottle of I+I Botanicals Dry Oil Body Mist. She is holding the bottle with her left hand and touching her shoulder with her right hand. The bottle is clear with a black pump and contains a yellowish liquid. The background is a plain, light blue-grey color.

“My skin has never  
been so happy. And,  
I feel really good  
knowing that only  
clean ingredients  
are being absorbed  
into my body.”

**I I**

I+I Botanicals

clean + effective CBD-infused skincare

[iandibotanicals.com](http://iandibotanicals.com)

# CALLING IN THE ONE IN THE ERA OF

Photo by Noah Buscher

# SOCIAL DISTANCING

Love is alive and well in the era of social distancing. Do you not believe me? That may be because you are using an old paradigm to navigate your love relationships.

Today I am going to offer four fail-proof tools that will help anyone call in love.

First, 2020 is all about utilizing parts of our awareness and person we have not been using.

2020 is a time of personal and professional awakening if we allow to be so. If we resist awakening, we will feel frustrated, drained, and demoralized.

This is truly a time of fresh starts and new beginnings. It is an opening for those who align with a pioneer spirit and the energy of invention.

It is a time of incredible opportunity.

Any business coach will tell you that to make money, and you look for a problem to solve. Then you figure out a way to solve it. This piece is not specifically about making money, but it is about expanding our awareness so we can see that opportunity is everywhere, including our love life. What is required is that we dig deep and awaken those muscles inside of us that have been lying dormant or in atrophy. We need to develop other parts



of ourselves and give them a voice. We must leave the comfort zone and stretch ourselves as much as we can.

Historically the darkest moments have produced the most beautiful pieces of art and literature. The most heartbreaking events have produced change or cures. Even in contemporary times, when we hear the angst of an artist telling their story of heartbreak or loss, it touches our own experience. We listen to the song over and over to relieve our own pain. The artist's pain was useful to the collective.

Whether we want to improve our love life, our financial life, or our career, our challenge is to seek out the true problem and then reach for a skill or idea we have yet to implement. We put that skill or idea into practice. We continue to do that until we hit the right note or find the right formula, and we connect.

Then we turn that into our new habit.

Yes, change can be tiring, and sometimes scary. I love to use physical fitness analogies to make the point. When we are building our bodies, lifting weights, and working out can cause fatigue. As we get stronger, we have less fatigue and realize the benefits of investment into our system. If we utilize the same methodology, we can grow our lives and improve our outcomes.

Enjoy these four fail-proof tips to call in love during quarantine:

### **Create a Connecting Network:**

If you are online dating, change your profile to say you are looking for friendship that may lead to love, worst-case scenario friendship. Swipe yes on anyone who looks like they may be a good friend. Forget about romance; think expand your network. When we expand our circle, our circle can provide opportunities. Make a pact with the person that if you two are not right for each other, you both will keep an eye out for anyone who may be a good match.

### **Create and host your own Zoom love network.**

- Invite all your single friends and ask them to invite all their friends. Share your experiences, read dating books together, and talk about the principles of calling in love. (use the book *Calling in the One* by Katherine Woodward Thomas) Support each other. Raise your vibration through group alliance.
- Create videos and post them on social media. These are videos that talk about your life or that Vlog about your experiences. They do not have to belong just 1 to 3 minutes. Let people get to know you just for the sake of getting to know you and what your experience in life is. In that, you become approachable. People everywhere are hungry for connection and want to see

“real” in the world. Be real in the world. Not what you think people want to see but be you. Share your truth.

- Connect to a new meetup group every week, via Zoom, until you strike a chord with a group of people. The point is to expand your network. While you expand your network, you are enjoying your life, meeting new people, and sharing your gifts and talents and opinions in an open way. You are becoming accessible.

The common thread here is to expand your network and be real. Once you connect, there are many safe ways to meet people in person to explore the chemistry and begin to merge from virtual to physical. It begins and ends with expanding your network by stepping out of old habits and your comfort zone.

I get it. The brain is wired to resist change. Change signals a potential hazard to survival.

It is quite primal. We have evolved, and the next level of our evolution is to learn to manage our minds, to literally make them our friend.

Through tools, meditation, and practice, we can flip the script. We can see the opportunity as opposed to limitation. We can access our inventive mind and pioneer spirit rather than feel crippled by the limitations of the existing structure.

Call upon your wisest self, the most courageous part of who you are. Let that part of you emerge. Let that part of you have a voice. Life is calling each of us to do just that. This is the beauty of 2020. See the beauty, and it will be in your life. See the opportunity, and your life will reflect results. Find your courage, and your life will be rewarded. You can do this. You were made for this.



Known as the Common Sense Psychic (tm), **Phyllis King** has worked with tens of thousands of people in 25 countries. She is known for her practical and down to earth approach. She has been featured on, ABC, CBS and NBC TV, radio programs across the country, and has been published in over 70 print and online publications. She has four books, including *Bouncing Back*, *Thriving in Changing Times*, with Dr. Wayne Dyer. Her latest book *The Energy of Abundance* is available in bookstores now. Phyllis holds a B.A. in Sociology.  
[www.phyllisking.com](http://www.phyllisking.com)

# RITUAL... YOUR UNPRECEDENTED TIME



**I**t's a sacred word that may not be all it's cracked up to be. If I hear the words "we are living in unprecedented times" one more time, I think I will throw up. Why is it unprecedented? Wasn't anyone paying attention? That's why smart persons build driverless cars so we can remain fixated as zombies on our phones. The word ritual has many definitions across the broad spectrum of life. As an adjective, it means "conforming to." Humans have this one down pat. Love this, the expression "down pat" comes from poker players, satisfied with the original hand dealt with his-her.

We are all like poker players in this game called life, playing out a poker game of life (risk), having been dealt a hand of strengths and weaknesses cards (destiny). Now, right now, one has the option, at this very moment, regardless of circumstance, to be satisfied, stay with your original dealt hand or, wait for it, yes, move into an *unprecedented time*, to a new personal level of existence. Of course, this will never happen if your one of those expressing, "I can't wait to get back to normal," whatever that normal was for you. Normal sounds like being *little red riding hood* lost in "once upon a time" waiting for the big bad wolf, seriously!

**Ritual** is also referred to in a technical sense as "a repetitive behavior" systematically used by a person to neutralize or prevent anxiety. Wow, what great news. How fortunate are we humans? Repetitive thinking patterns and habitual behaviors are rituals that prevent anxiety? Wow, anxiety doesn't exist thanks to habitual patterns; it's all just a mind-fib we play out? But wait, there's more, it can also be a symptom of obsessive-compulsive disorder; what could that mean in these unprecedented times? Within each human, yeah, that's you, resides a force so great, it is more powerful than any change or challenge you will ever come face to face with. *DSD*, Discover, Stand, Deliver.

Change is in the air  
it's everywhere I go  
change is in the air  
I don't know what it means  
change is in the air  
but I can't let ritual go  
change is in the air  
kiss the past-bye-good  
my unprecedented time

An unprecedented time has unveiled the portal of never knowing who and what we are doing as a living breathing entity. Not even living as a rock, but something smaller living under the rock entity. Unfortunately, the powers that be, move, have acted with blinkers, are still blinded, as the focus is elsewhere. It's not a fault, as human nature is expansive beyond measure, reaches out into horizons of infinity; therefore, anything and everything exists.

A moment in time exists  
for one's reality to be  
seen, heard, and tasted

It's a good life when seen with a clear vision. I often refer to thinking as 2Dimensional. Having mentioned this to a friend recently, the comeback was about all the other 3, 4, 5 dimensions, and human nature. The point here is, great to know possibility, what use is that knowledge if I don't know self-existing in probability, lost, having no knowledge of how to elevate out of repetitive 2D thinking behavioral rituals. Where, who has the map showing, "you are here"?

Division, we were educated into the division-rituals, early in childhood. Life is made up of cause and effect. It's all black and white, hot or cold, right or wrong, it is 2 Dimensional thinking at its best, out in the open.

Did anyone take notice? The big daddy of them all, male and female, positive and negative, we swallowed it all, hook, line, and sinker. Difference and separation have been, is the accepted food of life, spoon-feed to us the entire time of our human existence. We were lead down the wrong path!!! Brings tears to the human heart; we are already 3Dimensional beings living in, on a 3-dimensional planet, surrounded by a 3 Dimensional universe. Say hello, for we are that.

---

**Division, we were educated into the division-rituals, early in childhood. Life is made up of cause and effect. It's all black and white, hot or cold, right or wrong, it is 2Dimensional thinking at its best, out in the open.**

---



What if we were to approach unprecedented times as a gift, a personal-force, one's next ritual? Allowing humans, aware persons, to place their lives under a microscope and discover reality for what it is, find that which serves human nature, not just how to sell it.

How did we get here, simple? Humans think from two different trusted points: no risk clarity, a vast array of selective personal beliefs. The convergent thinkers are the focused pin-pointed logical thinkers, and the divergent thinkers are the out of the box, open, broad, nothing is separated thinkers. When the two differences begin communicating, thinking either is right from their point of view, the convergent is lost in trying to understand the divergent view, and vice-versa.

When we refer to the masses, the survival of the pack, the majority have it. Now you have convergence in agreement. What follows is ritual-tradition, no-risk repetitive conformity, bound in safety. Leaders of the past were informed by convergent thinkers. In the past, they were scholars; in today's standards, we would refer to them as specialists, consultants, salespersons, and lobbyists. These persons are informed by divergent thinkers who only have a convergent self as the rewarded recipient. Now, by agreement, we are all standing in it.

Ritual and change, both valid, are opposing forces at odds with one another, but only within a misguided thinking mindset? Suppose evolution is the key to humanity ever coming together in some accepted form of agreement. In that case, we will have to work out how the marriage of these two powerful forces can lead together, minus the conflict—a good definition of the previous sentence, maturity-lack.

Unprecedented times are upon us, who will lead. For now, those with power have given the reins over to "IT," an automated, extended ritual version of what is already in existence. The net is our savior, our parent, the home where we go for advice, to problem solve our issues, all based on the facts originating from trusted where whom? *The world-wide-web* is exactly that, confinement with a wiggle room to move, do you feel the freedom? It's a thinking mathematical conformity with no heart. You, I, we are much greater than that.

Prepare now,  
the ride soon begins,  
listen, dive, dance,  
flow, arrive...

Alas, the time has come for the leader within to reveal his- her-self. You may be a leader in the areas of compassion, knowledge, wellness, nutrition, the big picture, or design. With self, you have no option. Whatever it is for each individual, I, we, all respect that of you. An evolved foundation exists at the core of each person; it's only you who allows the unfolding to begin. Courage has now joined these new ritual-games.

Ritual, patterns, habits allow one to remain bonded to past experiences, feelings, judgments, likes-dislike, right-wrong, good-bad, love-hate, and so on. These are the false human foundations, comfort-zones that allow one to survive in knowledge, facts, and beliefs that *we think* we know while avoiding all else. In unprecedented times beyond normal, lay opportunities for *you-individual*, to reinvent one's self-identity and renew their connection to earth's nature, renew the life you prefer, like to live. Pause for a moment, and experience a carefree *Ritual*, renewed.

