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Return to Reverence



OUR SOULS are craving something. A sense of the sacred has been lost in our society. It is time for a return to reverence.

The mystics and the ancients spoke the language of the soul as part of daily vocabulary. In her book *Entering the Castle* Caroline Myss says, “(There are) words that belong to the soul. We have dismissed or retired much of the soul’s vocabulary, putting our souls under a gag order. Words such as *miracle*, *grace*, and *prayer* are part of a sacred, potent, alchemical language that awakens the soul.”

Much of the language used in our culture today is informal at best, which reflects our general attitude of engagement with each other. Other languages and traditions honor the sacred in everyday interactions. In Arabic there’s an expression of gratitude that holds a sacred vibration, “Alhamdulillah.” It translates to mean “Praise to God,” which is a much deeper way of saying “Thank you” than our standard response. The Indian greeting “Namaste” means “I bow to the divinity that resides within you.” With every coming and going the soul in each party is affirmed. Can you imagine if we all started greeting each other this way? Surely, changing our language to convey more honoring of one another and the deepest part of us, our souls, would be a step in the direction of peace.

There was a time when humanity held an attitude of *Take off your shoes, you are on holy ground*. Today, how often do we find ourselves in a space where it can be felt in the air that those around us are contemplating that same sense of reverence? Hardly ever. So how do we begin to cultivate a sense of the sacred?

Gary Zukav explores the concept of reverence in his book *Seat of the Soul*. “Reverence is engaging in a form and a depth of contact with Life that is well beyond the shell of form and into essence. It is contact with the interior of beingness. Reverence is an attitude of honoring Life. Whether a person is reverent depends essentially upon whether he or she accepts the principle of the sacredness of Life. Reverence is not respect. Respect is judgment. Reverence is perception, but it is a holy perception.”

Reverence is all about perception. We can not wait for external circumstances to qualify as worthy of our reverence. We must first establish a solid relationship with the divine truth that we are sacred beings living a sacred existence. Once that deep knowingness is in place, opportunities to experience reverence wait around every corner.

There are several keys that can open the door to an inner-sense of reverence. I call them the Big 4: Creativity, Gratitude, Silence and Presence.

Creativity: When we are in the presence of genius, our own creativity or the expression of someone else’s, a doorway is open to the miraculous. Whether it’s writing, painting, dancing, singing, etc, when the Hand of Creativity moves, we are no less than in the presence of the Divine. Wondrous electricity shoots through the core of our being when we are hit with creative inspiration. The same goes for when we witness someone else’s expression of the Divine. Music can move us into a state of reverence. Beautiful artwork can take our breath away. Watching two dancers move as if they are lost in another dimension can bring tears to our eyes.

Take off your shoes, you are on holy ground.

Gratitude: Nothing can cause us to fall on our knees quicker than an intense feeling of gratitude. A wonderful young woman I know, Amy, is a cancer survivor. As a result of her treatments, she lost her hair. She’s been cancer-free for almost a year and her hair is slowly growing back. I ran into her recently and she said, in a reverent whisper, “Tara, look how long my hair is getting.” How many of us experience the sense of gratitude about our hair that Amy experiences? She went on to say, “I’m not going to cut it for a while. I’m going to let it get long enough to donate it to Locks of Love.” *Take off your shoes.*

Silence: When we are silent, a space opens that allows us to connect with the very source of life, which is the object of our reverence. Eckert Tolle says, “Stillness is the language God speaks, everything else is a bad translation.” And Caroline Myss says, “That craving for silence, that desire to be alone and quiet for even a few minutes, is a soul need. Your mind may need quiet, but your soul craves silence. God fills the soul with a sense of silence beyond quiet, beyond peace.” *Take off your shoes.*

Presence: This key is a prerequisite for all the others. Whether soaking up the beauty and brilliance of creative expression, feeling a deep sense of gratitude, or swimming in the sacred pool of silence, it’s essential to be present. Bringing a sense of presence to everything we do, enhances even the most mundane tasks. God can be found everywhere. A case for reverence can be made in all situations, but we have to be present to find the evidence. In Deepak Chopra’s book *The Way of the Wizard*, Merlin says to Arthur, “If you could really see that tree over there, you’d be so astounded you’d fall over. But, I can all but hear your mind groaning, ‘Oh, that old thing again,’ as you rush past.” When we are present with the interior beingness of a person or thing, when we seek to experience life through this holy perception called reverence, we will be so astounded by what we find that we could fall over in awe. Eckhart Tolle says this about being present, “When you take your attention into the present moment, a certain alertness arises, you become more conscious of what’s around you. But, also, strangely, it’s hard to talk about but I will, a sense of presence arises both within and without. We could call that a Divine Presence.” *Take off your shoes, you are on holy ground.*

We’re honoring the sacredness of women in this issue and the return of reverence for the beautiful feminine qualities which hold the fabric of our world together. The next issue marks our 10 year anniversary. In June we’ll be throwing a party to celebrate and everyone’s invited. As part of the event we’ll be presenting the Voices of Women award. This award acknowledges outstanding achievement in personal growth and transformation. This is the greatest act of service, for *as we change ourselves, we change the world*. Please submit your story about “rising from the ashes,” overcoming a fear, addiction, depression, etc, for consideration to info@wholelivingjournal.com.

Alhamdulillah and Namaste,

Tara

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SPIRITUAL SPOTLIGHT

MICHELLE CHRISTINE GARZA

One of our favorite-favorites is in town! **Michelle Christine Garza**, a talented singer/songwriter/storyteller and healer whose music is featured regularly on *Waves of a New Age* radio show, is in Cincinnati for a limited time. Michelle is a certified Reiki, EPT and Ashtanga Yoga facilitator/instructor. She is thrilled



to be in the Cincinnati area after her recent "Gratitude Tour" in Europe. Inspired by the success of her tour, which was completely donation-based, Michelle says, "I'm resolved to continue studying this way of being, in the hopes of cultivating a deeper and more honest sense of community and self. My vision is to grow toward a 'Gift Economy' lifestyle and live from a place of gratitude and giving and complete trust in the reciprocity of Life." Michelle is offering two events in March (one of which is donation-based kirtan) at Elemental Om (www.elementalom.com) in Montgomery, as well as ongoing group and individual sharings and sessions. Visit www.RadiantHeartRevolution.com for details and to learn more about the growing "Gift Economy" trend. If you are interested in having Michelle come to your place of work, school, or studio to sing, stretch, shift or inspire, please contact her via email at: radiantheartrevolution@gmail.com. Don't miss the opportunity to meet Michelle in person and experience the beauty, power and magic of her presence, her message, and her voice.



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Reader Feedback

"I've been trying to branch off into new things and read your column (Letter from the Editor, JanFeb '13) in the latest WLJ and was inspired to write. Not yet have those thoughts on social media really been articulated that way, about the decision to, or not to, have a Facebook (page). It was good to see, because I have that same dilemma...not having a Facebook and being multifaceted, how Facebook is not so conducive to that...I still do not have one. Just some thoughts on your interesting piece!"

Sean Ryan
Fairfield, OH



Grailville

Sustaining the Spirit

by Joy France

GRAILVILLE, a retreat and program center located in Loveland, sits on 350 acres of Ohio farmland that gives one the sense of being set apart. People often comment on the deep sense of comfort and peace they feel at Grailville. This is in contrast to our modern lives which can become full to the breaking point. Time is needed to strengthen our spiritual core. Without a sense of place and a belief in the goodness of the world, we can easily become bitter and knocked off course. In order to stay connected to the most important parts of ourselves and our lives we need a place to contemplate the design of our hearts and our relationship to the Divine. Grailville has been blessed by the many hands and hearts that have set themselves about the work of prayer and meditation in the buildings and on the land. Grailville supports others in contributing creative energy toward a better and more beautiful world.

Grailville has long been a place of women coming together to deepen their faiths. Grailville's history and tradition come from Catholic roots and has expanded into an interfaith journey. Grailville provides a place of spiritual solace for all women. In 1921, twelve young Dutch women were inspired to ignite the spiritual life of women in order to transform the world. With this group of radical young Dutch women The Grail was born. The Grail continues to own and operate Grailville.

During the season of spring, the natural world begins to show signs of new life unfolding before our eyes. Tend to your heart and join in this natural order of awakening. Spend a day wandering Grailville's trails and outdoor labyrinth. The Day of Quiet series is designed to create an environment of quiet prayer and reflection. During the day a simple contemplative framework is provided with plenty of self-directed time for

hiking, journaling or quiet meditation. Coming Together in Spirit and Song: A Women's Singing Retreat will also be offered this spring. This will be a day of simple songs, round and chants using our voices as tools of discovery and celebration. Aroma Yoga is perfect for those interested in yoga. Spend an April morning in meditation supported and enhanced by the use of essential oils. Liturgical expression has been part of the fabric of Grailville culture since its



The Day of Quiet at Grailville

beginning. Every year the community comes together to celebrate Holy Week and Easter.

Grailville provides many opportunities for deepening one's spiritual path and sustaining one's spirit. The programs offered are designed to help you on your journey. The first step is to create space and time. Register for one or more of the programs, like the above mentioned or the many more featured on the website at www.grailville.org. Or come to the Grailville Welcome Center which offers fair trade items from around the world or take some time for yourself in the Cofehouse to make a cup of tea or coffee

and look through the program calendar to find a retreat or program that fits your needs. The spiritual roots and agrarian surroundings make Grailville a perfect place to tend the seeds of inner life. You are invited to participate in the continuing work.

