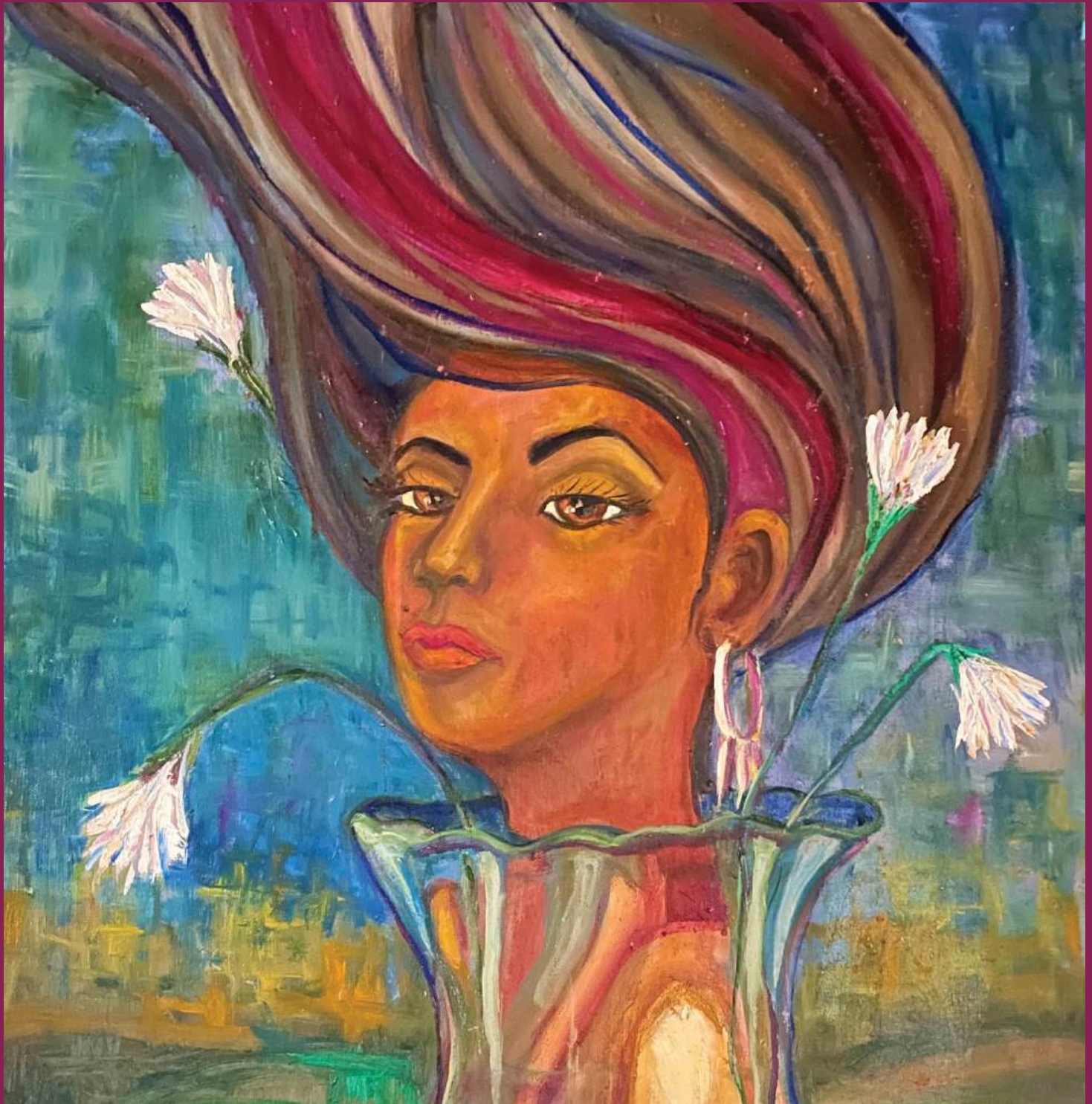


PATHWAYS

MIND • BODY • SPIRIT • ENVIRONMENTAL RESOURCES
IN THE WASHINGTON DC METRO AREA

NOW IN OUR 49th YEAR
FALL 2024 • FREE



IN BLOOM BY TARAH SINGH

**We Are The Calvary: Saving Our Democracy In 2024! • Ketamine Assisted Psychotherapy
Inspiring Intergenerational Nature Education • Cosmic Balance • Calendula's Flower Power
Understanding Persistent Pain • Hey, Gen Z: Our Democracy Needs Us! • Death And Scorpio Season
Inextricability • Wiccans, Witches And Pagan Culture • Fall Self Care • Book Reviews... And More**

🌻 Fall 2024 Natural Living Expo Preliminary Program Inside! 🌻

www.PathwaysProductions.com

VISIT KNOWLES APOTHECARY



We are more than just Pharmacy.
Scan the QR code and receive access to
current specials, online discounts and store
events.



SCAN HERE



RECEIVE
MONTHLY SPECIALS

COMPOUNDING

- *Pain Creams
- *Hair restoration Formulas
- *Veterinary formulas
- *Numbing Creams
and more

*Requires Prescription

SUPPLEMENTS

- Vitamins
- Minerals
- Homeopathic Remedies
- Practitioner Lines
- Medicinal Herbal Teas
- Local Raw Honey
- Veterinary Supplements

CRYSTAL SHOP

- Minerals/Rock Specimens
- Crystals
- Pendants, Necklaces,
- Rings
- Smudge kits
- Chakra kits
and more...

Contact us:
301-942-7979
info@knowleswellness.com

10400 Connecticut Ave., Ste. #100
Kensington, MD 20895

First Blu
Room on the
East Coast!



Gift Certificates Available!
online or instore

Stressed?
Experience the future
of relaxation and get a dose of
Vitamin D at the same time!

Users Report It Helps:

- Relieve Pain & Anxiety*
- Encourage Deep Relaxation*
- Accelerate Healing*
- Increase Creativity*

Sessions consist of 20 minutes of deep relaxation
inside a futuristic octagon bathed in blue UVB light.



SPECIAL OFFER:

50% OFF your first session

only \$35 when you mention this ad.

Offers expire November 30, 2024

www.warrentonwellness.com

83 W Lee Highway, Warrenton, VA 20186

(540) 216-2524

Voted the
Best
4 years
in a row!



Warrenton Wellness



Holistic
Chamber of
Commerce
Former Member



@warrentonbluroom

LIFE CHANGING PRESENTATIONS 2024

Futurist, Author, Host
The Biggest Shift
In Human History:
What's really happening,
Where is this all going?

JOHN L. PETERSEN



SEPTEMBER 7

Filmmaker, Researcher
Visionary
From Chaos to Calm
Rebuilding who we are
and how we live

FRANK JACOB



NOVEMBER 19, PM

5X Best Selling Author
Scientist, International
Educator
Deep insights On a
Rapidly Changing World

GREGG BRADEN



DECEMBER 7



OCTOBER 19

JEFF WITZEMAN
Total Sovereignty
Breaking Free of the
Control Network
Speaker, Musician, Writer



NOVEMBER 19, AM

ISABELLE
BENAROUS
Woman's Health Workshop
Founder of the
BioReprogramming®
Institute



HISTORIC BERKELEY SPRINGS, WV

EXPLORE: BERKELEYSPRINGS.COM
ONLY 2 HOURS FROM WASHINGTON/BALTIMORE

IN-PERSON OR LIVE STREAM
DETAILS & TICKETS -TRANSITIONTALKS.ORG

AMERICA'S FIRST SPA

RELAX. RESTORE. REPEAT.