Slowly connect via the five senses, express ones-self in mindfulness, be their awareness. You may change lanes towards that direction, now.

You, Yes You, embrace, know You are the Ritual change, essential in Your Unprecedented Time.

All is blessed for you, till we meet again in October



**Michael White Ryan** is a co-founder with his wife Pamela Edwards of Language of Space.

They are leaders in sustainable business growth via Performance Design and Performance Code. Sustainable design encompasses

both Western and Eastern philosophies including advanced Feng Shui principles, Environmental Design, Buildings, Alternative Health, Business Advisory Consultants and 20 plus years as entrepreneurs.

Recognized in the top 100 globally and are Americas Leading Feng Shui Business Consultants. They are on faculty at CEO Space International one of the oldest business organizations in *America today*, currently operate in 7 countries and reside in Australia. [www.languageofspace.com](http://www.languageofspace.com)

# Buddha Board



This blank slate offers you a chance to paint away the daily stressors that sap us of our creativity and energy without needing a long list of supplies or a lengthy chunk of time.

Simply grab your board when things start to get overwhelming and let the act of putting brush to tablet absorb your focus. Water “paint” in the abstract, make a picture, or give shape to your feelings. As the water evaporates you’ll be left with a clean slate and a clearer mind.



## **Buddha Board Highlights:**


- Designed with a sleek, modern aesthetic
  - Reusable
  - Quick to set up
- Painting is truly MESS FREE
  - Encourages mindfulness
- Doesn't add to your digital footprint
  - Taps into your creative side
  - Fun for all ages
- Helps kids explore the creative process judgment free
- Perfect for relieving stress at home, in the office, or when traveling
  - Original Buddha Board measures 12” x 9.5” x 1/4”

**Take care of yourself,  
and you'll help take care of the world  
with a little help from Buddha Board**



RECLAIMING  
YOUR TRUE SELF  
By Angela Dunning

# CULTIVATING NEW BEGINNINGS



*"All that the human spirit has ever created has come from contents which, in the last analysis, existed once as unconscious seeds."*

*~C.G. Jung*

**B**eing a curator of the soul involves allowing our soul to speak to us in whatever form it chooses and trusting that this is always right for us.

Gentle care of the soul involves approaching it very much like conservation work, where we carefully cultivate our soul's growth with the same tenderness we would the new shoots appearing just above the soil. We need to regularly water them and provide enough light and space for these new shoots to slowly emerge safely, and to support them through these initial vulnerable stages. It's also vital to keep any external and internal predators or destructive energies away from these new beginnings so as not to sabotage them before they have a chance to take hold.



As any tender-fingered garden knows, no stage of this process can be rushed. In the beginning phase, the new shoots of consciousness, an idea, or inner-change all take place in the unseen and the darkness of the unconscious, as Jung suggests in the above quote. These are birthed at the time when our unconscious deems this to be right for us. We can create the conditions for this conception to take place through good self-care and dedicated, regular self-reflection and practices which contribute to our inner-work, all of which lays the initial seeds. Then we must be utterly patient and allow this work to take place, unseen and unaided by us. We have to allow and surrender through trust that something is taking place, and we have to practice waiting and not pushing, just like a pregnant mother. No amount of willing or hastening will make the slightest difference, and so we learn valuable life lessons during this time around learning to let go of trying to control everything. In other words, we learn to develop faith in life's innate process, and we learn a spiritual lesson in the sense that we learn our place in the bigger scheme of things; the times when it is right for us to take action and the times to let go and allow life to unfold.

An inherent aspect of this process is that we usually feel quite vulnerable during this time of creation and birthing. There is a prolonged period where we don't know exactly what will emerge and what form it will eventually take if any. Therefore, this experience also teaches us to tolerate feeling vulnerable and living in the unknown, as well as learning to hold fast and trust when we lack certainty about what we are doing or where we are going. These periods can sometimes last much longer than we originally anticipated, or our ego would ideally like.

Often lasting for months or even years, we have to learn to be okay with not seeing and not knowing what is happening under the moist, dark soil of our fertile unconsciousness. To the ego-consciousness, this can be nerve-racking as the ego lives solely in the realm of light and needs certainty and security. So, this very process itself grows us in many different ways as it stretches our capacity to tolerate and inhabit our feelings of vulnerability. Therefore, it is crucial not to rush any of the stages and to not push our shoots and flowers out into the harsh light of the world before they are truly ready. This process and slow pace of timing is antithetical to our culture, and so there is a general urge to hasten when we should actually simply wait.

A further important part of our self-care during this time is to not allow others to intrude on this process;

to not allow external forces or pressures which wish to align with our ego and get us back into the busy activity of doing before we are really ready. We can see this at work in our culture in the West, which undervalues motherhood. Presently there is considerable pressure on women, both from themselves and society, to remain working whilst pregnant as long as possible and then to return to work soon after birth, as if the task is done and she must now return to the real world of activity less she be labeled a failure or not tough enough. Yet, such pressure must have repercussions on both mother and child, and surely we have a lot to learn from other cultures and species which value motherhood more highly, where both mother and child are given plenty of time and space to bond in those precious initial months and years.

Just as we would not ideally wish to rush our baby to grow before its natural time, so we must not push our new beginnings and projects to run before they can even stand upright. We must harness as much gentleness and tenderness as we can to oversee their development and allow each stage to occur in its own time. And, just as we might with a new-born child, we must only allow in those people and circumstances, particularly in the very first days and weeks of life, which will nourish and love our project/new growth; protecting ourselves, very much like a fiercely loving mother wolf with her pups.

If we can muster these core skills then: Patience; allowing; surrender to the unknown; trust, and faith, then we can be sure we are soul-gardening to the best of our abilities. We are giving our new-born initiatives and grow the best possible chance to come to fruition in a way and pace, which nurtures our soul's growth. And, we can sleep well at night in the knowledge we are participating in our own 'soul-making'.



**Angela Dunning** is a regular contributor to *The Eden Magazine*. She is the author of *The Horse Leads the Way: Honoring the True Role of the Horse in Equine Facilitated Practice*. Angela writes regularly on Facebook:

**www.facebook.com/thehorsestruth/and Patreon: www.patreon.com/angela-dunning.**

You can learn more about Angela and her work helping people and horses at: **www.thehorsestruth.co.uk.**



# The Silent Revolution of a **NEW EARTH**

A Rare Cosmic Event Linking The Ancient Past To A New Future



By Kaliyani Sundari

What could the present microcosmic war against a virus have to do with Babylonia, Sumerian history, and the beginning of the establishment of new world consciousness and order? Our current cosmic planetary and stellar alignments are pointing to what's possibly the rarest of parallels between our present and our ancient past. Could we use this subtle signpost in natural law to assist us in navigating and transitioning from our current chaotic, vulnerable, and unstable global condition? This is an attempt to doing just that and planting the seed for further exploration.

As soon as we began this new 2020 year, around mid-January, a unique and very much talked about conjunction between the planets Saturn and Pluto also happened, while in the shadows lurked the beginning of a viral infection that slowly built its way into our current pandemic. Aside from all the challenging circumstances it has brought us, and it's important to become aware that, on the other hand, our precious mother Earth, our beloved Terra-Gaia home, is certainly breathing better and deeply detoxifying, simply because us humans, her unconscious children, are now on lockdown and thus locked out of our toxic affairs, factories, cars, etc. Let's take a moment to really take this in.



Saturn in astrology is loosely referred to as a "malefic" planet, together with Mars and sometimes Pluto. Though such a term could be misleading at times, it denotes that these planets, especially Saturn and Pluto, are powerful catalysts for our most painful growing experiences and transformation.

Saturn represents Time, Karma, Restrictions, Structures, Law, Government, Discipline, Responsibility, Obligation, and Ambition. Pluto represents Power, Death, Rebirth, Transformation, Exorcism, and Evolution, and has often been throughout history found to be inherently involved at times of war.

Jupiter, though usually considered a Benefic planet, representing Luck, Growth, Expansion, Optimism, Abundance, Understanding, Travel, learning, and teaching; when associated with this duo of Saturn and Pluto, it can become an amplifier for all other things, at least on the surface, apparently not so great.

Saturn had been in Capricorn, its ruling sign, thus in its full strength and exalted, since December of 2017, and Jupiter had entered Capricorn just this past December of 2019, when on January of this 2020 year, Pluto, which had been

there since 2008, and Saturn, met at the same exact degree, forming the long anxiously awaited conjunction. This was also about the time when the first viral infections, even though unbeknownst to most, began to appear. By mid-March, they were all 10 degrees of each other, and by then, the pandemic had started to become a conscious global reality. If that were not enough, Mars and the Moon joined the stellium. However, on March 21-22, "luckily," Saturn moved temporarily into Aquarius for a short time where it will stay for around three months, until July 1st, while Jupiter, expanding Plutonian energies, will remain in Saturn's sign of Capricorn.

Could Saturn's temporary move out of Capricorn mean we're being given a chance to integrate and process its karmic impact from January to March, so we could gain a little more perspective on how to handle the future when it returns? Possibly!

Come July, Saturn will retrograde back to join Pluto and Jupiter again in Capricorn for the whole Summer, and beginning in October, all of them will be moving forward together, this time closer, only 6 degrees from each other, until mid-December 2020.



Even though these two planets, Saturn and Pluto, conjunct in average every 33-34 years - 3 times per century - they do it in different signs, and the last time they were conjunct in Saturn's own sign of Capricorn, maximizing its potency, it was just for a few brief months in the late fall of the pre-historic year of 1894 BCE!

Looking at what was happening then, that was a time when the ancient city of Babylon was established by the Amorite King, Samu Abum.

In the following few decades that followed, a new establishment took its roots, and during King Hammurabi's empire, a whole new order established itself, which consequences, to this day, mostly for worse, still affects and influences us.

However, though similar, our current astrological confluences are, believe it or not, much more unique than that. Unlike our Babylonian counterpart's astrological aspects, in which Saturn left Capricorn before Jupiter transited Pluto, our current

conjunction between Saturn, Pluto, and Jupiter in the sign of Capricorn, is so extraordinarily unique that, in addition to the fact that it'll last almost an entire year, such astrological configuration in Capricorn has only last occurred in the year 6,594 BCE! That's right.

This circumstance we are in may have only had a similar parallel in early pre-history circa 6,500 BCE!

What can the relationship between that time in pre-history and today be? Can we draw a parallel and attempt to gain clarity, even if in a broad sense, as to what we could be facing at this point in time?

Looking back roughly 6,500 years ago, that places us pre-historically around the Ubaid period of Mesopotamia. The Ubaid period is still very shrouded in mystery as they are seen as a more advanced people that were the original settlers of the region of Sumer, but were not the same people we came to later call Sumerians.