For more information about Grailville and the programs offered please visit www.grailville.org or call 513.683.2340.

About the author:
Joy France, Senior Program Associate, is a Grail Member, O'Bannon Creek Native, and a Grailville Staff Member



since 2001. She lives next door to Grailville with her husband Steve and daughter Eva. As often as she can, she heads down the hill to be a potter at Whistle Stop Clayworks and she loves to talk about her chickens to anyone who finds them as amusing as she does.

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Yoga

Connecting Mind, Body & Spirit

by Linda Martin & Fran Keogh



DO YOU FEEL the global energy shifting? A growing consciousness of the need and desire for more balance, more connection? It is happening all around us and within us. With this perception, seekers are looking for pathways toward emotional and spiritual development. One approach is through the ancient wisdom of yoga.

Dedicated to the union of mind, body and spirit, the practices of yoga are aimed at achieving balance and tranquility for health, peace and harmony within and without. While many people today think of yoga primarily as a physical practice, the asanas (postures) comprise only one of eight limbs of Yoga. Other limbs include aspects of ethics, devotion to the divine or higher power, breath exercises for control of prana (life force), concentration and contemplation.

A recent trend toward hot yoga and power yoga focuses on fitness, which may overlook some benefits beyond physical health, such as sustenance of the spirit, opening of the heart, and equilibrium of the mind. One could miss out on some of the greater values of a tradition that include pranayama (breathing exercises) and meditation. A quieter, deeper practice can guide one to that sense of balance and connection which is stirring in the world.

For those looking for fitness alone, the faster paced types of yoga might suffice. But for those who wish to enhance their perceptions of the world, grow in spiritual awareness, and em-

brace the connectedness of body and mind, other approaches could prove more satisfying. T'ai Chi, Zen meditation, and other modalities also provide roads to personal and spiritual development. Disciplines such as these examine our perceptions and provide practical tools which can guide us toward more productive and compassionate lives. A kinder world may evolve along the way.

If this sounds serious and a little complex, consider the sense of freedom and joy that a consistent practice brings to a person. There are many doorways to different modes of physical and spiritual work – dancing, massage, therapeutic touch, EPT, shamanic traditions, and many more methods of exploration of self and the universe. One size does not fit all. The objective remains the same: to know ourselves in all our many facets better, to accept our fellow humans in all their many aspects, to respect the natural world and all its inhabitants, and to deepen our sense of connection to the greater whole of existence.

There is a rumbling around the world, a hum, a yearning. Perhaps it is the beginning of a new sort of human being who is evolving with the growing body of knowledge available to us. It behooves all of us to use the abilities we have to grow. It is human nature to do so. Change is certain. It is up to each of us to decide what sort of change we desire and then to seek the tools we need to make those changes happen. Yoga allows each one of us to begin. Along the way, we learn yoga is one path within the many.

About the author: Linda Martin and Fran Keogh are yoga and workshop teachers at Blyss Yoga Studio in Old Milford. Linda Bennett Martin is a 200 hr. RYT with years of experience in multiple movement disciplines including dance, movement analysis, and T'ai Chi Chuan. Fran Keogh is a 200 hr. RYT, Laughter Yoga leader, Feminine Wisdom workshop facilitator, and Health Coach in training with the Institute for Integrative Nutrition. They can be contacted at 513.516.7366. For more information about the many offerings at Blyss Yoga Studio please visit www.blyssyogastudio.com.

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Using Intuition to Guide Healing Work

by Doris Schnetzer, M.A.

AS A PERSON STEPS onto the path of discovering he or she is a healer, it quickly becomes evident that the way is not always smooth and pebble-free. How can someone who is called to do healing work use intuition to illuminate the way? Three healers share their insights about the role of intuition in their practices.

With a home base in Northern Kentucky, Laura Pieratt is an intuitive healer, channel, and sound alchemist. Her gift is speaking the Language of Light. When this language is first heard, it can feel as if one is suddenly transported to a foreign country. Or perhaps in some recess of the brain, it actually feels as if it is known from a different lifetime or place. Ultimately, this language speaks to the soul and assists people in removing blocks and creating new patterns in their lives.

Pieratt says, "It took me years to finally find people and information to understand what I was doing. I'm just grateful I allowed

the process to unfold in those years, even without understanding it, instead of turning it off in fear as so many do." In her group of healers, she says, "I was the 'strange one' since my channeled healing was so dynamic and the Language of Light...was so strange. I even had people caution me to only do what I had been trained to do thus far in reiki and healing touch since I had no idea who or what I was channeling intuitively."

Fortunately, an advanced medical intuitive and psychic medium helped Laura understand what she was doing. Pieratt says, "I wonder how many other people out there are fearful and doubting, and therefore blocking their gifts, holding the idea that a formal, taught technique you learn in a seminar is necessary to be 'doing it right.'" She emphasizes the importance that healers also follow their own internal guidance as they work with clients, because, after all, each client is unique.

Frans Stiene resides in Sydney, Australia, and teaches Usui Reiki Ryoho with a focus on the spiritual teachings of Mikao Usui. He teaches in Cincinnati once a year. Stiene explains the role of intuition in his work this way, "When I perform hands on healing, the body/mind/energy of the client shows me where and how to place my hands - which you could call intuition. Intuition can be used in any circumstance - when we teach, our daily lives, and more." He teaches "standard" hand positions in Shoden Level I and says, "These are a platform for students to work from. If we perform exactly the same hand positions on each person we do not see the uniqueness of each individual."

Chuck Prasek lives in Anderson Township and is also a Reiki Master Teacher. "During my healing work, I first have to get very quiet before I begin to notice or communicate with my intuition. The biggest thing for me is to let go of any pre-conceived ideas of what the client needs or what is actually challenging them. When I get a communication from intuition, which I hear as a voice, and many times as a movement of my hands when doing hands-on work, I just try not to question it. So, the biggest thing is to get very quiet and then do what the voice or my hands tell me to do."

Whether a healer activates the use of intuition combined with aromatherapy, reflexology, sound therapies, healing touch, or reiki, to name only a few healing practices, the path may widen in ways never anticipated. Cultivating one's intuition benefits those who facilitate healing and the unique individuals they serve.

About the author: Doris Schnetzer is certified in Reiki IIIA and Quantum Touch Level I. She also likes to write, paint, dance, and learn about the medicinal and culinary uses of herbs.




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Tao *in* Oriental Medicine

by Carol Wentz Randaci

*Although differently named,
Nothingness (spiritual realm) and Beingness (material realm)
are one indivisible whole.*

This truth is so subtle.

As the ultimate subtlety, it is the Gate of All Wonders.

(From *The Complete Works of Lao Tzu* by Hua-Ching Ni)

TAO IS AN UNSOLVABLE MYSTERY. *Tao* denotes something that is both the source and the driving force behind everything that exists. Tao is not a thing or a substance in the conventional sense. It cannot be perceived but it can be observed in the functioning of the world. Although it gives rise to all being, it does not itself have being. Although the concept of Tao is hard to envision it can be thought of as the *flow of the universe*, an essence or pattern that keeps the universe balanced and ordered. Oriental Medicine follows the principles of Tao.

During thousands of years of observation, and long before modern technology, Oriental Medicine was created as a result of people watching the way in which nature functions. OM (oriental medicine) is a broad sweeping philosophical assessment of the manifestation of Tao as it unfolds as the form of the world. The practitioners turned to nature as their teacher. They observed the patterns of form in nature to see the Tao. They were alchemists, farmers, musicians, writers, artists, peasants, scholars and parents usually all rolled into one. They observed the patterns of the skies, the patterns of the seasons, the patterns of emotions... every pattern of existence. They saw that the same patterns of birth, growth and death were in everything. They assembled their medicine on the principles of Tao, as all ancient cultures did.

OM was not about helping someone get well once they felt ill, although it could and did. It was about how best to function in the world. The holistic art and science of Oriental Medicine was originated to be a gateway into these subtle energies allowing for spiritual breakthroughs, for correct living, for optimal performance. It was a mystical journey and as one walked the path of the mystic he or she would be taught how best to live. Part of walking the path meant you were called to create health for yourself since you understood the principles of how to be in this world. The ancients applied the principle of Tao in understanding the functioning of the body just as it was applied to the functioning of the universe. Their medicine came out of self-preservation. Oriental Medicine was a way of life that created health rather than just reacting to illness.

Over time the spiritual aspect of medicine has been put aside for evidence-based medicine as presented by the biochemical medicine model used today. But originally the art of medicine had a two-fold role. It was created to serve the material needs of health, physical growth and preservation while using these same skills to strengthen the connection to the spiritual nature of existence. Bringing these two realms together is the mystical pathway of Oriental Medicine. The key lies in not separating the physical and the spiritual, the seen and the unseen. We are not to deny one aspect of ourselves simply to strengthen the other. Strength comes in the wholeness of life, the balance of the two, the way of Tao in medicine. OM (oriental medicine) is far beyond the familiar modality of acupuncture, it has many pathways to health and is a manifestation of Tao.