As a restoration destination for more than 200 years, Berkeley Springs, WV is the ultimate R&R getaway.

From the historic Roman bathhouse to our many contemporary spas there are so many ways to experience relaxation and restoration.

EST. BERKELEY 1776
SPRINGS
BERKELEYSPRINGS.COM



PLAN YOUR PERFECT SPA GETAWAY AT BERKELEYSPRINGS.COM



Pathways

MInd • Body • Spirit • Environmental Resources Since 1979

What We Are About

Pathways Productions is a full-service advertising, marketing, event and publishing company serving the mind, body, spirit community since 1979. From the start, we have been a small, family-run business. Today, we have a women-led team dedicated to helping all businesses — local, small & independent — succeed and thrive. Over the years, we have expanded our offerings to include live events, most notably the widely successful and always popular Natural Living Expo.

The articles and resources offered by Pathways Magazine and its affiliated hosted events demonstrate a common belief on the part of local individuals, businesses and contributors that sharing ideas and expertise builds community and commerce in a spirit of unity, cooperation and understanding while maintaining a high level of integrity, responsibility and service. Our content embraces these ideals; we are a conduit — a pathway — for the most loving and dynamic insights and information that enable all of us to live more consciously.

The views and opinions expressed in Pathways Magazine, and by vendor materials for our hosted events, are those of the contributing writers, editors and merchants, and do not necessarily reflect the official policy or position of Pathways ownership or any Pathways staff. Any content provided by our contributors is of their opinion and is not intended to malign any religious, ethnic, or cultural group, organization, company or individual. Furthermore, the products and services presented herein and at our hosted events do not necessarily constitute an endorsement of use or a recommendation on the part of Pathways and its staff, and are largely paid advertising and vending.

Making Connections

Join our Pathways Community! Through our quarterly and online publications, and our scheduled hosted events, we are committed to providing the public with free or affordable access to local resources focused on holistic health and wellness practices, spirituality and personal growth, community activism and outreach, and stewardship to the environment. We foster these opportunities through information, ideas, events, goods and services.

Our goal is to provide a platform for businesses to reach the public in a comprehensive and cost-effective way. Through advertising, packaged marketing, live events and retreats, and event planning support, we offer businesses opportunities to market themselves through a variety of channels, and use our expertise to facilitate this growing network. Pathways is your one-stop resource to make connections, nurture growth and achieve success.

Finding Pathways

Pathways Magazine print edition is distributed through dozens of outlets in Maryland, DC and Virginia. Visit our “Where To Find” page online for the nearest locations to pick up your print copy. More distribution outlets are being added with each issue. We also provide an online digital edition with interactive links to references, resources and businesses for each issue. Our website features our current issue, as well as a magazine archive, where you can view issues dating back to 2010.

Subscriptions for Pathways Magazine are available for \$16/year and direct-mailed. Order yours through our website: www.PathwaysProductions.com/magazine/subscriptions.

Advertising In Pathways

Pathways advertising opportunities are available through all of our outreach channels: our free quarterly journal, Pathways Magazine, distributed in print and digitally; our hosted events; and our comprehensive website and growing social media presence. We offer ad rate discounts with custom packages for Expo exhibitors, and provide design services for low one-time fees. For more information, upcoming deadlines and our editorial calendar, visit us online.

www.PathwaysProductions.com



Erin Desabla
**Owner & Publisher;
Events + Operations +
Business Development**

Michelle Alonso
**Editor, Magazine & Web Content;
Social Media + Marketing, Events**

Claudia Neuman
Operations + Sales + Event Support

Amaya Roberson
Sales + Event Support

Ann Silberlicht
Graphic Design

MayaRose Creative LLC
**Magazine & Website,
Design + Production**

Contributing Editors
Kathy Jentz
Cam MacQueen

Contributing Writers
Helena Amos, M.A., L.A.C.
Philip R. Appel, PhD
Sara Auckenthaler
Kathi Barber
Eleni Boosalis, PsyD
Carol Burbank
Cindy Carrasquillo
Carmen Froment
Rev. Dr. Trish Hall
Nikki Harris
Rebecca Henson
Fallon Keplinger
Misty Kuceris
Jena Morrison
Ciara O'Brien
Scott Thomas Outlar
Salicrow
Martina Sestakova

Book Reviews
Alyce Ortuzar

On The Cover
IN BLOOM
By Tarah Singh

Circulation
12K copies by Pathways Staff

FALL 24
Volume 49, Number 3
Published quarterly with the season
change by ERIN DESABLA
PATHWAYS PRODUCTIONS
7407 Aspen Ave.
Takoma Park, MD 20912
www.pathwaysmagazineonline.com
PH: 240-247-0393
(Mon. – Thurs. • 12 PM to 5 PM)

ADVERTISING EMAIL:
pathwaysads@gmail.com

Ad Rates Available Online:
www.pathwaysmagazineonline.com
Deadline for Editorial and Advertising are
2/10, 5/10, 8/10 and 11/10.
Publication is approximately four weeks
after the deadlines. Please email all arti-
cles as file attachments to the Editor at:
pathwaysarticles@gmail.com

Fall 2024 – What’s Inside



It’s up to us to mobilize our communities to protect reproductive healthcare, fair and equitable education, voting rights, a caring economy, our planet’s health, peace, and our democracy by voting; by Nikki Harris. *Page 9*



Learn how the practice of Centering Prayer can help you cultivate an inner stillness, Divine connection, and healing; by Jena Morrison. *Page 28*



ON THE COVER: IN BLOOM, by Tarah Singh. *Artist profile, page 81*

MORE RESOURCES FOR CREATIVE LIVING

- Recognizing and Treating Hypertension: A Functional Medicine Approach, by Helena Amos - pg 31
- Take a Leap into Learning, by Carol Burbank - pg 34
- Embrace the Fall with Self-Care, by Kathi Barber - pg 66
- Book Reviews by Alyce Ortuzar: *TWILIGHT of DEMOCRACY: The Seductive Lure of AUTHORITARIANISM*, by Anne Applebaum; *Designing Climate Solutions: A Policy Guide for Low-Carbon Energy*, by Hal Harvey with Robbie Orvis, Jeffrey Rissman, Michael O’Boyle, Chris Busch, and Sonia Aggarwal - pg 75
- The 7 Principles of Leave No Trace Camping, by Fallon Keplinger - pg 78
- Art Classes at Retirement Communities Improve Quality of Life, by Martina Sestakova - pg 80
- A Blink Before Breaching, Poem by Scott Thomas Outlar - pg 80
- Pathways Fall Natural Living Expo Preliminary Program - pg 40
- Fall Events Calendar - pg 51
- Advertiser Index - pg 82

CULTIVATING COMPASSION

We are the Calvary: Saving Our Democracy in 2024!9
By Nikki Harris; edited by Cam MacQueen

TO YOUR HEALTH

Ketamine Assisted Psychotherapy: The “Journey” to Healing the Mind, Body and Spirit11
By Eleni Boosalis, PsyD

GREEN NEWS & VIEWS

Rachel Carson (Part Two): Inspiring Intergenerational Nature Education13
By Rebecca Henson