**"The first settlers were not Sumerians but a people of unknown origin whom archaeologists have termed the Ubaid people - from the excavated mound of al-Ubaid where the artifacts were uncovered which first attested to their existence - or the Proto-Euphrateans which designates them as earlier inhabitants of the region of the Euphrates River. Whoever these people were, they had already moved from a hunter-gatherer society, to an agrarian one prior to 5000 BCE". (Ref. Ancient History Encyclopedia)**

Who came later? Who were these people that changed everything from what it was and reshaped us to whom we are today as a race?

Regardless of who they were, from a wide perspective, looking that far back at the place which we refer to be the beginning of your civilized history, in Sumerian pre-historical translations, we will find both the beginning of the establishment of Kingship and that of the first institutionalized religions, beginning with Judaism, which is intrinsically connected to the establishment of Kingship in the Sumero-Akkadian periods, giving rise to the old testament, soon followed by the establishment of the

Roman Catholic Church and later Islamism. Together, we can see that these past events point to what can be viewed as the culprits of the early Patriarchal establishment.

The Kings were considered to be the middle-men between those ancient alien gods, possibly a demiurge, and the management of the Earthlings. Did such "astronaut" gods leave precise instruction as to what should the new establishment be and how it should be established? Or did their local representatives distort their directives to fit some other agenda?

Regardless, since then, what we have witnessed is the growing abuse of power in religious institutions and governments exploiting their people, blunt white-male supremacy, the brutal repression and enslavement of women and non-white people, the rivalry between nations, and the establishment of war. In sum, what we have been witnessing over a few millennia, is the establishment of an energetically and spiritually obscure kingdom of Earth-Damaging-Narcissistic-Greed, which is slowly corroding the fabric of all that we deem most sacred.

As a curious thought, if we were to look at its energetic acronym, EDNGR, it reveals in code the hidden message: Endanger. Curious coincidence?! The kingdom of Endanger, In Danger, EdenAnger, End the Anger...?

I wonder, could we be about to be visited by some other sky "gods"?

If Saturn represents Karma, could these beings be coming to help humanity reverse this dire social-economic trend and the decrepit state of morals and consciousness?



Could we be witnessing the beginning of a Kaliesque chopping of ego-heads necessary to end this cursory path and shift us towards a much more benign fate?

I choose to believe that things can't possibly head in any worse direction than we have been now for a long while, so why not imagine the best outcome of all possibilities?

Regardless of what may ultimately happen, I strongly recommend that we tighten our seatbelts and put our helmets on, as it looks like we may be on for a rough landing into a new reality, in which, I envision we may have to (happily) dump our Fossil fuel mid-air and open the luggage compartment to leave all that old baggage behind.

May Spirit blesses us all, and this new world we are about to be birthed into.

May the shock of this landing serve to awaken us to a greater spiritual reality so that we may begin to understand the importance of becoming true allies to one another in stewarding the nurturing and protection of this magnificently beautiful planet home and learn the true meaning of LOVE for the first time.



**Kaliyani Sundari** is a Spiritually Inspired Visionary and a passionate midwife to the rebirth of the Sacred Feminine in our global conscience today. Her purpose is expressed in all her work as a musical artist, writer, producer, and facilitator of sacred circles. For more on Kaliyani, visit

[www.kaliyani.com](http://www.kaliyani.com); [www.kaliyanisundari.com](http://www.kaliyanisundari.com) and [www.stargatealliance.net](http://www.stargatealliance.net)

# So, COVID's Made You a Hot Mess



## Now What?

By Judy Gaman



**During this shelter in place, there is plenty of time to reflect on who we are and the kind of person we want to become. If you suddenly realized that everything in your life sucked before the pandemic, it may be time to make a change. And if COVID has caused you to graduate from life sucks to official hot mess status, the sooner you fix it, the better. You may not even know where to start, so here's a foolproof plan to getting back on track. Starting now is not just good for your mental health. It's also good for your physical health and financial future.**

#### **Stop Blaming Everyone Else.**

This may actually be the hardest step. When things go wrong, we tend to look at others and point the finger. But it simply can't be everyone else. Taking ownership of mistakes and shortcomings is often painful, but it's an essential step.

#### **Clean up Your Social Media - Nobody cares.**

Really. Read back through your posts and see how many times you complained, used foul language, or went on a full-blown rant. It's been said that psychiatrists can diagnose off a person's social media. What does yours say about you? As you make new posts, think of ways you can lift others up and send positive vibes to those who need it.

#### **Find a Place to Volunteer (abiding by current health guidelines).**

The best way to help yourself is to help others. A service-centered heart is a changed heart. Find a food pantry, battered women's shelter, or project where you can dedicate your time and talents. The gesture will not just change your heart; it will change your mind too. Not too many people walk away from service projects remembering how bad they think their own life is. If you can't go out right now, this is a good time to research where you want to put future volunteer efforts once things return to normal.

#### **Be Part of the Solution, Not the Problem.**

Some people just complain about everything. Don't be that person. Don't complain unless you're willing to help fix the issue. Every time you're tempted to say something negative or launch your long list of dislikes, find one thing positive to say instead. If you can't find one tiny good thing, then don't complain without offering a solution.

#### **Fix Your Relationships.**

Start by being a better person when you're tempted to gossip or play the blame game, don't. Instead, look at the people that matter the most and let them know how much you love and appreciate them. Also, look for people in your circle who may be adding to your bad choice problem and break ties. Not all friends are true friends.

#### **Fix Your Finances.**

Become a lender and not a borrower. If you find yourself borrowing money from others, there's a problem. Put yourself on a budget that's within your own means, and don't deviate. If you owe people money, work hard, or work extra to get out of debt. No matter what could possibly feel as good as being debt-free.

#### **Ask for Help.**

You're not the first person to mess their life up. And, humble pie is best eaten in the company of others. People (and God) tend to be willing and ready to help when the request is genuine. But, before you ask, be sure to spend some time reflecting on exactly what you need help with and how they can help you. Then, go in for the ask.

**Dream A New Dream.** Maybe some of your future plans and dreams went up in smoke, but that doesn't mean that you stop dreaming. There's no limit or quota for the number of ideas you're allowed to try, and failure in one area does not limit your success in another. Pick yourself up, dust yourself off, and get busy redefining your future.



**Judy Gaman** is the CEO of Executive Medicine of Texas and an award-winning author and speaker. Her most recent book, *Love, Life, and Lucille* is available from booksellers everywhere.

To receive a free digital of Judy's award-winning book *Age to Perfection: How to Thrive to 100, Happy, Healthy, and Wise* go to <https://book.lovelifelucille.com/age-to-perfection>



Photo by Priscilla Du Preez

# Your Choices Change Lives

Part Two

**W**hen Molly turned four years old, Hope took part in the local theatre productions. Her husband, Paul, and Molly would come and see her when they could. Paul was going to school at night to obtain his degree but did his best to support her dream. Molly spent much of her time with her Dad or with Grandma. Ten years past quickly, and another child was born to the couple. Paul and Hope were blessed with a little boy this time; they named him John. Johnathan Paul, to be proper. Paul had wanted a son to teach all his knowledge to and was grateful for his arrival.

Not long after John's second birthday, Hope was given the news, and she was pregnant for the third time. The couple did not expect this new addition to the family, yet they were happy to have another child. Their baby girl was born in the wintertime. There was a blanket of white as Hope looked out the hospital window onto the parking lot. As she stared out at the blanket of snow covering the landscape, she realized that she would never have a professional acting career with the birth of their third child, Grace. Her dream would be unfulfilled. As she sat in the hospital bed, she convinced herself that she would never be able to fulfill her dream of becoming an actress. She was heartbroken all over again. She picked up the phone next to her hospital bed and dialed one of her friends from the theatre company. She felt she would ask for his advice. Should she leave her husband and pursue her career? He advised that she should leave her husband and go on the road with their theatre group. There is a group of us traveling to California soon. I know you will be a success with your beauty and talent out in Hollywood. He let her know that she was welcome to come with them in a couple of months. Hope considered his offer, she has chosen not to love again, but she would feel guilty if she left her husband with three small children. She chose to stay and be a wife and a mother and forget about her career plans. Hope went home and played the role of mother and wife, but there was no love given to her family or received from her.

Her daughter Grace tells this story and is the youngest of the family, as you may recall. Although Grace loves her mother very much, Hope often found fault with Grace. She explained that her mother took care of her and taught her proper manners while she was growing up, but she did not spend any time with her. She gave me this example of how her life was.

Their house was painted a dreary grey color. Grace begged her mother to paint her room yellow to brighten up her life a little, but Hope would not have it. All the rooms remained painted dreary colors or off white. Grace played outside by herself most of the time. Grace often wondered where she was. She knew her mother was in the house, but why did she not come and out and check on us kids? Our friends were not allowed to sleep over growing up, which made relationships awkward sometimes. The hardest thing for Grace to bare was that her mother did not show any affection towards her. She never hugged her or kissed Grace. She was an intuitive child and could feel that there was no love coming from her mother to anyone in the family but especially her.

Gracie's intuition told her that her mother was not an affectionate person at an early age and seemed not to like her. The young girl was not clear about the reason why. Her feelings were hurt as she realized that there was no love coming from her mother. Her mother made breakfast, packaged their lunches, and got them off to school on time. But Hope did not provide any love or affection whatsoever to her children. Growing up, our home was spotlessly clean, dinners were fabulous, and the laundry was done daily. Her father would hug Gracie every day when he came home from work, but her mother never did. Gracie would wait for her father to pull in the driveway from the living room picture window to receive some affection from another person. She often toyed with the idea that she was adopted. She mentioned that many times she felt that there was no way these people could be related to me. Gracie knew she was different, picking up on things that other people did not seem too. She had a keen intuition.

Gracie would argue with her mother often as she was extremely bright and strong-willed. Reflecting on those times, she now realizes that her mother was unhappy with her life. Before she knew her mother's story, Gracie believed her to be evil and often cruel to her as a child. She was confused by her mother's behavior. Weren't all parents supposed to love their children? Grace could not get past not being loved by her mother. She did everything she could to be the perfect child, from her appearance, her grades in school, but her perfection did not matter. Grace became an overachiever in everything she did, but her mother still showed no praise or affection. She seemed to love her other siblings, but why not Grace?



Gracie looked for love with boyfriends and then adult relationships most of her life. She eventually went to counseling to overcome the hurt. But every time she saw or spoke to her mother, the nastiness reared its ugly head, and Grace's feelings were hurt all over again. It wasn't until several years later, when Aunt Diana, her mother's sister by pure accident, told Grace her mother's story.

She began with, she wanted to be a famous actress, you know, but the family would not support that kind of nonsense. She sat for several hours with Grace and explained in detail what had happened to her mother. At that moment in time, Gracie realized what had happened to her mom, and the choices that she made affected her entire life.

Hope's family not supporting her dreams, taught her not to support Grace and her dreams. Grace was a smart child who seemed to know things. Apparently, her mother did not want an exceptional child. If she could not be famous, this child was not going to be. Hope noticed how Grace's presence would light up the room when she appeared. Other people noticed it also. Hope did not like that she was special. She scolded the girl. She saw herself as Gracie. Gracie was growing up and would become whatever she wanted to be. She felt life had not been unfair to her, so the energy that she sent out was that of resentment! This negativity towards her made it difficult for Gracie to know how to give or accept love. She had taken on her mother's issues without even knowing it or why.