About the author: Carol Wentz Randaci is a board certified Acupuncturist, Energy Therapist, Naturopath and Doctor of Oriental Medicine (FL). With a background in Classical, Five Elements and TCM along with Past Lives Resolution, Medical Qigong, Raja Yoga Transmission, Flower Essence and Essential Oil Therapy, Sound Healing Therapy, Shamanic Healing Method and Homeopathy, Carol can address a wider array of conditions from chronic pain to mental challenges and spiritual crises. This is what true Holistic Medicine is about; using what is needed to help people move into all aspects of health. Carol is in practice at WholeCare in Blue Ash, 4434 Carver Woods and can be reached at 513.286.8660 or by email at DrCWRandaci@gmail.com.



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April 9 - Marc Lesser (*Know Yourself, Forget Yourself*)

April 23 - Sage Woman (Shamanic Priestess, Spiritual Counselor)

April 30 - Don Miguel Ruiz (*The Four Agreements*)

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Life Scripts

It's not a play, it's your

Future

by Pastor Brian Eastman



PERHAPS YOU KNOW a person like this:

Stephanie's life careens from one crisis to another. New romances come, build, then bust. Unemployment becomes great job, becomes job with problems, becomes no job. Checks get lost in the mail. Cars break. Stephanie often says, "Bad luck is all I seem to have!" When a calamity occurs, Stephanie explains, "I always try to do my best but it doesn't work out."

Stephanie doesn't know it, but with such statements foretelling what her future is going to look like, she is displaying part of her life script.

Shakespeare wrote, "All the world's a stage and all the men and women merely players." Here's the rest of the concept: *If you don't like the life you are playing - you can rewrite the rest of the play.*

Life Script - What Is It?

"Life script is [a] major theoretical concept within transactional analysis. Basically, life script is the idea that we tend to have an unconscious life plan - like a story - that we make up as children about ourselves and our lives, which we tend to keep to and follow even when we are adults. In other words, a Life Script is a personal life plan developed under parental, familial, social, cultural and religious pressure. It is mostly complete by the age of seven." (www.Relationships-explained.com/pages/Life-script.html)

Each script is composed of specific elements called Beliefs. Each Belief is one line of the overall script. Stephanie's explanations above reflect these broader Belief statements:

- "I expect the worst to happen."
- "Life is a struggle that I never win."

Both of those are negative, dis-empowering Beliefs which contribute to an overall Negative-Results Life Script.

Here are some other negative Beliefs which I often hear from my clients:

- It's all my fault.
- I will always be a failure.
- I never have the money I need.

How to Change a Life Script for the Better

Consider how Stephanie's life will change when she adopts a script with "I expect the best to happen," and "Life's Abundance comes easily to me."

While several healing modalities such as Psychological Kinesiology and hypnotherapy can help a person modify their script, I am happiest to use the LIIFT process (Life Improvement Internal-Focus Technique) because of its speed and breadth of

coverage. The LIIFT process changes a negative Belief statement the same way a computer programmer de-bugs software: replaces bad code with good, then makes sure the new code works. So, with LIIFT, a client can re-write sometimes as much as eight negative Beliefs in a single healing session.

How to discover one's own Life Script and Beliefs

The process can be simple, at least at the start. Just take a look at life so far. What are the recurring types of events? Relationship disappointments? Coincidences that lead to positive outcomes? Frequent explosions of high drama? Success followed quickly by failure?

More generally, do you feel special or unwanted? Are you expecting good things to happen or are you waiting for the next shoe to drop? Has your life been filled with trauma or joy? What are your catch-phrases about life?

Whatever answers you uncover, use them to help you understand your personal Life Script. Then you can decide what parts you are going to rewrite for the better.

About the author: Pastor Brian Eastman has served as a healer for over 25 years. He welcomes clients seeking healing. He trains others in LIIFT during a weekly practicum where students learn while healing and being healed, too. The LIIFT healing process builds on concepts found in Transactional Analysis, Shamanic Healing, the Essential work of Ihnna Han, NEAT, Psychological Kinesiology, Reichian work. The process expands the work of Goodhart, Theune, Van Allen, Chanin and others. For additional information on training contact Lisa.G@LIIFT.info or call 513.708.0563. For information on healing sessions contact Pastor Eastman at brian.eastman@liift.info or 513.541.1257.



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Nutrition and Recipes

from the kitchen of **The Healthy Foodies**

by Pama Mitchell and Mary Ann Barnes, MD

WHY ARE WE BECOMING GLUTEN INTOLERANT?

CELIAC DISEASE CAUSES chronic abdominal pain, intestinal disturbances, malnutrition and rashes, affecting about one percent of the population. It results from an allergy to the protein component of wheat, gluten, which gives our breads and dough their characteristic springiness.

But now it seems that a larger portion of the population may not have all the hallmarks of celiac, but may have a milder form of the intolerance, causing inflammation. This intolerance can contribute to chronic conditions such as arthritis, inflammatory bowel disease, and maybe even dementia.

Why would we become intolerant to a grain that has been consumed for the past ten thousand years?

The answer may surprise you: Genetically Modified Crops (GMO). Wheat may well have been our first, real GMO experiment.

Over the past century, farmers and producers have bred wheat that has larger grain, increasing production and yields. One result of this genetic selection and manipulation is the alteration of proteins in the grain kernel into larger particles. And these mutations may cause allergic or inflammatory disease in some people.

The clinical significance of this milder form of disease, gluten intolerance, has yet to be established with certainty. However, if you suffer from chronic arthritis or bowel disease, it may be worth a try to go gluten-free.

Recipe: Gluten-Free Brownies

(Serves 8-10)

Ingredients:

¼ c cocoa	1 12-oz package semi-sweet chocolate chips, divided
4 T cornstarch	
1 c brown sugar	
¼ c brown rice flour	3 T milk
¼ t baking soda	½ c chopped pecans
7 T buttery spread with plant sterols (for example, SmartBalance or Benecol), divided	
1 t vanilla	
3 high omega-3 eggs, beaten	



Instructions:

Preheat oven to 325 degrees. Coat a 9-inch square baking dish with cooking spray. Combine first 5 ingredients in a medium bowl, mix well. Add 6 tablespoons buttery spread, vanilla and eggs, stir just until the dry ingredients are well moistened. Fold in ½ of chocolate chips. Spoon into prepared pan and bake for 25 – 30 minutes, or until brownie is puffed up all over and

a toothpick inserted into the center comes out moist but clean. Cool completely. Combine remaining 1 tablespoon buttery spread, ½ package of chips and milk in a small bowl and microwave on high for 1 minute. Stir vigorously until well combined. Pour over cooled brownies. Sprinkle pecan pieces, pressing them in slightly, and cut into squares.

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CONSIDERING GOING VEGAN?

Some people report an end to chronic health problems after they eliminate all animal products from their diets – from improvements in asthma and arthritis to an end to digestive distress and acne on the skin. When a diet is restricted to vegetables, fruit, grains, plant-based oils, nuts, beans and soy products, saturated fat and most dietary cholesterol are eliminated. Although a plant-based diet contains more of certain vitamins, minerals and antioxidants than a diet comprised of meat, poultry, fish and dairy products, one could become deficient in other minerals (such as iron and calcium) and consume too little protein.

A full-time vegan diet can be challenging, so if you're making that transition, be sure to do so with some guidance. Such information can be found online like the "starter kit" at the PETA website (<http://features.peta.org/VegetarianStarterKit/>). Or just make a couple of vegan dinners a week – such as this quinoa and spinach dish -- and see how you and your family like it.



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"Whole Living Journal"

Recipe: Quinoa with Spinach, Beans and Avocado (Serves 4)

Ingredients:

- 1 c quinoa (may substitute brown rice, couscous or other grain)
- 2 c salted water
- 2 c fresh spinach, rinsed and torn into bite-size pieces
- 1 c shredded carrot
- 1 c canned beans, rinsed and drained (such as kidney beans, black beans or black-eyed peas)
- Salt, pepper and garlic powder, to taste
- 3 T olive oil, or more if desired
- Juice of one-half lime
- 3 T pine nuts, toasted
- 1 or one-half avocado, cut into bite-size chunks



Instructions:

Cook the quinoa in the salted water until all the liquid is absorbed. Meanwhile, place spinach and carrots in a large mixing bowl. When quinoa is done, add to spinach mixture and toss well to wilt the spinach. Mix in beans, seasonings, olive oil and lemon juice. Spoon into a serving bowl and top with pine nuts and avocado.

About the Healthy Foodies: Pama Mitchell (right) is a journalist and associate professor of communication and journalism at the University of Cincinnati. Mary Ann Barnes, M.D., practices family and complementary medicine, and teaches nutrition, at St. Elizabeth Family Practice Center in Edgewood, KY. Please visit www.healthyfoodie.com and Pama's blog at www.healthyfoodies.blogspot.com.



Connecting with the Goddess Within

by Sage Woman



Triple Goddess (Tripchych) by C. Pic Michel

AS WE MOVE INTO the age of the divine feminine, it is time to slow down and balance all the doing and simply learn to be. Being in the state of now, the present, the gift of all that truly is, only existing in the moment. Easier said than done? Not really, like everything it is simply a choice. A decision to take the 24 hours we are given every day and live each of those hours connecting to our Goddess source. We all have the tools within us to co-create the lives we truly desire to live on earth. We can be the source of bringing heaven to earth while “doing” all the things we must to create the lives we desire.