YOUTH VOICES

Hey, Gen Z: Our Democracy Needs Us!15
By Ciara O’Brien

TO YOUR HEALTH

Understanding Persistent Pain17
By Philip R. Appel, PhD

ASTROLOGICAL INSIGHTS

Fall 2024: Pluto’s Impact on Your Life - Transformation21
By Misty Kuceris

ACCESSING YOUR INTUITION

Death and Scorpio Season25
By Cindy Carrasquillo

MIND-BODY-SPIRIT

Cosmic Balance: Discovering the Eternal Masculine and Feminine Principles Within37
By Carmen Froment

GREEN NEWS & VIEWS

Inextricability62
By Rev. Dr. Trish Hall

HERB CORNER

Flower Power: Calendula68
By Sara Auckenthaler

WASHINGTON GARDENER

Review: Herbal Activities for Kids69
Book Review By Kathy Jentz

BUILDING COMMUNITY

Wiccans, Witches, and Pagan Culture70
By Salicrow

FALL FRENZY! CALLS TO ACTION THIS SEASON PATHWAYS FALL NATURAL LIVING EXPO • RETREATS • VOTE! *A Message From Your Pathways Team*

We are feeling energized and ready to take on all the activities awaiting us this fall and want you to feel the same way, too. First, look forward to attending the Pathways Natural Living Expo at a brand new location this fall – the Samuel Riggs IV Alumni Center, at the University of Maryland in College Park – join us on Sunday, October 6! Expect great exhibitors and illuminating workshops from the DMV’s premier Mind-Body-Spirit-Eco event. Online advance ticket purchasing through Eventbrite will begin in early September. Come support local businesses, and Pathways, to keep resources in our local communities. Preliminary program starts on page 40.

We are also counting down to Election Day, Tuesday, November 5, and urge you to get involved in these weeks leading up to what could be a historic election. Safeguarding our democracy demands all-inclusive action, and we’re here for it with resources and encouragement throughout this issue. Plus, we’ve got you covered on seasonal self care and retreats for health and wellness, support for learning, and much more. Complacency and ignorance are the enemies. Understanding we are all in this together is key. We won’t go back, and we can’t leave anyone behind. Who’s with us?!

UNIFYD healing

KNOW THYSELF



**TIRED OF
BEING
SICK?
INTRODUCING
THE
EESYSTEM**

**TIME
TO HEAL**

**SOUND
HEALING
EVENTS**

QUANTUM

HEALING IS HERE

USING BIO-SCALAR & PHOTONIC
LIGHT ENERGY WITH
ELECTROMAGNETIC ENERGY FIELDS
LIKE SCHUMAN RESONANCE 7.83 CPS
& RAIN FORESTS 13.8 CPS

OFFERING
THE
EESYSTEM,
YOGA,
QIGONG,
MEDITATION,
SOUND
HEALING,
WORKSHOPS,
REIKI,
CHAKRA
HEALING,
RED LIGHT
THERAPY, +
HEALING
PRODUCTS

BOOK NOW



at www.gotohealing.com



What if I told you that your body has the ability to heal itself? That you are not helpless or hopeless and that you don't need to depend on anything outside yourself to find healing. Optimal health does not start outside your body, but within; specifically within the cells of your body. By using the Energy Enhancement System (EESystem), you are raising the electrical charge to your cells changing the body from a sick state to an optimal state of health.

Visit us at 301 W. Washington St., Charles Town, WV 25414 or call us at 304-500-HEAL(4325)



SHOP OUR PRODUCTS ONLINE



LEELA QUANTUM TECH®



add more life to yours one bit at a time



We are the Calvary: Saving Our Democracy in 2024!

BY NIKKI HARRIS

Over the last 40 years, reproductive healthcare has become a political football for political gain. Shamefully, it has become *the* wedge issue for our many elections, despite the overwhelming majority of Americans supporting access to safe and legal abortion. Elections now hinge on this single issue and culture wars. Voters deserve better!

I recently left Planned Parenthood South Atlantic (PPSAT) in western North Carolina after 9 and half years, and I saw first-hand how political agendas impacted the healthcare our clinics were able to provide. Sadly, the 45th president was able to do what he promised: stack the Supreme Court and proudly overturn *Roe v Wade*. In April of 2023, a longtime Democratic member of the NC House (who ran on abortion and LGBTQIA+ rights) switched parties, giving the Republicans the super majority and rendering our Democratic Governor's veto useless. NC Senate Bill 20 was passed a month later, reducing the 20-week limit to 12, and dramatically reducing abortion access for the entire southeast. The Associated Press reported in August that since the 2022 *Dobbs* decision, more than 100 pregnant women have been treated negligently or denied treatment from emergency rooms despite federal law. There's a human toll to these culture wars, and quite frankly, it is daunting that one person could yield that much power.

My time at PPSAT was meaningful, and it was also emotionally taxing. It was scary when protestors lurked outside of the clinic with the sole purpose of harassing patients and staff. Sometimes protestors' megaphones were so loud we could hear them inside the clinic. We would have law enforcement on site during abortion clinics; and sadly, during my time with the organization, we made the decision to put a fence around the entire building. It didn't stop protestors from bringing a ladder so they could see over the fence and continue the abusive rhetoric. It's hard not to think that if this type of behavior happened anywhere else, it wouldn't be tolerated.

Growing up, my parents voted for different political parties depending on the issue. It was assumed that regardless of which party or candidate claimed victory, elected officials would work together respectfully, across the aisle, and with good intentions to address the challenges affecting Americans. We expected they would have nuanced debates about policy.

We took for granted that those in government could come up with ideas and implement policy benefiting the most people and reflecting the will of the people. We took for granted the fragility of our democracy.

Philosophically, elections shouldn't come down to a single issue, but here we are. With less than 60 days (by press time) left until the single most important election of our lifetime, it's clear which party stands for the health and safety of children and their caregivers. It's evident which party values science, data, and medical expertise. I've yet to understand why we have politicians making medical policy and law. I have a BA in Sociology. You don't want me to be the engineer

on a building, let alone working as the project manager. Quite frankly, unless you've graduated from medical school with a specialty in OB GYN, I don't think we can rely on your "expertise" for legislation impacting women's medical care.

To quote one of my favorite political pins: "Politicians make crappy doctors."

After *Roe* became law of the land in 1973, the targeted and mean-spirited work of using access to abortion as political manipulation began. In 1976, when the Republican convention was convened, public opinion polls reflected that Republican voters were actually

more pro-choice than their Democratic counterparts. Hell, even the chair of the 1976 RNC, Mary Louise Smith, was a supporter of abortion rights. Despite the Republican Party's pro-choice leadership, and despite strong support for abortion within the party, the GOP adopted a platform that was out of step with their party *and* public opinion.

After all, there were elections to win, no matter the cost.

In the *Journal of Policy History*, Daniel K. Williams writes, "The party's leadership viewed the measure as a temporary political ploy that would increase the GOP's appeal among traditionally Democratic Catholics, but the platform statement instead became

a rallying cry for social conservatives who used the plank to build a religiously based coalition in the GOP and drive out many of the pro-choice Republicans who had initially adopted the platform."

It wasn't until I was in my mid-thirties that I began to understand the scope of my privilege. I was raised in a liberal, educated and well-resourced household, and I wasn't going to be defined by my mistakes. I now know that it was an absolute privilege to be able to *plan* my parenthood. Novel concept, right?