Now that Gracie is older and knows the truth and realizes that she was looking for her mother's approval, she would feel worthy of her love. Unfortunately, Grace's mother would never love or approve of her. She has taken on a narcissistic personality. She thinks she is great and everything is fine.

Crazy as it may seem, her mother did not want her child to do well in life and succeed. Now that Grace knows the truth behind what happened, she feels sorry for her mother. She does not excuse her bad behavior; her words don't bother her any longer as Grace has made peace within herself. She has learned to love herself. Grace attributes her success with this difficult situation to God. She learned how to release the past with her mother, her father by forgiving them mentally and spiritually. Now she is free!

**A New Mindset: The energy of forgiveness is freeing to the soul. You must release the past to forgive. Here is the biggest lesson learned by Grace that most people miss. Grace did nothing wrong as a child but**

**taking responsibility for the events that occurred in her childhood shifted the energy. It was the act of forgiveness that changed the situation. This is the only way for it to turn her subconscious mind and change things for Grace. When Grace forgave her parents, everything shifted, and she moved forward in her life. This negative experience that happened in her childhood had affected her entire life. The act of forgiveness made it possible for her to release any resentment or anger held inside others. The feelings of anger and resentment she had held onto were gone. Her parents were never going to change, but she changed. She has released what was preventing her from moving forward in her life.**



**Nancy Yearout** is an Psychic Reader, Intuitive Life Coach, Author and Inspirational Speaker. Her religious and spiritual work has enabled her to help many people to live the life they desire!

Nancy feels inspired to share the wisdom and the messages she receives with others. Her real-life experiences are shared each week on her Radio Show/Podcast, *High Road to Humanity* where insightful, spiritual guests share their story. This is Nancy's way of each sharing new insight about raising the vibration and consciousness for all of us to create a healthy, Loving and kinder people as well as a safe harmonious place to live. My Credentials: Sales Coordinator for General Motors Corporation, Sales Manager for multiple, Owner and Qualifying Broker of The Harville Estates Real Estate & Development LLC, Owner of Energy Girl Publishing LLC., Author of, *Wake Up! The Universe Is Speaking to You*, Author of Monthly Contributor to Eden Magazine, Motivational/Inspirational Speaker, Intuitive Personal Coach Intuitive card reader, Energy Healer, Radio Host/Podcast *High Road to Humanity*.

Today she is happily married to the love of her life. Nancy Yearout Hosts a Radio Show/ Podcast every week on Toginet radio and iTunes called *High Road to Humanity*.

Visit her website [www.NancyYearout.com](http://www.NancyYearout.com) or her Podcast [www.Highroadtohumanity.com](http://www.Highroadtohumanity.com)

# Have you seen Gretchen?!

Missing since 11/11/2016

Please contact us

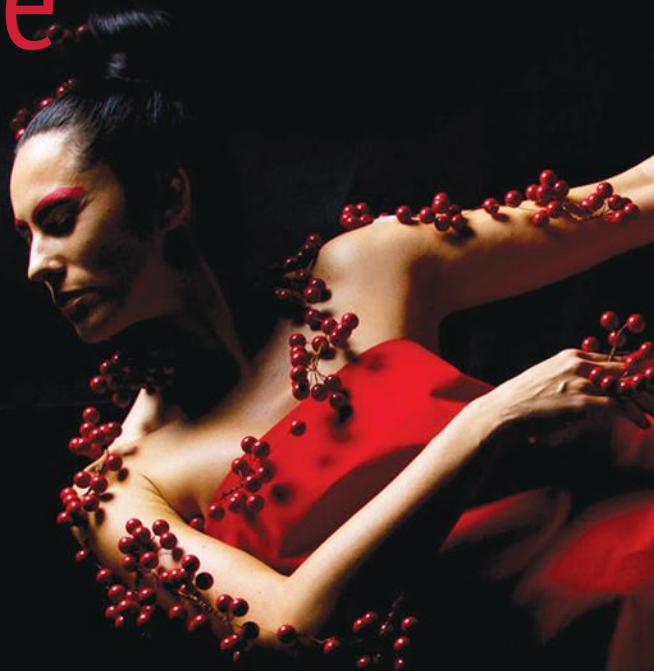
**[info@theedenmagazine.com](mailto:info@theedenmagazine.com)**



**CONSCIOUSLY**  
Creating the Life

**YOU**  
**DE**  
**S**  
**IRE**

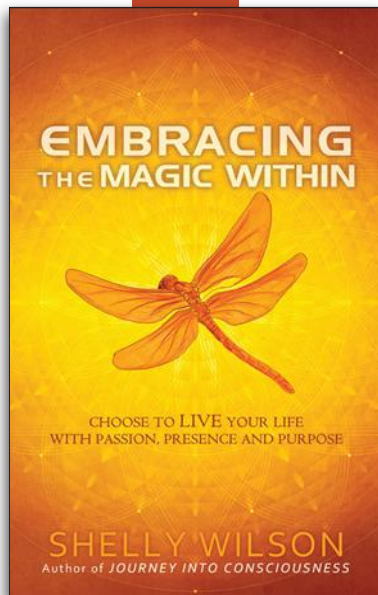
By Shelly Wilson







*You have been blessed with all of the energy, power, and talent  
you need to create the life you desire.  
- Unknown*



As spiritual beings having a human life experience, we are afforded the opportunity to consciously create the life we desire based on our energetic emission and what we choose to focus on as well as our intention behind the creation. Spending time in reflection is essential to determine what we wish to create. We can learn to use our imagination to raise our thinking to a higher level and to consciously create by choosing to replace any negative (lower vibrational) thoughts with positive (higher vibrational) ones through awareness and intention. Doubt and fear are the biggest obstacles to the manifestation process. Understanding how to use our imagination and putting this knowledge into practice, for our own and others' benefit, will put us on the desired path to success, satisfaction and happiness.

*Imagination is the beginning of creation.  
You imagine what you desire, you will what you imagine,  
and at last, you create what you will.*  
- George Bernard Shaw

To consciously create, it is necessary to first become aware of our energetic emission with our thoughts, words and actions as well as our intention for creating. Everything is energy. We must also release the linear aspect of time and trust in the Divine timing of the Universe. Lastly, it is essential that we focus on how we want to feel and then inject that feeling into our creation.

### The Creation Process

The creation process involves getting clear about what you seek to manifest. Practice non-attachment to the outcome as you keep in mind that some of what you desire will not come to fruition. Dream big, but also be realistic. Quiet your mind and let your spirit speak.

Allow all of your desires, dreams, aspirations, and intentions to fill your conscious mind. Bask in the emotions you are feeling at this moment. Visualize yourself receiving and achieving all that you desire.

### What do you desire?

### What do you wish to create?

### What do you wish to manifest?

As you are guided, take a moment to write down your desires, dreams, and aspirations. Know that you are worthy of creating the reality that you desire. A thought becomes tangible once it is written on paper. It takes form. You can see the words and touch the paper. Then, read what you have written and see how you feel when reading it. Release the need to know the details of the manifestation, such as how it will happen and when it will happen.

Focus your attention in your mind on just one item that you wish to manifest at this moment. In doing so, you are saying, "This is what I really desire to manifest at this moment." What is your intention for manifesting this particular desire? Is the intention love-based or one of lack (fear-based)?

The intention underlying your actions and thoughts is energy.

Any energy you expend always comes back to you, either directly or indirectly.

So you want to act with that in mind.

*You want to act mindfully, from the heart,  
with love, and Right Intention.*  
- Baptist de Pape from *The Power of the Heart*

Finally, envision yourself in the flow of creation. Clear, balance and strengthen your Sacral chakra, which is the area of connection and creativity. To balance and strengthen this energy center, work with the color orange – meditate on the color by visualizing it in your mind, wear orange clothing, eat orange foods (oranges, carrots, orange pepper, cantaloupe, apricots, butternut squash, sweet potatoes) or visualize what you are eating or drinking as orange and work with orange crystals, such as carnelian, topaz and orange calcite. Any shade preference for orange will work since it is a personal choice. You may also be guided to bring the color orange into your space with flowers or décor.

Here are some affirmative statements and fundamental tips to assist you with consciously creating:

### **May I Live a Life I Love**

So many times, we search for something more (something exciting, joyful, pleasurable, magical, etc.) outside of our current reality. Choosing to shift our perception will enable us to do just that. We must begin to allow ourselves to see the world and everything within it as if we are observing and experiencing it for the first time. We can choose to experience the extraordinary within the ordinary.

At times, our earthly existence can feel mundane as we seemingly go through the motions and function on auto-pilot. Open your eyes to the awe and wonderment of life; seeing the details through the eyes of a young child. Pay attention to the nuances - the sights, sounds and aromas of your surroundings - and tap into what you feel. Be spontaneous. Explore. Get out of your head and move into your heart. Really live your life with no regrets.

### **May I Revel in the Present Moment**

Consciously become present and choose to live in the present moment. The Universe operates on Divine time whereas humans function on linear time with clocks and calendars.

Focus your energy right here, right now in this moment rather than dwelling in the past or focusing on the future. Focus on living, being, and breathing at the moment. Manifesting your heart's desire is easier when you are living in the present. Doing so allows you to be in the flow of creation.

### **May I Love Myself Deeply for Everything I Am**

Choose to recognize that you are a spark of the Divine and that you are a beautiful, unique, and miraculous creation. It is essential that you love you for who you are. Doing so isn't selfish; it is self-love. When you open your heart to loving you, you allow the love you have inside of you to expand outwards to attract this same love back into your life. Be conscious of your energetic emissions with your thoughts, words and actions, especially your self-talk. How do you view yourself? What does your self-talk sound like? Is it negative/critical or positive/life-affirming?

### **May I Be Surrounded with People Who Help Me Grow**

Take time to assess your present relationships. Choose to cultivate the healthy, balanced relationships and establish boundaries within those relationships you deem unhealthy or imbalanced. Say No when you really mean. No, and you are saying Yes to yourself. Remember, the Universe will assist us in bringing people, teachers, and experiences into our awareness, so that we can learn, heal, and grow.

### **May I Cultivate Deep Gratitude for All Things**

Express gratitude with words and actions to show our appreciation. The energy of gratitude is a high vibration and one of love. The Universe will reflect this grateful energy back to us in the form of blessings. Choose to convey that which you are thankful for on a regular basis.

### **May I Heal Past Hurts and Embrace New Chances**

Release yourself from the pain, heartache, and frustration we have been holding on to. We must forgive ourselves for any choices we made and now regret. Every experience and individual we encounter offers us opportunities for learning and growth. Once again, choose to practice non-attachment to the outcome consciously. Sometimes, it is necessary to step back from experience, observe what is happening, allow it to happen, and then let go of the outcome.

### **May I Have Patience and Courage to Live the Life I Desire**

We need to have patience with the process as growth and manifestation takes time. A seed doesn't become a flower overnight. We can observe the change that is occurring, but the flower doesn't grow any faster. It takes watering, nurturing, and sunlight, which translates spiritually to taking time for ourselves as well as basking in the love and light!