In working with each of our 7 Goddess Archetypes, we can connect to the seven essential aspects of life: security, creativity, personal power, unconditional love, truth, trust and joy. Within every human experience is the opportunity for spiritual growth. As we tap into our intuitions and listen to our higher voices we will learn to greet each moment with awe and anticipation, instead of fear and doubt, and our responses will come only from love, never from fear.

As we connect to each of the goddess

archetypes within through prayer, meditation, affirmations, dance, drumming, music and anything else that brings us closer to the divine, we will experience the magic of each energy center as it comes alive.

Warrior Queen Goddess, Goddess Kali, represents security. When we are present and celebrate our connection to mother earth we become grounded. Goddess Kali brings her fire to our lives when we are feeling fragile or our self-confidence is being tested. Remember to be true to yourself, for you are your only true security.

Goddess Ishtar is our Magical Muse. She is our link to creativity. Learning to live our dreams, co-creating infinite abundance and emotional flow. This is our time to be playful and in our feminine power. Call on Goddess Ishtar when you need an inspirational boost.

Daring Diva Goddess Persephone. This is where we learn to master difficult situations and listen to our gut instincts. When we're proud of ourselves and our actions, knowing that we have used our power for the highest good.

Primordial Mother Goddess Kwan Yin is our heart center. Characterized by unconditional love, utilizing compassion and forgiveness to keep the balance between heaven and earth. When we begin to be in the present, we begin to truly be aware of the moment so we automatically choose love over fear.

The Natural Healer, Goddess Athena. When we speak our truth with clarity and vision we tap into the flow of grace. The greatest thing we can do is to learn to use our voices for only uplifting and empowering ourselves and others. This includes our thoughts. Being the masters

over our minds, we become healed, we become whole.

Our Sacred Sage Goddess Isis. The essence of trust, which is faith, is to be fearless. To see the big picture, clearly knowing what is right for us and to act in honor of our inner wisdom and intuition, knowing we have all the answers to all our questions within us.

Lastly, High Priestess Goddess Nuit. Joy and bliss, the connection to our higher self, Spirit and God/Goddess, this is where we open ourselves to our divine purpose with gratitude, generosity and dignity.

Begin to tap into your goddess power centers and use each amazing energy source to be a reflection of your true Goddess-self in this world. Our sole purpose during this earthly visit is to attain self-love first and then simply be that love. Remember the spiritual gifts you came to earth with and use each experience to bring those gifts to the surface to be shared. It is simply your choice how to express your divinity each and every moment of the day. Be the light! Namaste.

(Note: Tara L. Robinson will interview Sage Woman on Tuesday, April 23rd, 3-5pm on WAIF 88.3FM or www.waif883.org.)

*About the author:
Ordained minister and
shamanic priestess
Sage Woman is
spiritual counselor and
motivational speaker.*



She is an intuitive and facilitates goddess chakra gatherings. It is her joy to share her gifts to help others discover theirs. She can be reached at 513.490.4693 or kimberly@nvmodels.com.

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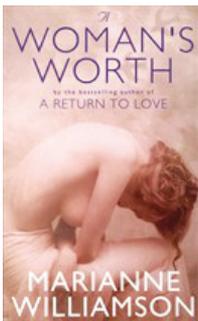
Marianne Williamson Honors Sacred Feminine in *A Woman's Worth*

Marianne Williamson, an internationally acclaimed spiritual author and lecturer, honors the divine and sacred feminine in her book *A Woman's Worth*. Released in 1993, Williamson turns her charismatic voice—



and the same empowering, spiritually enlightening wisdom that energized her landmark work *A Return to Love*—to exploring the crucial role of women in the world today. Cutting across class, race, religion, and gender, *A Woman's Worth* speaks powerfully and persuasively to a generation in need of healing, and in search of harmony.

She writes, "There is holiness in the air today; modern priestesses are appearing all over...You can tell who we are: We use whatever our business is as a front for talking about things that really matter...You knew when you were little that you were born for something special and no matter what happened to you, that couldn't be erased. The magic could not be drained from your heart...Sorry to tell you, but you had it right years ago, and then you forgot. You were born with a mystical purpose...It's a woman's prerogative to know of magic, and to practice magic, and to use her knowledge to help the world...Our power is not evil but good. We must reclaim our goodness as well as our power... The actualized woman is powerful unto herself and gives birth to things divine. Today we have the chance to give birth to a healed and transformed world...Nothing can be healed without the female powers that nurture and protect, intuit and endure... We're tired—tired of pretending we are guilty when we know we're innocent, that we're plain when we know we're beautiful, and that we're weak when we know we're strong...It doesn't matter who doesn't change when enough people do...When an idea reaches critical mass, there is no stopping the shift its presence induces." (Note: Tara L. Robinson will interview Marianne on Tuesday, March 5th, 3-5pm on WAIF 88.3FM or www.waif883.org.)



and to use her knowledge to help the world...Our power is not evil but good. We must reclaim our goodness as well as our power... The actualized woman is powerful unto herself and gives birth to things divine. Today we have the chance to give birth to a healed and transformed world...Nothing can be healed without the female powers that nurture and protect, intuit and endure... We're tired—tired of pretending we are guilty when we know we're innocent, that we're plain when we know we're beautiful, and that we're weak when we know we're strong...It doesn't matter who doesn't change when enough people do...When an idea reaches critical mass, there is no stopping the shift its presence induces." (Note: Tara L. Robinson will interview Marianne on Tuesday, March 5th, 3-5pm on WAIF 88.3FM or www.waif883.org.)

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Increase Your Energy Naturally

Herbs 'n Such, by Mimi Tagher

WITH SPRING COMES warm weather and for many the desire to get outdoors and/or exercise, but it can be difficult to shake the winter dreariness from our bodies. We're used to lower energy levels and hunkering down inside. Nature tells us to follow the energy dynamics of the seasons - hibernate in the winter and revive your energy and come back to life in the spring. There should be a special push and upsurge of energy especially after the Spring Equinox to get going, to be active and to move forward into the longer days while we have more available light. If your energy seems to be missing, join countless others who are discovering the value of herbal supplements to boost energy and increase vitality.

Plant-based herbs that have medicinal and energy promoting properties have been recognized by indigenous peoples for countless generations. Try utilizing the wisdom of the ancients to boost your energy with some of the following herbs and supplements:

Ginseng: Asian ginseng, or Panax ginseng, has been utilized to boost energy and fight fatigue for centuries in many Asian countries. Asian ginseng is frequently used for work efficiency, physical stamina and athletic endurance.

Astragalus: Astragalus is a Chinese herb that has antioxidant, antibacterial and anti-inflammatory properties that can support the immune system, combat fatigue and boost energy. Astragalus is especially effective at combating fatigue associated with chronic asthma.

Schisandra: Schisandra has been studied and found to have properties that improve energy and well-being. Schisandra

helps to reduce fatigue, improve endurance, improve work performance and build strength. It is a useful herb for those who need high levels of energy, such as athletes.

Rhodiola: Rhodiola root historically has been used in traditional herbal medicine to combat fatigue, depression, sexual dysfunction and infections. More recently, rhodiola has shown to be effective for improving cognition, boosting the immune system, enhancing athletic performance and even promoting weight loss.

Eleuthero: Eleuthero, known as an adaptogenic herb, regulates the activity of the adrenal cortex in response to stress. It stimulates the immune system, and is especially beneficial for supporting a healthy mood and mental alertness. It is also extremely beneficial as a training aid for athletes.

Gotu Kola: Gotu Kola is an herb from India used in Ayurvedic medicine to rejuvenate and replenish your body after physical exertion. It is claimed to be a useful remedy for naturally strengthening and building muscle tissue.

Ashwagandha: Ashwagandha, another Ayurvedic herb, is considered a rejuvenating tonic capable of boosting energy levels. Ashwagandha is often consumed as a tea and recommended for increased endurance, sexual stamina and anti-inflammatory effects.

About the author: Mimi Tagher, LAc, LMT is nationally board certified in acupuncture, Chinese herbology and Oriental Medicine. She practices at Synergy Holistic Health Center in Florence, Ky., and in Blue Ash. 859.525.5000, www.synergyholistichealth.com.



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Ancient Traditions

Spring Equinox



Intuitive Insights, by Francine Haydon and Patricia Garry

ON MARCH 20, 2013, when the sun crosses the celestial equator, the northern hemisphere will experience the Spring Equinox – a time when the length of day and night is almost equal. At the same time, in the southern hemisphere, they will experience the Fall Equinox or “equal night.”

Equinoxes have been observed by people throughout the world since such time has been recorded. In virtually all cultures, the Spring or Vernal Equinox is a time to celebrate new beginnings and new hope. Mother Earth comes back to life. The cold, barrenness of winter is replaced by the green of spring. Life begins again. It is a time of fertility for plants and animals.

Throughout the ages people have used various symbols, such as seeds, eggs, and rabbits or hares, to represent this energetic time of rebirth. Seeds were planted in baskets and the resulting seedlings were tied together with red ribbons and left on the door steps of young couples. People painted eggs with bright colors and marks of fertility and exchanged them with family and friends to celebrate the spirit of the season. Around this time, the March hare comes out of its nocturnal retreat and is seen bounding about – with lots of little bunnies everywhere.