After 17 years on birth control, my partner and I welcomed our first and only child. Even though people have been giving birth since the beginning of time, we felt like we were the first to discover this primal and disorienting act. It was an incredibly scary and transformational experience in *every* aspect of our lives. Even with an extremely supportive and hands-on partner, even with eight weeks of parental leave, even with all the things that make parenting easier, it was and continues to be damn hard.

Parenthood isn't for the weak, neither is pregnancy. The long sleepless nights, the worry over every cough, sneeze, or suspect bowel movement. When school let out for summer break, our 10 year old son asked me what the word "pu*sy" means. I nearly had a heart attack. The playground is no place for the faint of heart, and apparently politics aren't either.

Could you imagine being 6 months pregnant knowing your baby had no chance of surviving outside the womb? Or carrying your rapist's baby to term because you live in a state that has zero exceptions? Or simply being pregnant and not wanting to be? For many birthing people in the US, this has become a horrific reality. Who do these laws benefit? Anyone?

Fighting to protect reproductive healthcare reaffirms the Democrats' commitment to victory in upcoming elections by loudly standing

continued on page 61

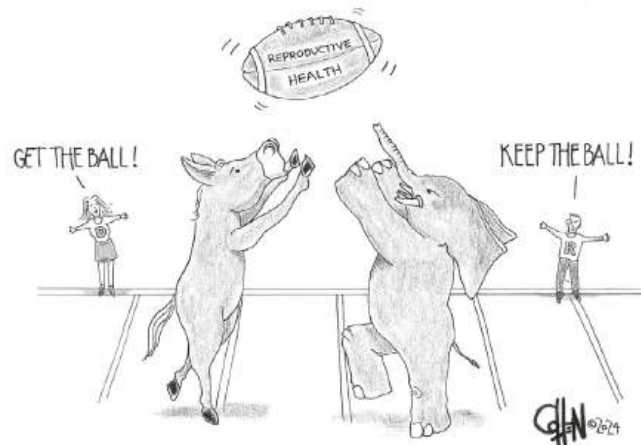


Illustration © David Cohen, substack.com/@cohencidents



TAKE
20% OFF
YOUR FIRST ORDER!
USE CODE:
WELCOME20


SMILE HERB SHOP

Est. 1974

 Bulk Herbs, Spices, Teas

 Vitamins, Supplements


 Essential Oils & DIY


 Gifts, Candles, Crystals


 Classes & Workshops

Welcome to Smile Herb Shop, your neighborhood emporium for healthy living! Offering a wide array of medicinal herbs, spices, herbalist-created tea blends, and much more, since 1974.

Ask about our free mini-clinic!

 @smileherbshop

 +301-474-8791

 www.smileherb.com

 4908 Berwyn Road, College Park, MD 20740

STOP BY TODAY :)

Ketamine Assisted Psychotherapy: The “Journey” to Healing the Mind, Body and Spirit

BY ELENI BOOSALIS, PSYD

The human experience has been wrought with anxiety and depression since the beginning of time. The treatment of such mental health issues has evolved greatly for the past several centuries and has varied from bloodletting and purging to lobotomies and ECT. Fortunately, we have come a long way, but a large portion of the population continues to struggle with mental illness.

According to the National Alliance on Mental Illness, it is estimated that 1 in 5 adults in the US will experience a diagnosable mental health condition every year. That equates to approximately 46 million people. Thankfully, the stigma of mental health treatment has improved in the past several decades, and it is now acknowledged there are many factors involved in cultivating a healthy body and mind.

The treatment of mental health issues such as depression has historically been managed with medication, therapy, or a combination of the two. Traditional antidepressants have targeted Serotonin and Norepinephrine, with research showing that only about 40-60% of individuals show some reduction in symptoms. The most commonly researched and prescribed psychotherapeutic approach has mostly included Cognitive Behavioral Therapy (CBT), which has shown to have an estimated success rate of 50-70%. While research supports that a combination of medication and therapy is most effective, the success rate of this approach is also estimated to be between 50-70%.

Unfortunately, the poor success rate of antidepressants is also accompanied with a delayed onset of 4-6 weeks for these medications to reach their therapeutic potential. Furthermore, it often takes several attempts with different medicines or a combination of medicines to find the optimal treatment effects. The likelihood of side effects also contributes to the challenge of determining the best medication and dosage for each individual.

Another challenge to achieving positive outcomes is the possibility of “treatment resistance”, particularly with respect to medications. The definition of “treatment resistance” is described by the US Food and Drug Administration (FDA) as “inadequate response to a minimum of 2 antidepressants despite adherence to treatment.” According to the *Journal of Clinical Psychiatry* (2021) It is estimated that 30% of adults diagnosed with Major Depressive Disorder (MDD) are classified as treatment resistant. Treatment resistance also affects 30-50% of those diagnosed with Anxiety Disorders. With continued increase in the prevalence of depression, anxiety, and suicide in the US, and with such a large percentage of those individuals being treatment resistant, the mental health community is constantly seeking to improve the treatment outcomes of individuals suffering from anxiety and depression.

Ketamine Assisted Treatment

Ketamine is not new to the medical world. In particular, ketamine has been widely used since the 1970s as an anesthetic and pain block-

er; but its usage for the treatment of depression and anxiety has only recently grown in popularity. The World Health Organization (WHO) has classified ketamine as an essential medicine due to its evidence of efficacy, safety, and cost effectiveness with respect to disease prevalence and the relevance to public health. Despite its popularity in the anesthetic and pain management field, it has been used off-label for about 20 years to treat depression and anxiety. It has taken several years for the general public to consider this medication as a safe and useful option for mental health due to some bad publicity it attracted in the 1990s for its abuse and misuse as a party drug.

So, how does ketamine work and what does it do to your brain?

Ketamine works by blocking glutamate receptors in the brain. By doing so, it disrupts some of the communication to the nervous system which blocks the reception of pain. When ketamine is used

in psychotherapy, it is used at a lower sub-anesthetic dose, which actually increases the production of glutamate. This process has been proven to increase neuroplasticity and neurogenerativity in the brain, thus allowing the client to make rapid psychological, emotional, and behavioral changes.

The purpose of psychotherapy is to change maladaptive thinking and behavioral patterns, which is very challenging for most people. Therefore, combining ketamine with psychotherapy makes it more likely that the client can make changes with less resistance. You can liken it to working with wet clay and being given an opportunity to mold yourself with more ease and less discomfort.

The majority of [research on Ketamine Assisted Psychotherapy \(KAP\)](#) indicates it is more effective than psychotherapy alone, and more effective than ketamine alone. Some benefits of ketamine are that it offers a high likelihood of rapid mood improvement in a matter of hours or days, has fewer side effects

than traditional antidepressants, and is considered a very safe medicine. In the long term, many clients experience a remission of MDD and anxiety symptoms as well as improved introspection, resilience, and overall mood.

The goal of KAP is not only to process emotional material that has felt “stuck” or too painful to process with therapy alone, but also to access the client’s “inner healing intelligence.” By decreasing defenses and resistance, clients can often access the part of themselves that holds the power to heal themselves. As therapists, we believe each person carries the knowledge and power to heal themselves if we can just get our defenses and unprocessed trauma out of the way.