Each new day brings new life experiences and opportunities for learning and growth. Some days, we may feel like we are taking a step backward, or we may feel like we are having a self-perceived bad day. In those instances, we must honor ourselves and our feelings. This is part of the process. Fear and worry serve no purpose other than creating more fear and worry, which will inhibit the manifestation process and create energetic blockages. Trust that everything is happening when and if it is supposed to – in Divine time. Remind yourself that you have the ability and power to create the life you desire.



**Shelly Wilson** is an author, intuitive medium and conscious creator who is passionate about helping people wake up to their greatness. She supports others as they navigate their own journey into consciousness to experience aliveness. Shelly's books, *28 Days to a New YOU*, *Connect to the YOU Within*, *Journey into Consciousness* and *Embracing the Magic Within* are available in paperback and eBook. She is also the creator of *Cards of Empowerment and Clarity Cards*.

**ShellyWilson.com | EmbracingTheMagicWithin.com**



# Find Your Purpose



Photo by Craig Whitehead

"This invaluable book shows how unconditional acceptance and the power of awareness can help improve suffering and bring about liberation and healing." ©  
ECKHART TOLLE

## SLAY YOUR DRAGONS WITH COMPASSION

10 WAYS TO THRIVE EVEN WHEN IT FEELS IMPOSSIBLE

MALCOLM STERN  
WITH BEN CRAIB

By Malcolm Stern

Each of us has something inside us which is longing to be lived, our own unique treasure chest, a set of gifts, an image of our potential, a purpose. Something that makes us feel this is why I am here; this is what I am meant to be doing. It's more than a simple desire; it's woven into the essence of who we are.

Your purpose isn't just about a great career in the world, though. "Softer" action, like nurturing, friendship, mothering, fathering, healing, caring and neighbourliness are all drivers of people's purpose.

Purpose is fundamentally about the doing, not the result, and the willingness to go where it will with as much diligence as possible. If this book is never read by anyone else, while my ego would be sad, it still has value. These past couple of years, creating the idea for the book, going down a number of false alleys and eventually arriving at the depth of what has been longing to be expressed, I have felt passionately and purposefully alive.

It's easy, in our technologically proficient society, to find a rhythm of seeming purpose, a day-to-day busyness which is meaningless. We may make a million pounds on a deal, and for a while, we are elated, but not long after, an emptiness appears that won't be eased by making ten million pounds. Perhaps we fall for someone and feel that Eros has especially chosen us to bathe in the beauty of in-loviness, but after some time, our dreams come crashing down in the face of the everyday pressures of life. We may find a job that has status and for a while rejoice in the admiration and applause, but if the job doesn't give us the opportunity to dig deep and find that which is screaming to be born, to be lived, to be honored, eventually the glitter diminishes, and the malaise returns.

It doesn't matter what your purpose is. What matters is that you live it. If you don't, you suffer.

Exercise: Let your passion lead you to your purpose Write down three activities that give you the tingle of passion that seem exciting, stimulating, and life-affirming. Write some sentences explaining what each one brings you in terms of energy and fulfillment. Imagine yourself mastering each of those activities. How would your life look if they became part of your rhythm? How much (and I'm not just talking money here) would you be prepared to invest in making them a part of your persona? How much time, energy, and willingness do you have to release more pedestrian aspects of yourself? How can this be practical, given the need to pay the bills or to support your family?

Choose the activity that generates the most passion and power. Imagine yourself three years into the future. This purpose has rooted itself in you and is now an integral part of your life. What were the steps you had to take in

order to initiate this? What were the obstacles you had to overcome in order to make it a mainstream activity? What are the benefits for you and your community? What support did you need? What did you have to give up? What pleasure or sense of achievement is this bringing you? How do you feel when you imagine this as part of your ethos?

Write down everything you see. Be as detailed as you can. Bring your vision to life, whether that be through drawing, writing, or making a vision board. List the actions your future self had to take to bring this vision into manifestation. Map out the next three years and jot down ten practical, concrete steps you can take to actualize your purpose.

Share your route map with a trusted other(s) who will give you honest and helpful reflection and who can work with you to refine the steps. Edit and revise as you see necessary.

Now you are ready, as Lau Tzu says, to begin "the journey of a thousand miles. It begins with one step." Take that first step. The second and third will follow. Once you set out, the route adapts. It may be that other factors come into play, and you change your trajectory. For example, this book started as a conversation between four friends, which led to a book proposal for a different project and then, through honest feedback, reflection, gathering opinions, and a lot of hard but enjoyable work, it found its own shape, which was not envisaged at the beginning.

In the words of mountaineer William Hutchison Murray: "Until one is committed, there is hesitancy, the chance to drawback. ... Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."



This extract was taken from **Malcolm Stern's** upcoming book, *Slay Your Dragons with Compassion*, out on September 29th, which has been endorsed by best-selling authors *Eckhart Tolle* and *Elizabeth Gilbert*. Malcolm Stern has worked as a group and individual psychotherapist for nearly 30 years. He is co-founder and co-director of *Alternatives at St James's Church*, London's most important spiritual events platform, since 1982. Stern also teaches and runs groups internationally. His first book *Falling in Love, Staying in Love*, was published in 2004. Malcolm also co-presented with **Vanessa Lloyd Platt**, the Channel 4 series on relationships *Made for Each Other* in 2003 and 2004.



# One Minute Meditation

*Take this moment to close your eyes  
and consider the following possibility...*

• BELIEVE IT'S POSSIBLE TO BE AT PEACE.

• I AM READY TO LET GO OF WHAT BRINGS PAIN TO MY LIFE.





- VOW TO STOP WORRYING AND START LOVING.

- When we feel broken, that's how light comes to our life.

# THE ENLIGHTENED SOUL

By Sasha Gary





I have found great solace in turning inward to my own inner peace, positive vibrations, and spiritual practices during this pandemic. Finding peace in your life and feeling present during a difficult time will help with your own healing, and it allows you to fill yourself up before taking on the world. I find peace in nature, walking on the beach, and I realized that I wasn't the only one. My entire neighborhood was out early in the morning in a walking meditation taking in the fresh air and sharing a friendly hello and smile behind a mask.

I found great love and connection chanting with Krishna Das weekly, as he has been making this offering for his fans. The first time I listened to KD, all I felt was love. The love is emanating from his music, the words, him as a singer. Connecting to that love has been a wonderful practice for me to check into myself. My yoga practice has kept me centered and aligned and allows me to be in the right space for my meditation practice. There has been a large increase in people connecting to spirituality during this time throughout the world. Whatever that practice may be for you, that brings you solace, peace, and aligns with your values and beliefs.

Its been an excellent time in isolation to check-in, do some inner healing, inner child work, and shadow work. It is becoming a more authentic and integrated version of yourself, unlocking more and more layers of a deeper understanding of who you are and where you come originally.

Self-transcendence emotions of gratitude, empathy, and forgiveness connect us all as human beings. Although we are going through extremely difficult time in humanity's history, I remind myself every day to bring compassion, love, and gratitude toward my fellow man. Especially when they are living in a state of fear, I walk past people and say good morning. This pandemic has put people as the enemy in fear of catching a virus. Saying hello or sharing a smile under your mask will not hurt you. When I see the cleaning crew cleaning the fifth and trash off the streets of Venice, I send them gratitude from my heart. I am so grateful for what they do. Our city needs it, and it can't be easy. I am sending out my good energy, good vibes, and compassion into the world.

How can you apply this to your own life if you don't have a spiritual practice, you can create

what that looks like for you. Start with finding some quiet time during your day to connect with yourself. Find moments of transcendence throughout your day and connect to gratitude emotions, which is the highest connection to the absolute. Being grateful is a practice you can commit to each and every day. It is a practice to find that gratitude in your daily life, and we have so much to be grateful for. Studying and continuing to educate yourself doesn't stop after college; its a continual practice of self-evolving. Reading books and connecting with groups on zoom to help further your knowledge and ask questions. Find mentors that that will help you along your journey. Never stop learning. There is so much to learn and uncover. Stop being judgmental about someone else's beliefs. Everyone is right. People are evolving on their own timetable. Take that judgment and look within yourself and see what triggers you to project that judgment.

This has been an integral journey for me, and I am still learning so much and peeling back layers of my conscious state. My spiritual practice has evolved so much and deepened over the past few months due to the quarantine period. I, the Self, am the witness, the eternal subject, and that the phenomena, all of the objects, emotions, and thoughts, are the not-Self. Being an actress, writer, Doctor, waitress, that is not who you are—pulling back to your transcendental Self, which is your awareness—waking up to this pure Self, way far back beyond birth, beyond my parents meeting and conceiving me, beyond the moon, beyond the stars, beyond the galaxy and into the stars. The eternal consciousness in which the whole universe is within you.



**Sasha Gary** is Gratitude Life Coach, actress, and writer at [www.balancedbellasonline.com](http://www.balancedbellasonline.com) is a 16 week online health program for women that shows you how to implement small sustainable changes one by one to help you with whole food nutrition, self-love and a conscious movement. Sasha is a yogi of 25 years, a crystal healer, and an avid sound bowl meditation participant and lives in Venice California!



P



H

O



T



O



Portraits, Editorials, Lookbooks, Portfolio Development, Events

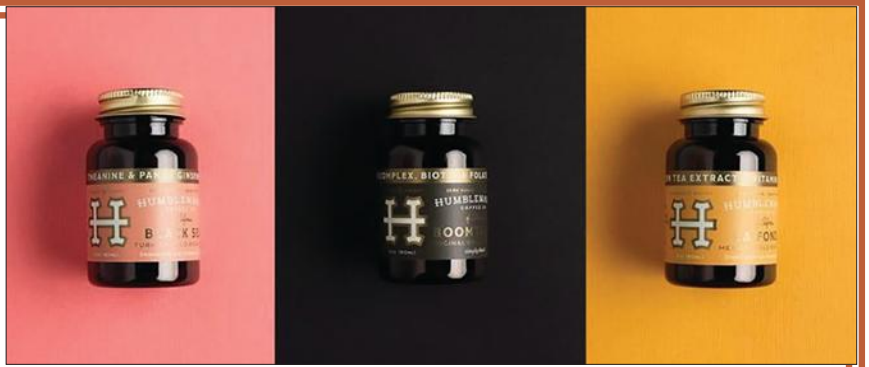
[www.isaphotos.com](http://www.isaphotos.com)

[isa@isaphotos.com](mailto:isa@isaphotos.com) - 818 445 8291 - [instragam.com/isabelleruen](https://www.instagram.com/isabelleruen)

# Humblemaker

## COFFEE CO.

### *of California*



Humblemaker Coffee Co. recently released the first ever line of premium functional cold brew shots. The line consists of Boomtowne (Multivitamin), La Fonda (Antioxidant), and Black Sea (Cognitive Wellness). Each product offers pure, natural energy with zero sugars and a potent vitamin rich supplement. Here is a bit more on each:

**Boomtowne:** An ultra-smooth, triple strength, black cold brew shot with liquid multivitamin supplement to help improve immune system function, energy, and overall health.