The ancient Saxons celebrated the goddess Oestra, also know by the Germanic tribes as Ostara, with a feast day on the full moon following the vernal equinox. This is almost the same calculation to determine the Christian holiday of Easter and the Jewish celebration of Passover. Legend says that Oestra saved a wounded bird in late winter by turning it into a hare, but somehow the transformation was not quite complete and it could still lay eggs. Today we still fill and exchange Easter baskets of colored eggs, green “grass” and candy treats, all said to be delivered by a bunny.

These days with more warmth and more light also bring us back from the stark chill of winter. We suddenly have more

energy, and are ready to tackle tasks that have seemed daunting over the last few months. Heavy coats give way to jackets as our minds wake up from hibernation, ready to create the world anew – just as nature does.

When you spontaneously stop in Eden Park to look at the river, or go to Findlay Market just to breathe in the vegetables, you are honoring the season itself and your own rebirth. These actions are intuitive physical responses to the new season and new possibilities in your own life.

Buy a vegetable you haven’t cooked before, try a cuisine you don’t know much about, seek out a spice that’s new to you. These are actually spiritual activities, as you open yourself to the new season and allow new ideas to percolate in your brain.

How will you celebrate the rebirth of the world and your own wonderful self? Try bright colors, growing herbs on the windowsill, some early lettuce plants and peas in the garden. And don’t forget to feed the birds – they are really awake now, and making nests for all those babies to come. Nourish your own inner joy and you will reap a harvest of creativity.

About the authors: Francine Haydon is an intuitive tarot and palm reader, energy worker, teacher, and owner of Sea Angels Cruise and Inner Wellness Conference. She helps people reclaim their personal power. Contact her at francine.haydon@fuse.net, 513.248.8772 and www.foresthousEOFhealing.com.



Patricia Garry is a spiritual reader, teacher, healer, and writer. She has been on her path and sharing her gifts since 1985, holding the vision of all of us as peaceful and powerful lightworkers. Contact her at 513.281.6864, patricia@patriciagarry.com and www.patriciagarry.com.



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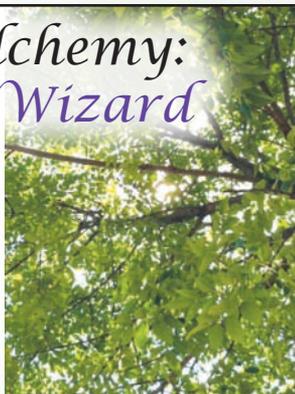
Community SPOTLIGHT

The Rising Sun Wellness Spa, 103 High Street, Rising Sun, Indiana is pleased to announce that **Pam Lord**, an experienced and dynamic teacher from St. Petersburg, FL, will be instructing a **Basic ThetaHealing®** course March 15-17th and an **Advanced ThetaHealing®** course March 22-24. ThetaHealing® is an energy-healing technique which allows one to change life patterns held on subconscious levels. It can take traditional psychotherapy years to uncover these limiting beliefs, but with ThetaHealing® one can instantly change negative thinking which left unresolved could create illness. The practitioner uses a variety of kinesiology (muscle testing) techniques to help access the subconscious mind and assist the client in uncovering the hidden beliefs that limit his or her experience in life. ThetaHealing® can help one: 1) change beliefs to create health, happiness and success, 2) enjoy more love, joy and self-acceptance, 3) identify and release feelings of fear, anger, phobias, etc., 4) forgive self and others, 5) live fully in the moment, and 6) attain emotional and spiritual healing. To register for either, or both, classes please contact Bob Voges rbtvoges@yahoo.com, 812.594.2705 or Pam Lord www.Pamlord.com, 508.264.2220.

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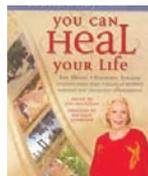
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~ Lisa James

The Wizards-in-Training will meet on Wednesdays, 6-9pm
March 13 & 20, April 10 & 24, May 8 & 22
(Participants are asked to commit to all 6 meetings)

Contact: info@wholelivingjournal.com



Free film showing of *You Can Heal Your Life: The Movie!* Saturday, April 6th, at 7pm at Grailville, Loveland, OH in St. Brigid's building. This inspirational movie offers penetrating insights into Louise Hay's fascinating life story and provides clarity on how her views on self-esteem, abundance and the metaphysical causes behind physical ailments were developed. **Judi Winall** is sponsoring this film and has been helping people discover and implement their own creative powers for personal growth and self-healing for over 28 years. She will be facilitating the Exploring Life Mastery workshop earlier the same day. For more information please contact Judi at 513.899.3115 or www.SoulEmpowerment.com (See ad page 13.)



Antoinette Webster and **Kaye Schallick** announce the release of their new book, *Climbing Mt. Overwhelm...on YOUR terms*, a collection of tips, ideas and thoughts to bring balance and harmony to one's life in an easy to read and use format. Yes, we can have the energy, zest and balance we desire. *Climbing Mt. Overwhelm...on YOUR terms* helps the reader conquer some of life's most pestering problems. Join Antoinette and Kaye as they begin at the base of Mt. Overwhelm to guide the "climb" above overwhelming demands. Discover simple techniques and alternative solutions. Begin living life on your terms now. A copy of the book, along with more tips, can be obtained at www.ClimbingMtOverwhelm.com, or contact Antoinette at www.ASystemthatWorks.com and Kaye at <http://energizeddaywithkaye.com>.

Author, therapist and member of the Dancing Grandmas, **Dr. Karen Gail Lewis** is teaming up with riding instructor **Jennifer Warner** to offer a one-day retreat at First Farm Inn, 20 minutes southwest of Cincinnati, Saturday, March 9. A half-day workshop will match a half-day of horseback riding, focused on centering and finding balance on a horse and in one's own body. Participants can join a small group of women for great food, horsey fun and professional guidance to find clarity, balance and strength. For more information, please contact <http://uniqueretreats.drkarengaillewis.com>, drkg1@drkarengaillewis.com, or 513.542.0646.

Email announcements to info@wholelivingjournal.com (100 words w/photo)



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My Journey

Ajijic, Mexico - Home of the Divine Feminine

by Bob Wuest



Can places be inherently masculine or feminine? In mid-2011, Cynthia Elishirah Rothchild and I moved from Cincinnati to a little village in Mexico. In the months since, we have come to appreciate and welcome the feminine energy that we feel permeating nearly every aspect of this place.

Ajijic, Mexico is located on Lake Chapala, Mexico's largest lake, nestled among the Sierra Madre Mountains at 5000 feet elevation. In the last 40 years this scenic little pueblo has become home to hundreds of expatriates from the U.S. and Canada – among them a disproportionate number and variety of artists and alternative healers. We were drawn by the sunshine and near-perfect weather year-round, the breathtaking sunsets over the lake and mountains, the endless diversity of many-hued flowers blossoming everywhere at various times of the year, and a simpler, laid-back life. But could there possibly be something more – perhaps a subtler energy, that invited us here?

Among the numerous murals which adorn buildings throughout Ajijic exists a repeated theme – that of the Goddess of the Lake, blessing the people of the lake with fish, fresh water, grain, and fruits of the fields. These gifts are evident all around us. Avocados, oranges, limes, and mangos are available for the picking from trees, often in public spaces. Berries of every variety and vegetables a-plenty are cultivated nearby –

because of the ready availability of near-daily warm sunshine and fresh water.

Mexican indigenous groups have, for hundreds of years, recognized this place as an energy vortex. A local mountaintop is home to indigenous ceremonial grounds. This place draws hundreds of seekers from all over Mexico for annual sundance and purification ceremonies, where the main theme is world peace. They have come to know this place as not only sacred, but filled with the creative energy of the divine feminine – where thought can create form in record time. Cynthia and I have come to be more conscious of our thoughts, as the Goddess accelerates manifestation of all thoughts - positive as well as not-so-positive.

But another aspect of the divine feminine energy here can be challenging for those of us who have lived most of our lives on the masculine grid. Organizing, planning, and acting on plans here becomes a more difficult process. We have come to understand that the energy of this place lends more to being than doing. And that has been quite an adjustment.

We're happy to have found this most decidedly feminine place. We may never leave!

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Transformational Astrology

March and April 2013

by Diane Samsel

March 4: *Fourth Quarter Moon.* A standoff develops, one side says "More," the other "Choose now or else." In the middle is confusion galore.

Someone with a mature, independent perspective breaks the deadlock and brokers the ideal solution.

March 11: *New Moon.* Caught between the horns of a dilemma, adrift in a fantasy, rocketing into fantastic orbit over the slightest provocation, sanity arrives in the form of a very wise person who helps lift the veil of bewilderment with just the right counsel.

March 12: *Mars in Aries.* Wind down that cherished dream; declare it complete or just abandon it altogether. The brick wall you've hit means it's time to find another escape route. The rosy glow you see in the distance is a new and exciting dawn. Go for it!

March 17: *Mercury Direct.* As you reach for the stars you notice that there are so many of them. The heart wants so much to hitch itself to one of those bright dots in the sky, but which one? They're all perfect. Temper your dreams and focus your mind on one bright speck and make it yours.