Ketamine’s Holistic Journey

There are three main ways to administer ketamine. For chronic, severe, and treatment resistant depression, the first line of treatment involves 6-9 infusions over the course of 2-3 weeks. This is often recommended for highly depressed and suicidal clients for its fast-acting relief. It is not normally accompanied with therapy and is mostly administered in an infusion clinic. The other two modes of



continued on page 64

Marie-Claire

European Intuitive Consultant



Consultations by Phone, Zoom or FaceTime
in English or French

Consultations With

- Directness
- Professionalism
- Discretion
 - Heart
 - Humor



For Insight Into

- Love
- Happiness
- Personal Growth
- Challenges
- Business

*Evaluate my accuracy
for yourself, as thousands of
my clients can attest.*

**Special for First Reading Only:
15 minutes for \$25.**

Payments with security
through PayPal.

Medium & Clairvoyant

- Direct Clairvoyance
- Tarot Readings
- Numerology

I have over 38 years of professional experience as a clairvoyant and Tarot reader. The divinatory arts run in my family: my great-grandmother was a very well-known medium outside of Marseilles, France. My mother and aunt practice the art as well.

www.marie-claire.tv

703-785-3109

Rachel Carson (Part Two): Inspiring Intergenerational Nature Education

BY REBECCA HENSON

Rachel Carson passed away 60 years ago this past April, but we are not finished learning from her work and her example. In Silver Spring, Maryland, we are working to create Springsong Museum, a place of joy, solace, and connection that brings her words and wonder to generations new and old. As development of this project is ongoing, we are sharing some of Carson's writings and philosophy with the readers of Pathways, with this second installment focusing on learning about the natural world.

During the height of the COVID 19 pandemic, with no preschool to occupy part of his day, my younger son made a new friend, which he unironically called his "Old Buddy." He had started paying attention to the birds that would grace our front garden, and after we set up a small feeder that could be seen through the family room window, the bright yellow bird would regularly appear. My son would give us daily reports on Old Buddy, painted pictures of him, and was completely smitten, despite not yet knowing the bird's 'real' name, American goldfinch.

Four years later, my son's enthusiasm has led him to learn more about goldfinches, that they love the seeds of our coneflowers and how their radiant feathers dull as the days get shorter. But as his understanding deepens, we all still feel a familiar rush when that flash of yellow flutters by: Old Buddy!

Nature education — learning from and about the natural world around us — is a lifelong endeavor. While many children in our region may be fortunate to have the opportunity to study water cycles, pollution, and other topics at some point in their school years, we can all tune into the wild wonders of where we live, deepening our connection to place.

Rachel Carson, the writer and biologist who lived most of her adult life here in Silver Spring, Maryland, put the utmost value on deepening our interest in the natural world. "That would be Heaven to achieve," Carson wrote about the prospect of completing her book that would help adults to nurture children's innate wonder experienced in the outdoors. Planning to expand on her 1956 article for *Women's Home Companion*, she envisioned a book with chapters including: 'The Miracle of Life,' 'The World of Tiny Things,' and 'The Changing Year.' With *Silent Spring* finally published and awakening readers to the harm we cause when trying to 'control' nature while ignoring the consequences, Rachel Carson wanted most to return to the subject that defined much of her career and life: wonder.

Carson believed a strong sense of wonder, if nourished from a young age, could "last throughout life, as an unflinching antidote against the boredom and disenchantments of later years, the sterile occupation with things that are artificial, the alienation from the sources of our strength." And our rich connection with nature would benefit not only the individual and one's community, but eventually the environment itself. In a 1954 speech to women journalists, Carson said, "The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction."

Developing Wonder

But how does one begin to encourage the development of such lifelong awe and interest in children? First, a child needs the "companionship of at least one adult" with whom to marvel. Importantly, this adult does not need to be a nature expert, but someone who is willing to engage with the child in the beauty and mystery all around. Her advice to adults:



Carson talks with children in the woods along the Northwest Branch by her Silver Spring home. Photo credit: From Life magazine, October 1962. All rights reserved © 1962 Alfred Eisenstaedt (Time & Life Pictures)

Wherever you are and whatever your resources, you can still look up at the sky — its dawn and twilight beauties, its moving clouds, its stars by night. You can listen to the wind, whether it blows with majestic voice through a forest or sings a many-voiced chorus around the eaves of your house or the corners of your apartment building, and in the listening, you can gain magical release for your thoughts. You can still feel the rain on your face and think of its long journey, its many transmutations, from sea to air to earth... You can ponder the mystery of a growing seed, even if it be only one planted in a pot of earth in the kitchen window.

Second, and related, Carson wrote that the foundation of an understanding of the natural world is rooted in sensing. At the beginning of this journey, "it is not half so important to know as to feel."

If facts are the seeds that later produce knowledge and wisdom, then the emotions and the impressions of the senses are the fertile soil in which the seeds must grow. The years of early childhood are the time to prepare the soil. Once the emotions have been aroused — a sense of the beautiful, the excitement of the new and unknown, a feeling of sympathy, pity, admiration, or love — then we wish for knowledge about the object of our emotional response. Once found, it has lasting meaning.

Engaging the full range of senses — relying on our "eyes, ears, nostrils, and finger tips" — enables a deep relationship with our environment that leads to notions of familiarity, belonging, curiosity, and awe. From that receptive state, we may learn the names of species, study their behaviors and habitats, and develop a greater understanding of the rich, dynamic, and vulnerable life on earth.

Carson's own life, marked by struggles, was sustained by a constant sense of wonder, from her first memories as a child on her family's wooded property in Western Pennsylvania to her final days at her home in Silver Spring, where the sights and sounds of birds and oth-

continued on page 65



Takoma Metaphysical Chapel

A Spiritual Community
That Supports Your
Individual Development



Sunday 11:00 Services
now virtual at Zoom
(81385184622) and
Facebook Live.

**Other activities via
conf. at 717-908-1636
(635833#)**

Our Mailing Address Is:
1901 Powder Mill Road,
Silver Spring, MD 20903

Classes and Workshops Include:

SPIRIT SPEAKS ON PAST LIVES
Mondays at 7:30 p.m. via Zoom

**DEEPENING YOUR CONNECTION
WITH SPIRIT**
Thursdays at 7:30 p.m. via Zoom

See website
www.takomametaphysicalchapel.org
for other classes, **online support**
and more details.

Many classes available via conference
call also.

OTHER EVENTS INCLUDE:

**Wednesday Evening Healing/
Meditation Circles**

7:15 – 8:30 p.m. via conf.
717-908-1636 (635833#)

3rd Sunday Goddess Circle

7:30 p.m via conf.
717-908-1636 (635833#)

A Course In Miracles Calls

M-F 6:55 a.m. via conf
Sunday 9:30 a.m. via conf
717-908-1636 (635833#)

Imagine A Place Where....

Your beliefs are supported and embraced. Everyday events are explored from the physical, mental and spiritual perspective. Like-minded individuals support you in your spiritual journey.

At the Takoma Metaphysical Chapel, you will find such a place.

The Takoma Metaphysical Chapel is a growing community of people committed to spiritual growth and development resulting in transformation and emotional well-being. You'll find uplifting services, you'll feel the spirit of Love, and you'll learn practical ways to put this energy to work for your greatest good.

Relevant, Practical Themes.

Teachings based on numerous "new thought" spiritual traditions that show you how to apply timeless spiritual principles in practical ways to navigate your life with more peace, joy and grace.

Come As You Are

Come experience uplifting music, meditation, prayer and messages designed to touch your heart and uplift your spirit. Experience wisdom from various spiritual traditions to heal your heart, mind and soul.

The Takoma Metaphysical Chapel meets on Sundays at 11:00 a.m. on Zoom (Meeting Code 81385184622) and on Facebook Live.