**La Fonda:** An antioxidant rich, Mexican Coffee cold brew shot with pure cinnamon and cacao that harness all the immune boosting power of green tea: active polyphenols, Vitamin C and selenium. The concentrated Camelia Sinensis (tea leaf) extract delivers 20x the benefits of antioxidants compared to a cup of tea.

**Black Sea:** A Turkish Coffee cold brew shot that is brewed with real cardamom and clove and packed with L-Theanine and Ginseng - both known to promote memory and reaction time.



Humblemaker cold brews are made using only the highest quality, responsibly sourced, fresh roasted organic coffees. Their proprietary process is cold from start to finish - closely regulating temperature and time to ensure ideal extraction and flavor. The filtering process yields a perfectly balanced, full-bodied and boldly flavorful cold brew.



Humblemaker also proudly donates 10% of annual profits to their program, #TenForAutism to enable children with autism to experience surfing, music, and the great outdoors. Funds raised are distributed directly to a network of autism-based nonprofits and to Humblemaker sponsored events developed for children on the autism spectrum.







*The sounds  
of the Forest*





Today, the Wind's breath and the warmth of the Sun were the perfect combinations to hang some freshly laundered sheets, Lavandaia thought to herself. Nothing felt better on her skin than clean white sheets, dried by Mother Nature. As she placed the first clothespin on, she found herself diving in gratitude for that simple but sacred moment. "Cleaning outside to clean inside," she thought... There was nothing different she would have done at that moment. There was no wish, no desire, only grace. She felt peace in her mind and her heart. She felt in unity with that land and with every creature in that forest. The forest seemed to be louder than usual, the ruffling of leaves, like a Choir singing in perfect harmony. Lavandaia smiled while embraced by the signature pitch of every single leaf. And at that moment, the forest spoke:

"Welcome back!

Human thoughts are vehicles that could allow one to pass from a state of non-freedom, from a limited vision of the physical world to a more real sense of freedom, to an ultra-sensorial experience. We say "could" because your thoughts need to be well used, that is, used righteously, with consciousness; otherwise, they will continue to dance, changing rhythm with every change of music.

Several times, we have suggested that you listen to yourselves in your thinking, feeling, and acting so that you understand yourself and consequently, the world. Remember that thinking, feeling, and acting are three forces of the Soul. Today, humanity struggles to recognize these forces within itself. Today, more than ever, it is necessary to distinguish between thoughts and feelings linked to external perceptions and those generated by the Source. The latter is righteous thinking, and from that state, we can transform the view of our world and of ourselves. We observe that there is a great prevalence of the action in the world today, but this can lead to violence, as you have already noticed. The feeling is prevalent in other parts of the world, but this creates a profound inner weakness. In others, thinking is prevalent, which brings immobility of both feelings and actions towards oneself and others.

Everything is always in motion; you must create continuous motion with a deep observation of yourself. So, dare, experiment, and try! Create the miracle of wonder, which in turn sets life in mo-

tion. Immerse yourself in a state of authenticity, bathe yourself in a state of love and clarity with strength, courage, and humility of heart. Create your dance! Be like the breath which continuously dances between inhalation and exhalation.

So it is, thank you!"

And as the sheets continued to dance in the Wind, the Sun warmed Lavandaia's face. The leaves continued singing their beautiful melody. What a profound reminder! It was time to prepare breakfast for her son. Lavandaia walked back home with the only intention of turning that breakfast into the most magical co-creation, an ultra-sensorial manifestation of her pure thoughts, feelings, and actions.



After graduation in Industrial Biotechnology, **Marco** played a key role in international research projects in Canada, Austria and Spain. He stumbled upon the Reconnection by mere chance and it enlightened him in ways

he hadn't realized he needed. Three months after that unique experience, he left his job in biotechnology and embarked on his journey to become a full time Reconnective Healing Practitioner, and one of the two Italian Mentors and Teaching Assistants of Eric Pearl's direct Team. He is currently living in Los Angeles and collaborating with a number of independent scientific studies that are exploring Reconnective Healing and its extraordinary benefits.

For info contact: **marco.alati@gmail.com**  
**323-617-2289**

"Description" is all in the eyes of that who is experiencing, thus "description" of "who" becomes irrelevant. And the truth is, that describing Lavandaia using "words" is like trying to catch a fragrance. Scent cannot be caught, it can only be enjoyed and discovered through the experience itself. Who Lavandaia "is" is her mission, Giving clarity and divine knowledge to those who are willing to move forward in life and explore how to express their highest self.

For more information visit **www.lavandaia.org**, or contact us at **paola.seed@gmail.com**

# Back in the Saddle

REDISCOVERING THE JOY OF RIDING  
A BICYCLE

By Alexia Melocchi

**W**hen I was a young girl, I used to love riding a bicycle. I had one with a cute basket up front. We kept it in our country home in the La Pinetina Golf Club near Lake Como. Each weekend, my parents and I would go there. They were both avid golfers. I remember taking my bicycle out when we arrived and riding it for miles and miles each day. There was a sense of freedom almost ingrained in the speed of the pedal. And the feeling of the wind blowing my hair, and the vast space of sky above me. My imagination would run wild, dreaming of adventure, discoveries, and who I would be when I grew up.





I had not owned a bike since I left Italy for the United States thirty years ago. And the times I rode again since those carefree days, I could count on my hands and toes.

When the pandemic hit the United States, the city of Los Angeles went into lockdown. Looking out my window, I started noticing an increasing amount of bicycles in my neighborhood. It became a preferred way of transport for Angelenos, and the obvious and easy way to do physical exercise.

A few months ago, I saw a friend showing off her brand new cruiser bike on Facebook as she rode it up and down Venice beach with her mom. Something in my mind clicked. The memories of my childhood rushed back inside my brain and traveled instantly in my heart. I craved freedom, primarily mental and emotional, and to stop being scared. Somehow though, I had a gut feeling that getting "back in the saddle" would reignite in me a new-found sense of hope that life is still going on and all that could be found "at the moment" we become one with the wind.

Plus, it is good for the environment. It's not a coincidence that during the lockdown, when people mostly stayed home, walked, or used a bicycle, nature flourished in front of our eyes.

So I went on a virtual shopping spree only to come out empty-handed. All bicycles were out of stock or sold out. The waitlist was many months minimum. I resigned to the thought that maybe this was not meant to be. I must confess I was also a little scared. Would I remember how to ride it? What if I fell? What if I did not like it? Could I be wasting my money?

As many of us know, once you set out an intention, that call always gets answered by God, the Universe, the Higher Power. And so last month, in the Next Door app, I saw an ad for a bicycle for sale by an owner, brand new, and who lived a few blocks from me. I looked at the picture, astounded. It was the bike I had researched online. The model and the color I had chosen! And it came assembled too! It was a sign! So I immediately reached out to meet her offer. That night I could not sleep. I felt like a child about to get her most favorite and wanted Christmas gift. I also knew deep down that riding again would be much more than physical activity. It was a happy reunion between my inner child and my adult self.

The next day I met Cookie, my new pink Charleston Cruiser bike, and it was love at first sight.

I remember the saying that one of the things we do not forget is how to ride a bicycle. I wonder if that is because this activity is tied to so many happy memories that

children have. We do not even think about the times we fell off of them. The good supersedes the bad.

I wonder if that theory can be applied overall. What if we looked at the past six months, as metaphorically having fallen off a bike? What if we started riding the wave of life again? What if we paid attention to the now, as we do when we ride? It takes an instant to notice the leaves of the trees moving about, the fluffy clouds reflected in our sunglasses, the smell of the flowers and the plants and the grass, to hear the gentle soundtrack of the birds singing.

The moment I got back on the saddle, I wavered a little, trying to balance myself on two wheels. I remember what my parents used to say to me when I was learning: "Just look ahead." It is true, if we look just a little further ahead, close enough to see what is in front of us but not so far to step into the total unknown, we can naturally balance ourselves and regain control in life and on the road. Five minutes into it, I was an easy rider. I could see that blonde little girl, my younger self, smiling at me. I teared up. We have forgotten to feed our childlike imagination, and as a result, we have become scared of way too much.

Take your bicycle for a spin.

See your surroundings with the eyes of your younger self.

The root word of gratitude is GRACE.

Nature embodies all that is graceful. We can do it while getting back in the saddle of our lives and aligning our heartbeat with every living thing we see. It is at that moment that the world looks beautiful again.



**Alexia Melocchi** is an accomplished film producer and world wide distribution executive and the partner of Beverly Hills based LITTLE STUDIO FILMS. Alexia Melocchi has an experience of more than twenty years in Hollywood and has produced 11 award winning movies and 3 documentaries that were shot by merging film makers that she has personally discovered and mentored. She also acquires on behalf of her international distributor clients films and television shows from all over the world for release in the Middle East, Italy, Greece, Spain, Canada, South America and Germany. She attends all major film festivals in the USA and abroad and has been often invited as an expert panelist on the Film Business for high profile film and television conventions. Alexia is fluent in five languages and is the proud mama to 3 rescue cats.

She supports environmental and animal causes, meditates daily, and is an avid reader of spiritual and self helps books. **IG @lexybella @LittleStudioFlms**  
**www.littlestudiofilms.com**



THE WAY I SEE IT  
By Joey Santos, Jr.

The End  
of The World,



or The "Mend"  
of The World..

At times, it's difficult to imagine the latter, especially when every day there is something even more ridiculous, unbelievable, and unnerving being thrown at us. But, me, being the eternal optimist that I am, I tend to believe "we ain't done, yet." However, in no way are we "in the free and clear" either.

What is going on in our present-day world is filled with so much confusion, controversy, hypocrisy, and false information, it's going to take a Sorcerers' Ball to get a glimpse of what to do next. Throughout history, there have been Dragons & Demons to threaten our every day and our way. How did we survive then is how we will be able to survive now. The tools, weapons, and skills we used to fight with then are what we need to sharpen and hone today. There was valor that we don't seem to have anymore. As well as passion, a sense of honor, of duty, of compassion. It's been lost and replaced by nonchalance, complacency, entitlement, and sheer idiocy. Yet, I hope. I hope that what we have been taught to love, respect, and care about, are still alive and well somewhere within us and are just waiting for our wake-up call to ring and let it rise and shine.

The earth is fighting for us, in spite of us. Is this how we pay it forward? By ignoring its' screams? We NEED the earth. It does not need us! The signs are right in front of us, Viruses, Disease, Earthquakes, Tsunamis, Hurricanes, Floods, Tornadoes, Poverty, Mental Illness, and so on. Sound familiar? FIRES raging out of control for months. MONTHS. Extinction of animals and insects that without them, there is no more earth, just an overheated, lonely baron planet with no more life. And yes, that includes no more us. I can go on.