March 19: *Second Quarter Moon.* As you prepare to launch yourself into action, take a moment to celebrate the inner wisdom that guided you forward safely through the fog of not knowing where you were headed. Soon enough you'll feel comfortable with this new direction in life.

March 20: *Sun in Aries and Vernal Equinox.* Someone's intense excitement may take you way off course and over a cliff. Hold your ground, refuse to take the bait, choose your words carefully and then walk away. Nothing is grounded today so you need to keep your center and remember where you stand.

March 27: *Full Moon.* One side wants to hog all the toys the other side wants to play fair. A war is brewing- the good guys vs. the bad guys. You may be called on to referee a fight on the playground. Now is not the time for a war to break out, the governing principal is all in the watching and waiting. Besides, the good news is that a whole truckload of new toys is about to arrive.

April 3: *Fourth Quarter Moon.* Fired up and wanting to get something done while the creative juices are flowing-- you might hit a mental oil slick as too many choices detract from taking decisive action. Focus. A passion that needs to be groomed into a manageable devotion is at stake.

April 10: *New Moon.* The boss may be the driving force behind the blossoming of your leadership talents. Count on your

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skills of creative persuasiveness in efforts to contain the still lingering cloud of bewilderment engulfing certain members of the team.

April 12: *Pluto Retrograde.* You're revamping plans based on shifting values. Heated arguments fuel an insurrection-- if it's been all work and no play it's time to plan for a vacation. Now.

April 13: *Mercury in Aries.* The mind is on fire fueled by deep, intense emotions arising from the depths of being. You could easily lose your bearings unless you focus on a higher spiritual path. Someone who cares guides from above.

April 15: *Venus in Taurus.* There's a need to slow down in relationships. Frustration builds when you come up short of a goal. Creating a solid footing helps channel emotional sensitivities into happier times.

April 18: *Second Quarter Moon.* Successful meetings depend on cooperation; otherwise you'll experience a traffic jam. Patience pays off and gets everyone working in the right direction towards a shared goal.

April 19: *Sun in Taurus.* It could be time to dig in your heels and take a stand. It won't hurt to keep others at an arm's length while you sort things out. You'll shine brightest when you let others show you how important you really are.

April 20: *Mars in Taurus.* Your need for recognition picks up steam: resistance comes from someone in authority. The conflict arises from one side needing to prepare for big changes and the other side needing to keep things the same.

April 25: *Full Moon and Lunar Eclipse.* The need to hunker down in the face of impending change creates a personal crisis. Someone needs to come out of the bunker and join those who are working hard to realize an important goal. This could result in a test of nerves.

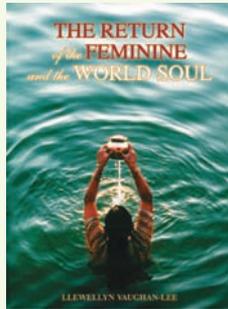
About the author: Diane Samsel is a practicing astrologer with over 10 years experience and trained by Noel Tyl. Please contact her at diane@power-paws.com or 828.859.5912. Consultations: \$125. Follow-ups: \$50/half hour. All major credit cards accepted. Please visit www.DianeSamsel.com.



Book Review

The Return of the Feminine and the World Soul: A Collection of Writings and Transcribed Talks

by Llewellyn Vaughn-Lee
(The Golden Sufi Center, 2009)



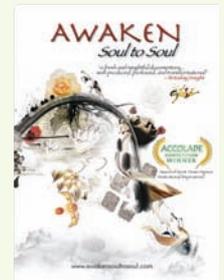
Llewellyn Vaughn-Lee brings his wisdom as a Sufi Master to this compilation of writings and talks about the rise of the Divine Feminine. His depth of perception provides both a sweeping view and a powerful personal perspective on the current transition of earth and humanity. He also provides an excellent description of spiritual alchemy.

Vaughn-Lee explains that humanity tends to try to solve the ecological crisis by using the same masculine methods that caused it. Instead, he suggests we connect more deeply with our own souls, which are connected to the world's soul. The Soul of the World, he says, is a living, spiritual being.

We can ask for the help of our Divine Mother and listen to her wisdom. She carries within her, and women carry within their bodies, the transformative light that seeds a new earth. By reclaiming the magic and power of the feminine, all can be reborn into wholeness.

DVD Review

Awaken Soul to Soul (Guru Rendezvous Films, 2012)



What if you could virtually sit soul to soul with a Mystic Sage? A transformational new documentary film, *Awaken Soul to Soul*, winner of the prestigious Accolade Award for viewer impact, offers just that; spiritual awakening through a direct experience, in real time with nine leading sages, healers and teachers including: **Don Miguel Ruiz**, Barbara Marx Hubbard, John Major Jenkins and more. They remind us of who we really are.

"I wanted to offer people the opportunity to experience their own bliss...you feel an energetic shift; it's beyond words," shares filmmaker Danisa Perry.

More than just a movie, *Awaken* offers a cathartic experience, akin to the ancient sacred mystery schools; shifting our perspectives from ego to essence. The profound teachings are interwoven with expansive scenic aerial landscapes and are enhanced by a stunning world music soundtrack.

It is a must see for anyone seeking "quantum" spiritual acceleration. Available on demand at www.awakensoulsoul.com. (Note: Tara L. Robinson will interview Don Miguel Ruiz on Tuesday, April 30th, 3-5pm on WAIF 88.3FM, www.waif883.org.)

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TRACY DAVIS, DVM, MMSc, CVA. Acupuncture, TCVM. Northern KY, Cinti. 859.866.3683. sunsetridgvet@insightbb.com.

WEIGHT MANAGEMENT

DR. MARYANN BARNES. Offering a holistic approach to weight management and nutrition. www.maryannbarnes.com.

POUNDS & INCHES WEIGHT LOSS

CENTER, offering holistic well care, massage, fitness and nutrition programs. 157 Lloyd Ave, Florence, 41042. 859.282.0022. piweightloss.com.

WEDDINGS

REV. ANNE BECKER. Weddings, blessing ceremonies. 513.591.2942. ceremonies-familyconstellations.com.

REV. MARY LYNN CRAWFORD.

Custom weddings and commitment ceremonies, blessings, other ceremonies. 513.648.9892. www.customwedorcommit.webs.com.

REV. TERI DODD.

Any size wedding. Available also at my home. Ceremonies personalized to the couple. 513.625.8888.

REV. FRIEDA HUGHES.

Prayer support, weddings, baby blessings, life celebrations. 513.621.2060. www.greatweddingofficiant.com. www.marriagechaplain.com.

YOGA

ELEMENTAL OM STUDIOS. Yoga, Meditation, Ayurveda, and so much more. Mention this ad to receive your first class FREE. Located in Montgomery and Lebanon. www.elementalom.com.

NEXT DEADLINE: APRIL 1

for May/June issue. Email listings to ads@wholelivingjournal.com \$2/word (website & email each count as 3 words).

CALENDAR of EVENTS

ONGOING

EVERY MONDAY

A Metaphysical Approach to Bible Study, 7-8pm. 4251 Hamilton Ave. Cinti, OH. peggybarker256@yahoo.com.

Yoga, Kundalini, w/Pat Schults, 6:30-8pm, \$12/\$54/6 wks. Alexandria, KY. 859.781.6505. patwildlife@fuse.net.

Yoga, w/Julie Lusk, M.Ed, R/CYT, 7-8:30pm. Anderson Sr. Cntr. 513.576.6662. WholesomeResources.com.

EVERY TUESDAY

Tai Chi for Health, w/Betty Lubrecht, 1pm beginner, 2:30pm intermediate, \$60/6 wks. Synergy Holistic Health Ctr. RSVP 859.525.5000. www.synergyholistichealth.com.

Waves of a New Age, WAIF/88.3FM, w/Tara L. Robinson & Judy Peace, 3-5pm. Soul-filled sounds and conscious conversation. Catch the Wave! Listen online: www.WAIF883.org. Call show to join the conversation. 513.961.8900. www.WavesofaNewAge.org. "Like" us on Facebook.

Yoga, Anusara, w/Gloria Siry, 8am, \$60/6 wks. Synergy Holistic Health Ctr. RSVP 859.525.5000. www.synergyholistichealth.com.

Yoga, Classical & Mommy 'n Me, w/Jayne Cardell, 9 & 10:30am, \$66/6 wks. Blyss Yoga Studio, Old Milford. 513.516.7366. BlyssYogaStudio.com.

Yoga, w/Julie Lusk, M.Ed, R/CYT, 10-11:30am. Miami Township. 513.576.6662. WholesomeResources.com.

Yoga, w/Julie Lusk, M.Ed, RYT, 7-8:30pm. Milford. 513.576.6662. WholesomeResources.com.

Zumba Fitness, w/Stefanie, 7:15pm, \$5/drop in. Full Body Yoga, 7500 Oakbrook Rd, Florence KY. 859.640.9055.

EVERY WEDNESDAY

Radio Show, Inner Divinity/Tapping Into Source Within, w/Rev. Louisa Dyer, MA, 1-3pm. Empower yourself. 88.3 FM. 513.248.0069. www.waif883.org. www.louisadyer.com.