**(301) 587-7200 • takomachapel@netzero.com
www.takomametaphysicalchapel.org**

Hey, Gen Z: Our Democracy Needs Us!

BY CIARA O'BRIEN

Members of Gen Z, myself included, are often labeled as the “change generation.” Generally defined as people born from 1997 to 2012, and also known as “Zoomers”, we’ve been called the most diverse, educated, and digitally savvy generation to date. But what truly sets us apart is our ability to see the bigger picture. We understand that issues are deeply interconnected, and we approach them with empathy, care, and a desire for justice. Whether it’s climate change, job security, or human rights, we know these challenges don’t exist in isolation — and that’s why our vote is so crucial, especially now.

Our Rising Political Influence

In the 2020 presidential election, 50% of eligible young people aged 18-29 voted — a remarkable 11-point increase from 2016. This isn’t just a number; it’s a testament to our growing influence and commitment to shaping the future. We’ve also made history by voting at a higher rate in the 2022 midterms than any previous generation in their first midterm election. That’s right — more than Millennials, Gen X, and likely even Boomers did in their generations’ first midterm election. This trend of historic political engagement is a clear signal Gen Z is ready to step up and take control of our destiny.

As Charlie Olmsted, a politically engaged 24-year-old who has been voting since he turned 18, points out, ‘Gen Z will be key. Gen Z is a huge constituency that’s not going away, so the issues that Gen Z cares about will pop up more this election than the last time.’ Charlie, like many in his generation, is deeply invested in the political process and represents the growing voice of young voters who are increasingly shaping the direction of our country.

With Donald Trump running again in 2024, our democracy feels like it’s on the line. The stakes couldn’t be higher. From the rollback of reproductive rights to threats against LGBTQIA+ communities, we’ve seen firsthand how policies can affect our lives. We care deeply about these issues, and we understand our vote is our voice. It’s how we stand up for what we believe in and ensure our leaders reflect our values.

“I am optimistic about the future despite my concerns,” Olmsted shares. “Once Biden dropped out of the race and Kamala Harris became the nominee, the dynamic changed and things were re-energized.”

A Threat to Democracy

Former President Trump’s political tenure has raised serious concerns about the erosion of democratic norms. His well-documented actions — repeated attacks on the media, refusal to accept election results, and attempts to undermine the integrity of our electoral process, to name a few — threaten the foundations of our democracy. Voting is our way of standing up for these democratic principles and ensuring our government remains accountable to the people.

Olmsted emphasizes, “I’m also paying attention to democracy itself. When Trump was in office last time, he did seem to encourage the January 6th riots where the goal was to stop Congress from certifying the results of the election he lost. If there’s more divisive and chaotic rhetoric along those lines, I think that would motivate me much more to vote.”

Intersectionality: Our Generation’s Superpower

One of the things that makes Gen Z unique is our understanding of intersectionality — the idea that various forms of discrimination are interconnected. We know climate change isn’t just an environmental

issue; it’s also a social justice issue disproportionately affecting marginalized communities. We see how economic inequality is linked to systemic racism, and how the fight for LGBTQIA+ rights is tied to the broader struggle for human rights. This holistic view of the world drives our political engagement and motivates us to vote for leaders who will approach these issues with the care and empathy they deserve.

Wei Zhou, National Spokesperson for the Sunrise Movement, echoes this sentiment: “As a climate organization, climate action is definitely a top priority to Sunrise. As a young person with family in areas where climate disasters are prevalent, I need a president who will take bold steps to enact climate justice in our country. But we also know that climate is inherently intersectional— that racial justice, economic justice, labor, and more all matter deeply to achieving climate justice.”

Zhou highlights how Gen Z’s interconnected approach to these issues shapes their political engagement: “I think in the past we’ve seen a lot of individual political engagement from older generations, like voting, for example. But Gen Z is politically engaged in a way that builds across communities. We’re having conversations with our neighbors, classmates, and coworkers. We’re making change together, not alone.”



Source: Harvard Griffin GSAS News, licensed by Creative Commons (<https://creativecommons.org/licenses/by-sa/4.0/>)

Our Priorities: Jobs, Climate Change and Human Rights

We care about jobs, but not just any jobs — we want meaningful work that pays a living wage and contributes to a sustainable future. Climate change is another top priority for us, as we’re the generation that will inherit the consequences of today’s decisions. And when it comes to human rights, we’re not willing to compromise. Reproductive rights, LGBTQIA+ rights, and racial justice are non-negotiable. We expect our leaders to protect and expand these rights, not roll them back.

“I’m paying attention to climate and environmental issues,” Olmsted notes. “When Trump was president last time, he pulled out of the Paris Accords and was generally unsympathetic to climate and environmental justice issues.”

Zhou adds, “We are the generation that’s going to have to deal with a lot of the consequences of the next president — whatever the next

continued on page 72

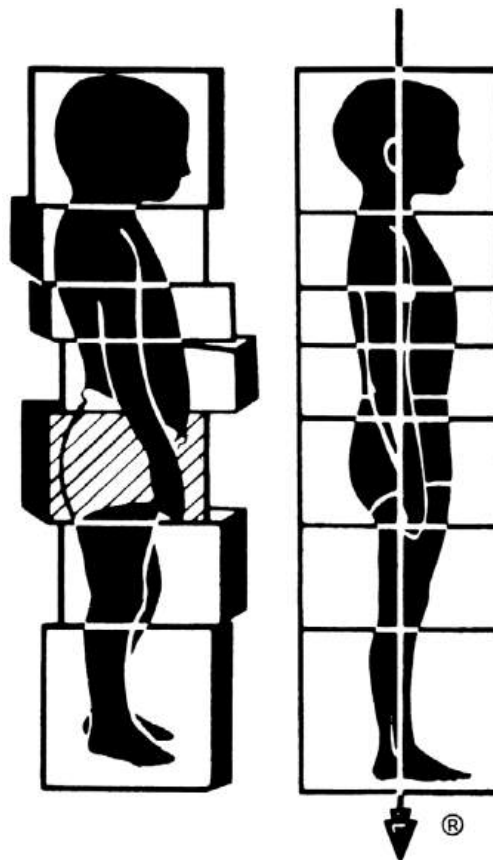
ROLFING®

**POOR
POSTURE.
IT'S WORSE
THAN IT
LOOKS.**

■ Poor posture is the result of poor structure. When the body's parts are lined up improperly, maintaining good posture is impossible.

■ Poor structure often leads to inflexibility, pain in muscles and bones, less energy, more injuries, a less attractive appearance and lower self-esteem.

■ ROLFING® improves structure in a gentle, safe and lasting way. The ten sessions of careful manipulation of muscle wrappings reorganize the structure so that it becomes more vertical and symmetrical.



CERTIFIED ROLFERS

- | | |
|---|--|
| ■ JOY BELLUZZI
Chevy Chase, MD...(301) 654-5025 | ■ THOM SHENK
Rockville & Bethesda, MD...(301) 452-6630 |
| ■ KAT BURNETT
Herndon, VA...(703) 863-7653 | ■ BILL SHORT
Washington, DC...(202) 328-3441 |
| ■ EMILY GORDON
Frederick, MD...(240) 575-0454 | ■ MARY STARICH
Silver Spring, MD...(301) 437-2825 |
| ■ YUICHI MIYOSHI
Bethesda, MD...(240) 988-0927 | |

Call now for an appointment or more information

Understanding Persistent Pain

BY PHILIP R. APPEL, PHD

According to the International Association for the Study of Pain (IASP), the definition of pain is “an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage” (derived from a 1964 definition by Harold Merskey; first published in 1979 by IASP in the journal *PAIN*, number 6, page 250). The key words here for your understanding are **emotional experience** and **potential**. When one has persistent pain, it is not uncommon to become overly focused on trying to avoid the pain. Many times, an individual is reacting to how intense the pain has been and is thinking how intense the pain might become, even though in a particular moment it may not be at that level of intensity.