**I hope. I hope that what we have been taught to love, respect, and care about, are still alive and well somewhere within us and are just waiting for our wakeup call to ring and let it rise and shine.**

Instead, what I will go on about is finding the positivity that lies within us, the faith we need to remind us that our humility and gratitude is needed now more than ever. Still, I hope. It begins and ends with and for all of us. It's as easy and as complicated as that. But, "complicated" doesn't mean impossible. It means it needs sorting. A plan. A solution. What it doesn't have is time. If we are going to fight our way through this, we need each other more than ever. We need discipline. We need a leader without ego—only purpose. We need our God. At least a belief in a God we see ourselves in. One who speaks to us quietly, directly with purpose and guidance.

A God who clears a path through our confusion, fears,

and despair. Not just another "convenient representative" with an agenda filled with judgment, condemnation, and fable. The "reality checks" have been written. And the few that haven't bounced yet, have been cashed. We know our balance at this point, up or down, and the sum of us are in the red, no need to fall prey to any more fallacy. It's why we're in this mess!

The trenches are calling. Time to gear up, put on our boots, and march as one in rhythm and unison. Time to conquer, protect, and preserve our earth, ourselves, our fellow man, and our God. That's the way to mend. Let's find our Peace and Blessings before it's too late.



**Joey Santos Jr.** was raised in NYC, Malibu, and West Hollywood Hills. He is son to Film & Television Actor Joe Santos. His Mother, Mary, was a former Showgirl who became a "stay at home Mom," and a wonderful cook who loved hosting lavish parties in their homes. Joey's Grandfather is

World-Renowned Latin Singer Daniel Santos, and his Grandmother Rose was

a Business Woman who owned Nightclubs in NYC, Havana, Miami, and LA. She also started a Record Label and a Film Studio. Early on, Joey worked as an actor. He had a recurring role in NYPD Blue's, as Officer Aiello, and also performed on stage doing live theater. He then embarked on a singing career, recorded a couple of CDs, and performed in various venues throughout the US. His ultimate passion, however, was the result of following in both his Grandmother's and Mother's footsteps. He became a Restaurateur - (Co-owned the El Mocambo in LA, Owner and Chef of JoJo's Americana Supper-club in Saugatuck, and JoJo's Juke Joint in West Hollywood). This experience would lead Joey to embark on his own very successful private business of catering/hosting events for the Hollywood elite.

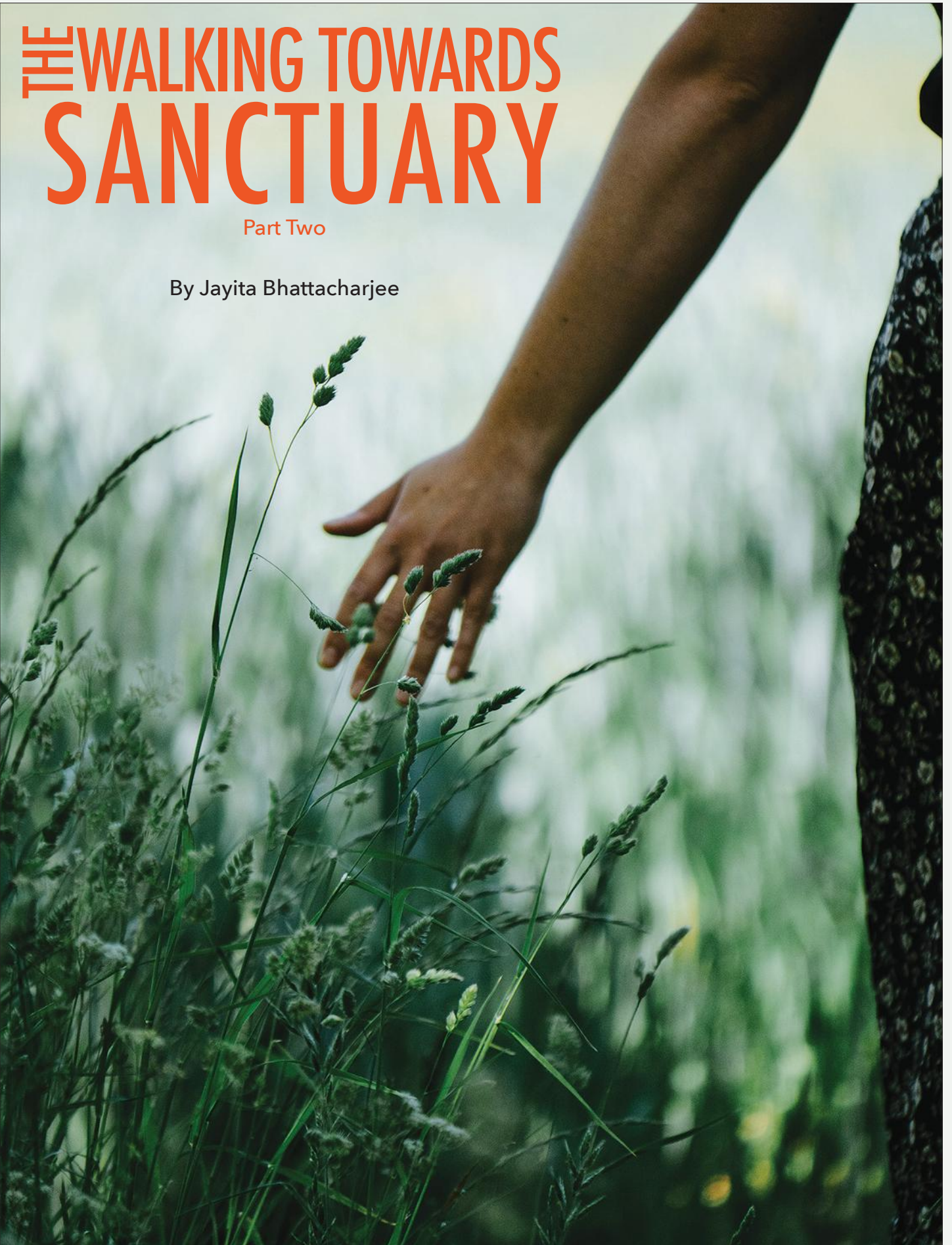
For the past four years, he has been Private Chef to Brad Pitt. Since 2016, Joey writes a monthly column, "The Way I See It " for The Eden Magazine. He is teaming up with life-long friend ( Literary Agent ) Alan Nevins, to develop a PodCast called, "Two Guys From Hollywood" where they will talk about everything you always "didn't want to know!"



# THE WALKING TOWARDS SANCTUARY

Part Two

By Jayita Bhattacharjee





As I dream of the blessed visions of a love flowing in oneness, wholeness enwraps me in ineffable joy. That joy gives birth to a fountain whose waters flow in the secret pathways of my heart that becomes a wellspring of a mystic life, the life which speaks of eternal bliss! Let me taste from the cascade of life rejuvenating waters that fill up the cracks of every broken spill that has placed life out of tune with the primordial couplets of our heart song. Cords of harmony seem to have been shattered in a million crumbled pieces, reflecting the chaotic, tumultuous places in this life passage. May my soul taste the eternal honey from the honeycomb of this life!

Nourishing all souls' spirits around us instills a complete harmony with nature and mankind as a whole. Sharing the one heart and flowing with the depths of passion, from one soul to another, cherishes our life with a mesmerizing joy. May that sip of joy leaves us speechless and land use in a garden of contentment where sorrow leaves no trace, and joy reaches the hearts of all! Dream the impossible dreams, think beyond the horizon of the ordinary zone, imagine the absolute unimaginable, envision the beauties which are beyond the vision of the ordinary.

Find a spring of joy in the beauty of life, touch all the hearts with grace of love, and yours' will be a life overflowing with abundance spilling with love, compassion, and peace. Let our souls hear the silent words of wisdom flowing from all rivers' running waters that delight in the heading towards an ocean. The ocean murmurs of a newer message embraced with the hope for universal compassion! Let the dawn flood our souls with an engulfing radiance that lights up all the pathways for a celestial awakening and wholeness! May our hearts plant the seeds of love and peace and reap a rich, bountiful harvest! May our eyes behold the harvesting of a peace that calms the raging emotions of our hearts, a love that drenches all the spirits in an unconditional acceptance!

May we retreat to the sacred sanctuary that dwells on the shores our divine souls and find peace and tranquility there, as we seek the answers to the myriad unexplained mysteries of life! May we be in touch with ourselves and find wholeness and peace at the sacred altar of our souls! Let go of the illusions and ideas that keep us away from the bejeweled truth of our innate divinity. As we do so, we are reborn with every awakening dawn flooding our hearts with a radiant sunrise, the effulgence of which wipes away the darkness of our fears and illusions.

Herein resides the joy of the cosmic dance. The never-ending cycle of birth and rebirth goes on, and the saga of being alive at every moment in our soul continues. Teach me that I may joyfully feel it, ecstatically revel in its truth, and breathe in the purity of its heartfelt bliss.

May the blessed vision turn my sorrows into a golden

joy where every pain turns into a song of the soul! As the blazing sun shines effulgently in the corners of my heart, it immerses my soul in the splendor of its eye-opening light. The love of that light unfolds all the truths and blesses our hearts with a weeping joy, a joy that knows no bounds, a joy that transcends the horizon of the earthliness.

I have a life here again in my heart, as the clouds of an eternal spring joy shower, the joy that dances on the petals of my heart. My soul exults in that dancing happiness as I hear the sweet honey-drenched sounds of a timeless bliss coming from all directions of this cosmos, whirling in a maddening heavenly dance. The pleasant wind whispers of life renewed with a spiritual vision, a vision that seeks to shed light on the dark patches that our pathways have encountered. The universe rejoices in a delight filled with truth, a never-ending truth as the songs of age-old creation are sung in all the glory. It is time to play the auspicious music on the strings of my soul, to behold the reveler of the purest and divine essence who has been humming the sacred songs. The awareness, the awakening, undulates through our body, mind, and spirits and glimmers in the darkness of all ignorance. Beloved lord--- teach me to follow thy footsteps that will lead me to the wholeness. Beautifully create a world of harmony, and the primordial peace that has existed from the dawn of mankind creation will have its rebirth. Let the divine light bring a heavenly spark of gratitude and thankfulness, blazing all the hearts in its incandescence. May those souls rediscover themselves in the lap of nature's earthly beauty to be alive again with a spirit of inspiration, and fertility will sprinkle in abundance in the mystic landscape of their hearts!

They are the hearts who are rich in vitality and blooming in an evergreen youth of the spirits as they lovingly embrace a higher vibration. Let your journey have the companionship of love and peace for universal oneness. In the lotus flower of my heart, there are spiraling visions of hope, a ray of faith, a twinkle of the trusted belief that encircles the weaving of human imagination. Dwell in the realm of hope that the sacred gifts of this life are about to shower on us. Have a lighted belief in the depths of your mind that this Mother Nature is about to entwine its lovely wonders weaving the natures' gifts. May those gifts be laced with love to place at the altar of our feet! Envision a soothing peace that permeates all the mortals and this creation in the flow of it.