Yoga, Anusara, w/Gloria Siry, 7pm, \$60/6 wks. Synergy Holistic Health Ctr. RSVP 859.525.5000.

www.synergyholistichealth.com.

Yoga, w/Julie Lusk, M.Ed, R/CYT, 10-11:30am. Milford, 513.576.6662, Miami Township, 513.576.6662. WholesomeResources.com.
Yoga, w/Julie Lusk, M.Ed, R/CYT, 5:30-7pm & 7-8:30pm. Miami Township, 513.576.6662. WholesomeResources.com.

EVERY THURSDAY

Mediumship Development Circle, w/Joanne Franchina, 7-9pm, \$15. Inner Compass, 10901 Reed Hartman, Blue Ash. Pre-reg reqd. 513.587.9855. www.YourInnerCompass.com.

Yoga, Vinyasa & Meditation, w/Jayne Cardell, 9 & 10:30am, \$66/6 wks. Blyss Yoga Studio, Old Milford. 513.516.7366. BlyssYogaStudio.com.

Zumba Fitness, w/Stefanie, 6:30pm, \$7/drop in. Independence Community Cntr, 2001 Jack Woods Pkwy. Indep. KY. www.cityofindependence.org.

EVERY SATURDAY

Transmission Meditation/The Great Invocation, w/Linda Fulton, 9:30-10:30am, love donation. New Thought Unity Cntr, 1401 E. McMillan St. 513.688.1171. fultonsafe@aol.com.

EVERY SUNDAY

Center for Spiritual Living Greater Cinti, 10:30am. See ad. 5701 Murray Ave. 45227. 513.218.2128. www.csigc.org.

Garden Park Unity Church, w/Rev. Kathy Engelhardt, 11am. All are welcome. See ad. 3581 W. Galbraith Rd, 45239. 513.385.8889. www.GardenParkUnity.org.

New Thought Spiritual Co-op, 10:25-11:30am, love offering. Wright Brothers, Inc. 7829 Cooper Rd. LaurieA@cinci.rr.com.

New Thought Unity, 9 & 11am. All welcome. 1401 E. McMillan, E. Walnut Hills. 513.961.2527. ntunity.org.

Sunday Service, 9:50-10:20am/healing, 10:30am/service. United Spiritualists of the Christ Light Church (USCL). 9772 Princeton - Glendale Rd, Cincinnati, OH 45246. www.uscl.org.

Worship, w/Clark Echols, Preacher, Christian Swedenborgian, All Welcome. Glendale New Church, 845 Congress. 513.772.1478.

2ND WEDNESDAY

Laughter Yoga/Joyful Healing LY Club, w/Judi A. Winall & Pam Hall, 7pm, free. www.laughteryoga.org. Sharonville Library 513.899.3115. www.joyfulhealinglaughter.com

2ND & 4TH WEDNESDAY

A Course in Miracles Study Group, w/Jeanne Uhl & Mary Claybon, 6-7:30pm. Montgomery

area. Info 513.309.8377.

2ND THURSDAY

Meditation class, w/Gary Matthews, 7-8:30pm, \$20/class, \$30/incl. 2nd Fri. Shamanic Journey class. Stillpoint, 11223 Cornell Park Dr. Ste 302, Blue Ash. 513.489.5302. StillpointTherapy.com.

2ND FRIDAY

Shamanic Journey class, w/Gary Matthews, 6:30-8:30pm, \$20/class, \$30/incl. 2nd Thurs. Meditation class. Stillpoint, 11223 Cornell Park Dr. Ste 302. Blue Ash. 513.489.5302. www.StillpointTherapy.com.

3RD FRIDAY

All Message Service, \$10/messages from the Spirit World. United Spiritualists of the Christ Light Church (USCL). 9772 Princeton - Glendale Rd, Cincinnati, OH 45246. http://www.uscl.org/.

3RD SUNDAY

Read-N-Feed, 12:30-2:30pm, \$10/lunch- reading, \$5/additional reading. United Spiritualists of the Christ Light Church (USCL). 9772 Princeton - Glendale Rd, Cincinnati, OH 45246. http://www.uscl.org/.

4TH TUESDAY

Meditation Sampler Circle, w/Joanne Franchina, 7-9pm, donation. Inner Compass, 10901 Reed Hartman, Blue Ash. 513.587.9855. www.YourInnerCompass.com.

MARCH

SAT • MARCH 2

Crystal Grids, w/Becky McCleery, 1-5pm, \$65. Inner Compass, 10901 Reed Hartman, Blue Ash. 513.587.9855. www.YourInnerCompass.com.

The Rising of the Women is the Rising of Us All, 8pm, \$20/sliding scale. MUSE, Cincinnati's Women's Choir, St. Monica-St. George. 513.221.1118. www.musechoir.org.

TUE • MARCH 5

Marianne Williamson Interview, host Tara L. Robinson, 3-5pm. WAIF 88.3FM, or live online at www.waif883.org. www.WavesofaNewAge.org. RSVP to the "event" on Facebook to let us know you'll be tuning in - Waves of a New Age radio station page.

TUE & THUR • MARCH 5 & 7

Raw Food Diet Training, w/Inna's Harmony. 2-month course/8 classes/evening groups. Whole Care Center. Info/Reg 513.335.5245. www.InnasHarmony.com.

THUR • MARCH 7

Use Your Mind to Change Your Brain, w/ Larry Wells, 7-8pm, free. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

SAT • MARCH 9

Clean Eating for a Better Body, 1-2:30pm, \$30/person. Full Body Yoga, 7500 Oakbrook Rd, Florence, KY 41042. 859.534.0997. www.fullbodyyoganky.com.

CYTA Monthly Event Introduction to Ayurveda, w/ Pamela Quinn, 11-1pm, \$15. Open to the public. Elemental Om, Montgomery. cytaevents@yahoo.com.

Introduction to Ayurveda, w/Pamela Quinn, Author, The Elemental Cleanse. 11-1pm, \$15. 9510 Montgomery Rd. 45242. www.elementalom.com.
Kirtan, w/Michelle Christine Garza, 7:30-9pm, \$12. 9510 Montgomery Rd. 45242. www.elementalom.com.

To Feel More in Control, Take the Reins, w/Dr. Karen Gail Lewis, 10-5pm, \$99. First Farm Inn. 513.542.0646. <http://uniqueretreats.drkarengaillewis.com>. drkgl@drkarengaillewis.com.

SUN • MARCH 10

Essential Oils to Balance Your Chakras, w/Kathleen Plant, 2-4pm, \$22. Resv reqd. 513.767.7289. kpbdrjd@gmail.com.
Quakerism, w/J.P. Lund, 10:25-11:30am, love offering. New Thought Spiritual Co-op, 7829 Cooper Rd 45242. 513.891.4434. LaurieA@cinci.rr.com.

SUN • MARCH 10 - APRIL 28

Goddess Workshop, w/Sage Woman & Kym Prell, 1:30-3:30pm, \$175/7 wks/series. Elemental Om, Lebanon. Sage, 513.490.4693. www.elementalom.com.

MON • MARCH 11 - APRIL 22

Bones for Life®, w/Cynthia Allen, 7:30-8:45pm, \$105. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

Feldenkrais Awareness Through Movement®, w/Cynthia Allen, 6-7:15pm, \$105. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

TUE, THUR & SAT • MARCH 12 - APRIL 27

Nia Technique, w/Tina Kiely, 9:15-10:15am, drop-in \$15, packages available. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

WED • MAR 13 - WED • MAY 22

The Art of Alchemy-Discover the Wizard Inside You, w/Tara L. Robinson and Christine Miller, 6-9pm, \$45/meeting. WholeCare in Blue Ash. Pilot group begins, first meeting of the new Wizards-in-Training. Participants are asked to attend all 6 meetings. info@wholelivingjournal.com.

WED • MARCH 13 - APRIL 24

Feldenkrais Awareness Through Movement®, w/Cynthia Allen, 9-10:15am, \$105. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

Tai Chi & Qigong for Health, w/Alan Hundley, 7:30-8:45pm, \$72/6 classes. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

Ten Moves for Masterful Running, w/ Cynthia Allen, 6-7:15pm, \$105, drop-in \$20. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

THUR • MARCH 14 - APRIL 18

Mindful Awareness & Meditation, w/ Sophia Paparodis, LPCC, 6:30-7:30pm, \$65 by March 11. Oakley. 513.936.8444. AwareWithin@mac.com.

THUR • MARCH 14 - APRIL 25

Mindfulness Meditation, w/Joan Staubach, 6pm, \$60/6 classes. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

FRI • MARCH 15

Spiritualism Birthday Party, 7-9pm, \$20/ readings/dessert. United Spiritualists of the Christ Light Church (USCL). 9772 Princeton - Glendale Rd, Cincinnati, OH 45246. <http://www.uscl.org/>.

FRI - SUN • MARCH 15, 16 & 17

Basic ThetaHealing Training, 10-5pm, \$400. Rising Sun Wellness Spa, Rising Sun, IN. 812.594.2705. <http://www.pamlord.com/>.

SAT • MARCH 16

Ayurveda 101, 12-1:30pm, \$15, Ayurvedic Spring Balance Workshop, 2-5pm, \$75. Clear Wellness, 2542 Woodburn Ave, Cincinnati, OH 45206. ayurvedayogalife@gmail.com.