Years before 1964, much was learned about pain during World War II. Dr. Henry Beecher, an Army physician, noticed that soldiers who were able to be treated at the front because of the nature of their wounds seemed to be in more pain and suffering than the soldiers who were so severely wounded they needed to be evacuated. He realized those evacuees with severe wounds had tickets out of hell, and were happy to be leaving; whereas the soldiers treated at the front had to face going back into battle, and perhaps being wounded more severely the next time. The meaning of the wounds influenced the experience and intensity of suffering, because pain is also an emotional experience.

Your health care providers frequently ask you to rate your pain on a scale of 0 to 10, where 0 is the absence of pain and 10 is the worst pain you ever experienced. It is important to understand this question is one related to your personal experience of pain over the course of your life. There is no such thing as a rating of 10 for everyone, because everyone tolerates pain differently.

Levels of pain intensity from 1 to 3 are considered mild, 4-6 moderate and 7-10 severe. My own experience of pain changed when I had contracted a rare form of Lyme disease that left me with a lesion in my spine. Before that, I had pain from a broken leg, soft tissue injuries from motorcycle accidents, and a herniated disk; what I thought was rated an 8 or 9 then became a 2 or 3 in light of the spinal pain from the lesion. Your health care professional is trying to understand the intensity of your pain using this scale. Sometimes, rather than numbers, a visual face scaling question is used where you would be asked to point to the face that represents the intensity of your pain.

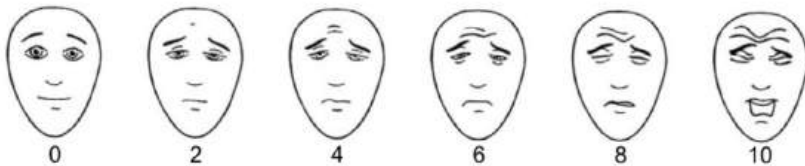


Image source: www.researchgate.net/figure/11914002_fig1_Fig-1-Top-Faces-Pain-Scale-Bieri-et-al-1990-scored-0-to-6-Bottom-Faces-Pain

If you say your pain is at a level of 10, but you are able to maintain your voice tone, pay good attention and have a reasonable conversation, all you will be conveying is that you want to be believed that you are in pain and need relief. This is not to say that there aren't times when you are having pain at an intensity of 10, finding it hard to concentrate on anything, to maintain your mood, to talk in a normal voice and to feel desperate to escape! However, it is important to have your health care providers not think you are just responding in a way to get them to take you seriously. Instead, tell them the range of your intensity — say what it is now, and include what the worst and the least levels of intensity are, too. Pain is often like the weather — there are

times of intense storms, and we should recognize them when they are happening and not be fearful.

For most of us pain has been temporary; it has been a sensory experience that alerted us to injury or illness. With treatment and restoration of homeostasis (i.e., balance) of the body, the pain usually subsides and fades away. But when pain is unremitting and unrelenting, it challenges a person's notion of the way the body is supposed to work; for the first time, you may begin to perceive how vulnerable and fragile we mortal humans are. And you may begin to feel out of control should the body not respond to treatment or heal on its own as it once did.

Being in constant pain becomes an existential situation, wherein you, the individual, must journey alone, as the experience cannot be shared or even described in a way another can experience. A person with persistent pain will have emotional reactions to the uncomfortable sensations in the body. We call the emotional reaction to the sensory qualities of the pain the “affective component” of the pain; and it is the pain's affective component that determines the extent of a person's suffering.

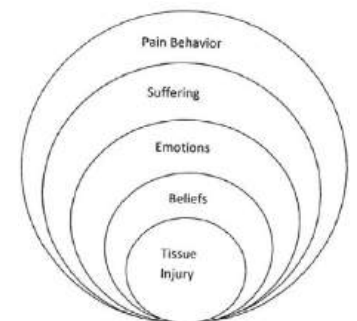
When the pain is imagined or thought to represent a threat to self or body, there will be an anxious or perhaps a depressed response. Clinical experience has demonstrated to me that patients' emotional experiences are driven by their unconscious as well as conscious judgments and beliefs about the pain. With frequent, repeated, or continued experience of pain, that particular pain becomes associated with illness, injury and self. Many individuals think of themselves as sick or ill because of the pain rather than being injured or even having a damaged body part.

Levels of Pain and Pain Behavior

My goal is to teach about Response-Ability, i.e., the ability to respond to your pain in a confident manner as you care for yourself. You will need to gain the ability to self-soothe, to self-motivate and self-coach, and to rebuild self through gaining more stamina, endurance, and flexibility, both physically and mentally. It's important to understand from the outset that getting better correlates with what you do for yourself, rather than with what the health care team does.

Consider the diagram from the surgeon Dr. John Loeser, which characterizes how pain ripples through our mind and body changing our behavior. The diagram comes from Loeser's discussion of pain and suffering, where he states how the larger the circle, the bigger the problem is for the physician. So, what is “Pain Behavior”? And why would it be the largest problem?

Pain behavior refers to all the bracing, guarding, and alteration of natural movements an individual engages in because of the presence of pain. These behaviors frequently affect the natural biomechanics of the body, and paradoxically, increase pain and delay recovery. For example, I once worked with a woman who had fractured several toes on the job when she accidentally kicked an electrical box that protruded from the warehouse floor. In order to avoid the pain in her toes, she limited weight bearing on that leg and foot by raising her hip. Over time, she developed back trouble with chronic muscle tension in the



continued on page 18

Understanding Persistent Pain...

...continued from page 17

low back and pelvic areas. In an effort to reduce pain, she had altered her biomechanics, which in the end created more pain. And by avoiding weight bearing for a longer than necessary time waiting for the pain to subside, her leg and foot continued to hurt when she did start to bear weight due to loss of strength and endurance.

Suffering

“Suffering” is all about being in a state of resistance or aversion to what is; and suffering, of course, is what leads you to get help. Our suffering comes from being scared, anxious, depressed, or even sad about being in pain. It is the beliefs about the pain that drives the emotions, which leads to suffering. Seeing the pain as something foreign, or as a punishment from God or a harbinger of future pain, only leads to more suffering. People suffer with pain when: they perceive a threat to their existence and integrity; it evokes fear involving the future; and when it is associated with social isolation and distrust of one’s own perceptions of one’s body, especially if a physician or relative fails to affirm the experience as being transitory — or worse yet — fails to provide the individual with a reason for the pain.

Sometimes the pain is more than just what is going on physically in the body — it can be the pain of a change in the experience of self. To illustrate, I consulted on an elderly woman who had sustained a below-knee amputation as part of an integrative approach to her pain management. Her physical therapist wanted assistance as the woman’s reaction to the pain was interfering with what they wanted to accomplish. During my evaluation I learned part of the suffering she was

experiencing was due to a loss of femininity. Years earlier she had also undergone bilateral mastectomies for breast cancer. However, her sexual identity was not affected by the loss of her breasts, but rather to that of her leg; when she was a young woman, she stated the men all admired her legs. Without asking about what it means to have a particular illness or injury (or amputation), we cannot know what is driving a person’s suffering.