The calmness that goes to the heart and penetrates its most holy abodes, the calmness that transcends all reasoning and soaks all the souls, the assurance that the word of peace is the ultimate message of positivity! That sacred thought flutters in the breeze around and takes us to the paradise of creativity, where this inspiration seeks to blaze the flames of creation and turn us to be the magnificent creators and the dreamers in this world. Envision love, and the numerous

seeds of creative possibilities will start sprouting in the garden of your soul. Those possibilities will inspire you to live a fulfilled life, one that has contentment mingled with wholeness, a completeness that brings the pieces of your life in one whole rich tapestry. That fulfilling whole tapestry is woven out of innumerable delicate threads of multi patterns, multi hues, all intricately knit to give it a beautiful tapestry of life in a broader perspective. That evokes our own natures of self-reflection, as we contemplate on the seashores of our hearts. This gift of life is a spiritual blend of positivity and divine blessings where kindness and compassion mingle and sprout into heavenly soul flowers that bloom in the paradise of our spirits. Life is an ongoing journey with the never-ceasing wonders that strike us, as each of us travels on diverse roads, pausing to encounter one another and to share the gift of a silent connection flowing from one soul to another in a speechless joy, a joy that brings us together in this spiritual pathway. Love is the very water of this God-gifted life. Let us drink it to satiate our hearts and souls.

May the sacred fountain of life sprinkle all over the garden of humanity, and the lushness will bloom in the perennial, evergreen vegetation! Let us live by the sacred hymns and chants of the indwelling soul. May it bear a song of eternity, a song that sings for all the times and ages from the primordial souls to the ones that have yet to come! Keep the flame of inspiration alive in all the hearts to shine through the darkest of nights, when the night seems too long. Let the holy fire consume you to the core, where you are no longer separate, but one with the divine universal soul.

---

Every hope, every promise, every blessing, every miracle comes with a divine touch. Let not the numerous trials and sorrows of life lose sight of the divinity. Every dawn breaks through with a light of a divine blessing, a new beginning.

---

May we walk this sacred earth in a spirit of love that binds all in the tie of friendship, nexus of golden compassion, a bond of an unspoken tenderness, a mingling of the sacred waters of our hearts! May we become the enlightened beings that gleam with the sacred glimmer of enlightenment! May the profundity of spiritual empowerment can give birth to a morning sun inside of us waiting to shine forth on this universe in all its effulgence! Let the heavenly silence needed to dawn this light onto our spirits, takes us to the roots of all the mystic realization.

May we be at peace with others and ourselves as we find

joy in every wound, a smile that endures the longest tears and a wholeness that shatters the world of distinct separation! Let us be the gardeners of wholeness and place the wreaths of goodness at the altar of this world in the pursuit of true happiness. May the blissful state of eternal happiness be cherished in the deepest of our depths, where happiness is not a moment's pursuit but an eternal mission for the contented fulfillment of this life! Let love be kindled in our hearts, and let us share the flow of it with every soul that we encounter in our lives. Let our hearts be the altar of worship, where we bow in profound gratitude and utmost reverence. Through Almighty, all of the creation was birthed into existence, and through his love, the entire cosmos spins in universal oneness. Let us seek refuge under the expanse of his love, his wings of mercy. May our hearts overflow with his love and compassion, as we embrace him with our complete trust!

Every hope, every promise, every blessing, every miracle comes with a divine touch. Let not the numerous trials and sorrows of life lose sight of the divinity. Every dawn breaks through with a light of a divine blessing, a new beginning.

May that beginning is one of life's best heavenly blessings! In the sanctuary of our hearts, let the prayer bring us in intimacy with God. Let us have hope springing in our hearts, as each day comes with its new miracles. May his divine embrace brim us with wholeness again! May joy bloom like wildflowers amidst the deserts as his holy touch conveys blossoming happiness in the midst of all sorrows!

The Almighty strengthens what is weak in us, mends us when we are in broken spirits, enlightens our darkest spots, heals, and binds us during afflictions and infuses us with hope and peace, and revives whatever happiness has died in us. May we surrender to the divinity of the meaningful vision of love! Let our souls be revived so we can let go of all else that is meaningless and shallow, that which is nothing but superficial and illusory. There stands right, only the symbolizing energy of love, the fountain source of all spiritual visions, the manifestation of the utmost divinity, and an embodiment of the Supreme who gave birth to the fountain of all the creation. May joy spring in the hearts of all the mortals, as it is fostered in the spirit of positive influence, a flow of the divine virtues that keep our souls awakened and alive, bringing a hushing peace in the holy shelter of God's loving wings, his divine embrace! May we bask in silence in the spiritual pilgrimage of our hearts that plays the lute of it, the mellifluous notes of the harp sitting on our souls! We are the bearers of a divine glory inside our souls. We arise from the vast ocean of his immeasurable bliss.

We are the dancing waves that ripple on the ocean of divine waters. Our ripples undulate endlessly through all the times and ages of eternity. From the ocean, we arise, and to the ocean, we are headed. Almighty! Thou art the ocean of commingled bliss. Love is a river of grace flowing unceasingly from the wellspring of divinity. His love makes our soul shimmer, as his divine light gracefully blesses us. We carry the book of a divine knowledge in the serenity of our hearts which speaks of the saga of humanity and how it embraces the diversity of races, nations, yet speaks of one nexus that tied us all, the nexus of love and light which is shed on the humanity as a whole. Every waking breath beholds a thousand miracles in this life. Every holy moment is a divine blessing that rains a sacramental love on our souls. Let us dance in that sacred bliss and nurture the divine indwelling spirit. As we dance in divine ecstasy, this life becomes a holy celebration of blissful compassion and universal love. The essence of our divinity is spread around when we awake our souls to sharing and caring, every time we extend our hearts dipped in the sincerest feelings. Anchor our roots into holy ground, a sacred soil of divinity where holiness blooms the flowers of humanity, and the perfume of soul sway the wayfarers in a thousand smiles. The horizon of love is illumined when we extend our hearts to honor all mankind, all paths, and all people, as the multifarious flowers of diversity, mingle their perfumes into a universal fragrant flower with the perfume of one love and one heart that sways in the blossoms of universal oneness.

---

Let our hearts be a spilling wellspring of the divine inspiration that rejoices in the shared dreams and visions. As we break forth from our own cocoons and transform into multi-hued butterflies of the heart, we flutter with a joy that endures all the passing storms of life and rain richer blessings on this cosmic creation of God.

---

Therein dwells the mystic beauty of all-embracing humanity. May we walk this gentle earth in peace and grace, breathing in love and breathing out gratitude! May the myriad paths converge into a single road of harmony and joy, where enlightenment leads to the doorway of this divine awakening! Love the moments of this journey, as the journey is the wellspring of shared joy, collective consciousness binding all the souls. Be a fountain of loving essence that entwines wonderment with bliss for an enlightened path that honors the myriad diverse paths. May our divine presence bless this world with the all-permeating love of collective consciousness! Live the life guided by your divine purpose that has truth, notes of positivity at its innermost core. Paint this universe with the hues of cosmic consciousness. Let the light of your soul bless your art to be an art of an inspiring soul

message. Uncover the secrets of how to live a blessed life by walking on this gentle earth, rolling on the blades of grass, brushing your cheeks with the swaying floral blossoms, wondering at the penetrating sunrise and the melting sunset with a radiating glow.

These are the sacred weavings of Gods' blissful creations. Living amidst their soul, soaking beauties guides us to the gateway to the art of living, an art which opens a land of beautiful portals to the unfolding of our souls. Live your life as a piece of art, an art that etches it's he sky of zone's horizons existence, as it colors the inner landscape of our cosmic that. As we honor the travelers of diverse faiths and philosophies on this journey, we infuse our life with a universal oneness, a holy song of the ecstatic experience that flows from our hearts and overflows with joy on all the other cosmic earth souls.

Let our hearts be a spilling wellspring of the divine inspiration that rejoices in the shared dreams and visions. As we break forth from our own cocoons and transform into multi-hued butterflies of the heart, we flutter with a joy that endures all the passing storms of life and rain richer blessings on this cosmic creation of God. May we thrive in the splendor of glory that sets our paths to the happiness as we set our footprints on the washing sands of times! The love that we share with thriving happiness gently inscribes our footprints on the sands of eternity with a joy that spreads all over the sandy beaches of our hearts. May the waves of a dancing cosmic love gently bow to those engraved notes of love on the seashores of our souls! May we walk and touch this Mother earth with reverent gratitude as we kiss every beauty of it manifested as God's eternal signature!



**Jayita Bhattacharjee** was born in Calcutta, India and later on pursued education from University of Houston in Economics, she had chosen her career as a trustee and teacher. Her Indian residence is in the vicinity of the famous Belurmath. Currently, she is settled in Tampa, Florida. Her

love for writing on a journey of heart and soul was hidden all within. Looking at the moments captured in love and pain, joy and grief, the hidden tragedies of life...it was a calling of her soul to write. Her books "*The Ecstatic Dance of Life*", "*Sacred Sanctuary*", "*Light of Consciousness*", "*Dewdrops of Compassion*" are meant to shed light on what guides a person to respond to the mystical voice hidden inside, to soar in a boundless expansion with the limitless freedom of spirit. "It is in the deepest joy that I write with every breath of mine."





“Truly a must have for anyone on a self-discovery journey!”

Use Promo Code **WORTHY15** for 15% off on [sheworth.org](http://sheworth.org)

“A book that will help me create my own destiny and enable reflection of my journey.”

**The SheWorth Journal**  
*By Kim Mueller, M.Sc*  
**Sold in 7 Countries**  
**\* 5-Star Reviews \***

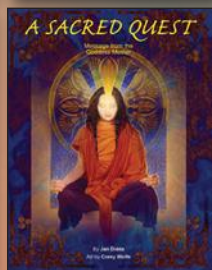
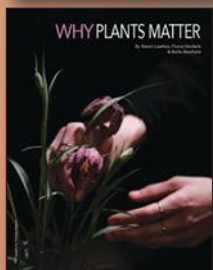
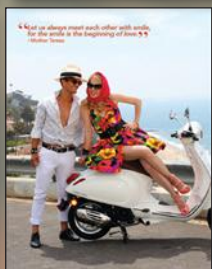
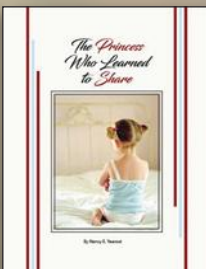
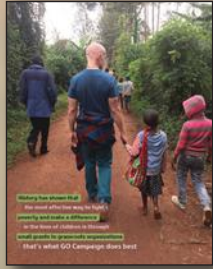
**A journal to support women’s mental health and ultimate sense of self-worth with the science behind how to live in their worthiness and grow stronger.**

To learn more and purchase go to [www.sheworth.org](http://www.sheworth.org)





# Thank you for 10 Years Supporting us







Joaquin Phoenix • Chicken • iStock.com/Abramova\_Kseniya

# WE ARE **ALL** ANIMALS

End speciesism. Live vegan. | Joaquin Phoenix, for **PETA**

Prepared by MagCloud for Paulette Dozier. Get more at [maryam8.magcloud.com](http://maryam8.magcloud.com).