Day of Spirit Art, w/Joanne Franchina, guest instructors, 10-5pm, \$95. Inner Compass, 10901 Reed Hartman, Blue Ash. 513.587.9855. www.YourInnerCompass.com.

Usui Reiki Master IIIa, w/JoAnn Utley, 10-6pm, \$225. Louisville. 8 Nursing contact hours 502.777.3865. www.joannutley.byregion.net.

SUN • MARCH 17

Ayurveda 101, 1-2:30pm, \$15, Ayurvedic Spring Balance Workshop, 3-6pm, \$75. The Yoga Bar, 825 Main St, 2nd Fl, Cincinnati, OH 45202. ayurvedayogalife@gmail.com.

Love Trumps Dogma, w/Janice Marie & Clark Echols, 10:25-11:30am, love offering. New Thought Spiritual Co-op, 7829 Cooper Rd. 45242. 513.891.4434.

LaurieA@cinci.rr.com.

Spiritual Healing/Introduction, 2pm, free. Center for Spiritual Living, 5701 Murray Rd, Cincinnati. Joy 859.816.8918. www.bruno-groening.org/english.

TUE • MARCH 19

Most Compatible Soulmate Workshop, w/Pam Lord, 7-9pm, \$44. Garden Park Unity Church, 3581 West Galbraith Rd, Cincinnati. RSVP reqd. 812.594.2705. rbtvoges@yahoo.com.

WED • MARCH 20

Success & Abundance Workshop, w/Pam Lord, 6:30-8:30pm, \$44. Rising Sun Wellness Spa, 103 High Street, Rising Sun, IN. RSVP reqd. 812.594.2705. rbtvoges@yahoo.com.

FRI • MARCH 22

How to Build Rapport Rapidly & Effortlessly, w/Larry Wells, 1-4pm, \$75. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

FRI - SUN • MARCH 22, 23 & 24

Advanced ThetaHealing Training, 10-5pm, \$450. Rising Sun Wellness Spa, Rising Sun, IN. 812.594.2705. <http://www.pamlord.com/>.

FRI, SAT & SUN • MARCH 22-24 & 29-31

Pansy Festival, 10-5pm, free. First Farm Inn. 859.586.0299. www.firstfarminn.com/pansy.info@firstfarminn.com.

Pansy Paint Out, 10-5pm, free. Bring your paints. First Farm Inn. 859.586.0299. www.firstfarminn.com/pansy.info@firstfarminn.com.

SAT • MARCH 23

Inner-Child Breathwork & Shamanic Journey, w/Jayne Cardell & Lakeetha Taylor, 10-5pm, \$90. Blyss Yoga Studio, Old Milford. Pre-reg reqd. 513.516.7366. BlyssYogaStudio.com.

A few spaces remain **The Art of Alchemy-Discover the Wizard Inside You**. Register: info@wholelivingjournal.com.
"Tara and Christine have created a transformational masterpiece. I highly recommend this workshop!"

~ Lisa James

SUN • MARCH 24

Essential Oils/Oils 101 Uses, w/Kathleen Plant, 2-4pm, \$22. Resv reqd. 513.767.7289. kpbdrdjd@gmail.com.

Pathways to Possibilities, w/Chris Conlon, 10:25-11:30am, love offering. New Thought Spiritual Co-op, 7829 Cooper Rd. 45242. 513.891.4434. LaurieA@cinci.rr.com.

MON • MARCH 25

Women Singing In Sacred Circle, w/Shelley Graff, 7pm, free. First Unitarian Church, Linton Street. jspowers@cinci.rr.com.

APRIL

MON • APRIL 1

Use Your Mind to Change Your Brain, w/Larry Wells, 2-3pm, free. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

WED • APRIL 3-MAY 8

Making Peace with Chronic Pain, w/Linda Bennett Martin & Jayne Cardell, 7-9pm, \$126. Blyss Yoga Studio, Old Milford. Pre-reg reqd. 513.516.7366. BlyssYogaStudio.com.

SAT • APRIL 6

CYTA Monthly Event Bones For Life, w/Cynthia Allen, 10-12pm, \$15. Open to the public. Future Life Now. cytaevents@yahoo.com.

Elemental Cleanse In Person Experience, w/Pamela Quinn, 6-9pm, 4 wks/\$497. Calm/mind, heal/body, awaken/spirit. 9510 Montgomery Rd 45242. www.elementalom.com.

Exploring Life Mastery, w/Judi A. Winall, 1:30-5pm, \$55 by March 31, \$75/after. Grailville, St. Brigid's, Loveland, OH. 513.899.3115.

www.soulempowerment.com

You Can Heal Your Life/The Movie, w/Judi A. Winall, 7pm, free. Grailville, St. Brigid's, Loveland, OH. 513.899.3115. www.soulempowerment.com

SAT & SUN • APRIL 6 & 7

Reiki Level I, w/Linda Neumaier, Tess Olson, Elizabeth Tait, 1-4pm, \$150. Women Writing for a Change. Reg reqd. 513.860.3156. www.womenwriting.org. Info. drtess@teresaelson.com.

SUN • APRIL 7

Essential Oils for Meditation & Transformation, w/Kathleen Plant, 2-4pm, \$22. Resv reqd. 513.767.7289. kpbdrdjd@gmail.com.
Reiki Share, w/Nancy Bick Clark, Celtic Harpist., 1-4pm, \$25. Women Writing for a Change. Reg reqd. 513.860.3156. www.womenwriting.org.
Info. drtess@teresaelson.com.

SUN • APRIL 7, 14, 21 & 28

To Be Announced, 10:25-11:30am, love offering. New Thought Spiritual Co-op, 7829 Cooper Rd. 45242. 513.891.4434. LaurieA@cinci.rr.com.

MON • APRIL 8, 15, 22 & 29

Mindfulness Meditation Class, w/Mary Ellen Moore, 6:30-8pm, \$70 by Mar 27/\$120 after. Synergy Holistic Health Ctr. RSVP 859.525.5000. www.synergyholistichealth.com.

TUE • APRIL 9

Elemental Cleanse In Person Experience, w/Pamela Quinn, 9:30-12:30pm, 4 wks/\$497. Calm/mind, heal/body, awaken/spirit. 9510 Montgomery Rd 45242. www.elementalom.com.

SAT & SUN • APRIL 13 & 14

Usui Reiki I & II, w/JoAnn Utley, 10-6pm, I-\$135, II-\$185. Louisville. 8 Nursing contact hours daily. 502.777.3865.

SUN • APRIL 14

Meditation Yogi Style, w/Pamela Quinn, 6-9pm, 4 wks/\$97. Meditation, Yoga, & Astrology. 9510 Montgomery Rd 45242. www.elementalom.com.

SAT • APRIL 20

De-Clutter Your Life, w/Joanne Franchina, 1-4pm, \$55. Inner Compass, 10901 Reed Hartman, Blue Ash. 513.587.9855. www.YourInnerCompass.com.

Watercolor Painting on Yupo, w/Donata Glassmeyer, M.A. Instructor, 2-4pm, \$30/ materials provided. Blyss Yoga Studio, Old Milford. Pre-reg reqd. 513.516.7366. BlyssYogaStudio.com.

SUN • APRIL 21

Essential Oils For Pain Relief, w/Kathleen Plant, 2-4pm, \$22. Resv reqd. 513.767.7289. kpbdrdjd@gmail.com.

MON • APRIL 22

Women Singing In Sacred Circle, w/Shelley Graff, 7pm, free. First Unitarian Church, Linton Street. jspowers@cinci.rr.com.

FRI • APRIL 26

Discover Your Unique & Effective Strategy, w/Larry Wells, 1-4 pm, \$75. 4138 Hamilton Ave. 513.541.5720. www.FutureLifeNow.com.

TUE • APRIL 30

Don Miguel Ruiz Interview, host Tara L. Robinson, 3-5pm. WAIF 88.3FM, or live online at www.waif883.org. www.WavesofaNewAge.org. RSVP to the "event" on Facebook to let us know you'll be tuning in - Waves of a New Age radio station page.

MAY

FRI, SAT & SUN • MAY 3 - 5

Women's Spiritual Retreat, w/Virginia Collins & Joanne Franchina. Grailville Retreat Cntr. Loveland, OH. 513.587.9855. www.YourInnerCompass.com.

SAT • MAY 18

CYTA Monthly Event Sundo Yoga Clinic, w/Roy Bushman, 2-4pm, \$15. Open to the Public. Cincinnati Yoga School. cytaevents@yahoo.com.

NEXT DEADLINE: APRIL 1

for May/June issue. Email listings to events@wholelivingjournal.com. Format: day of week, month date, title, presenter, time, cost, location, contact info. We will list 5 events, up to 20 words ea., for FREE as part of our commitment to support our community.

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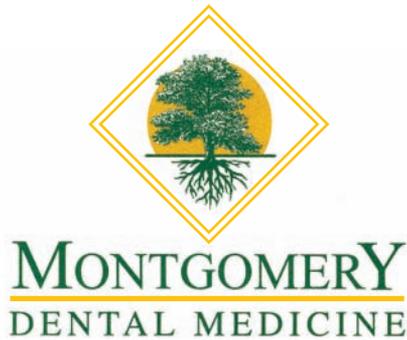
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