Emotions and Beliefs

We first learn about pain as infants during the birth process. Later on as children and growing into adulthood, we experience only acute pain from injury or illness that dissipates over time. However, from our experience with that, we conclude we were leaking somewhere (bleeding), or broke something, or had an unseen bacteria or virus eating away at our body. We learn early on to interpret pain as an alarm that something is wrong. With chronic pain, for the most part everything has healed over, scarred over, but the alarm continues to ring away, even though there is no acute threat. With chronic pain, we sound the alarm of an immediate threat to our existence, when really it is much more of a hellacious nuisance. Yes, it is possible to be hurting without being harmed. Hurt and harm are not the same thing.

The problem of chronic pain compounds further when we try avoiding activity or movement for fear of experiencing or aggravating the pain. Developing kinesiophobia, the fear of movement, leads to deconditioning, which leads to an intensification of pain as endurance, stamina and flexibility are lost, leading to further deconditioning and avoidance of activity. Simultaneously, the pain may trigger anger, anxiety, fear or distress that can lead to depression and hopelessness, which leads to increased awareness and perception of pain.



*Maximize Healing for
Long-Term Changes
with Ketamine*



Ketamine-Assisted Psychotherapy Services

with Psychedelic Trained Psychotherapists

Embark on a transformative journey towards mental wellness with our specialized services:

- Small Group KAP Experiences
- Wellness Provider Day Retreats
- Individual Medicine Sessions



scan here!

For more information, set up a FREE KAP consultation.

☎ 571-281-0338

✉ office@delraypsych.com

🌐 www.delraypsych.com

Del Ray Psych & Wellness • 1900 Mount Vernon Ave, Alexandria, VA 22301

It becomes a vicious cycle. When one has persistent pain, it is about hurting; rarely is the pain indicative of harm. Again, realize hurt does not equal harm.

Unfortunately, being in a negative emotional state is to pain the way gasoline is to fire. You have had experiences when something negative was happening in your life making you angry or upset and noticed how difficult it was to get away from the pain. However, when you were engaged in something meaningful, or distracted with something funny or amusing that made you smile, in that time the pain was not at the center of your experience. When we are distressed, whatever stressor we are grappling with consumes our brain's mental resources, our attention, concentration, etc. Our biochemistry also changes with each mood state; negative moods have a distinct, different biochemical signature than positive or neutral moods. Furthermore, when we are stressed, our sympathetic nervous system becomes activated. We experience an increase in heart rate, and in adrenaline and cortisol throughout our system, which can heighten our awareness of the pain. To use a computer metaphor — we have only so much biological RAM, and pain requires lots of resources to not keep it at the forefront of our operating systems, i.e., consciousness. Dealing with chronic pain is exhausting.

Physiology of Pain

We human beings are bags of water with lots of chemicals floating around. Sixty percent of our body weight is water. When we are relaxed, we are more fluid-like; when we are tense, we are more in a solid state, like ice. By way of demonstration: lift one of your arms (one not injured or hurting) parallel to the floor; make the whole arm as rigid as you can, tightening all the muscles. Next, **without relax-**

ing the arm at all, try bending it at the elbow. Notice the discomfort and how the arm shakes as you have two opposing muscle groups at work. Relax your arm.

Tense muscles contribute to pain; and over time, they become conditioned to shorten and tighten, and movement becomes uncomfortable. Tight muscles also reduce blood flow to the area. When you make a tight fist, for example, notice how the color of your clenched fist begins to change compared to the other hand due to the restricted blood flow to the area. If you were to keep your hand in a tight fist, you would eventually experience discomfort and perhaps pain, as the lack of blood flow deprives the tissues of oxygen and nutrients.

The same principle applies to drunk individuals who fall down but often escape with less injuries than if a sober person has fallen. Why?! Because sober individuals frequently tense their muscles and bodies when they fall, unlike the drunk individual. Life is movement, and all life moves. The less we move, the more we hasten our end. You cannot even maintain good cardiac health without movement, or flexibility of musculature.

By paying constant attention to their pain, patients become sensory experts on their pain experience, much like gourmet food critics or sommeliers who have developed their olfactory and gustatory sensibilities to a fine art. It is important to realize how learning is a physiological phenomenon as well; how in a neural synapse, in the synaptic cleft with constant stimulation, the dendrite and axon grow closer together, and over time it takes less of an impulse to trigger transmission of a pain signal.

There is a growing body of evidence supporting the importance of the patients' beliefs in chronic pain. Some of the factors shown to play

continued on page 20

WELCOME HOME

Energy Healing
Yoga & Movement
Sound Experiences
Women's Circles

Nutrient IV Infusions
Spiritual Workshops
Abdominal Massage
Local Art Shows



Join our Open House event
"Knockin' on Haven's Door"
Saturday, October 26th | 10am - 2pm
 101 North Adams St. Rockville Md 20850

haven101.com [@thehaven101](https://www.instagram.com/thehaven101)

Dentistry is PAINLESS & EFFECTIVE at Dynamic Dental Wellness

We find and treat underlying causes of dental pain and disease.

Erbium Yag/Nd Yag Laser provides precision, accuracy and targeted treatments with no bleeding and shorter recovery time.

Laser Dentistry is Better Dentistry

No Anesthesia • No Injections
No Pain • No Drills
Faster Healing



Why Laser Dentistry is Better:

- Gum Disease and reshaping
- Treats canker and cold sores
- Prevention of root canal by 90%
- Reduces tissue inflammation
- Eradicates bacteria and virus
- Biopsies
- Wisdom Teeth Exposure
- Regenerating damaged nerves
- Removing benign oral tumors
- Reduce snoring and sleep apnea by re-firming sagging mouth tissue
- Bone regeneration, activates new growth
- Lip/Tongue tie release
- Stimulates natural collagen production

Other Specialized Services:

- Ultra Low Dose CT Imagery detects hidden jaw infections
- Jaw expansion for kids and adults with Gentle Appliance/ALF
- PRF: your own natural stem cell for grafting
- TMJ therapy for facial pain and jaw discomfort
- Sleep Apnea treatment without C pap or surgery
- Structural Airway and Breathing improvement
- Biomimetic and Biologic Restorative Dentistry
- Dental Material Immune Reactivity Testing
- Ceramic Implantology • Ozone therapy • Orthodontics
- Mercury Safe Removal (SMARTCertified/ IAOMT Fellowship Award)

Biologic,
Biomimetic &
Airway Focused
Dentistry



Dr. Sheri Salartash

DDS, MAGD, NMD IBDM, FIAOMT,
FIAO, FAAO, FICOI, FAAIP
Board of Dental Sleep Medicine
Diplomate



703-775-0002

www.dynamicdentalwellness.com

care@dynamicdentalwellness.com

20755 Williamsport Place, #300, Ashburn, VA 20147

TO YOUR HEALTH

Understanding Persistent Pain...

...continued from page 19

a central role include: beliefs about the meaning of symptoms; the patient's ability to control the pain and its impact on his/her life; and worry about the future. If you are an individual living with persistent pain, it's important to understand your beliefs and ensure they are realistic. Without personal confidence in your ability to engage in behaviors that could lead to desired outcomes — such as improving health, managing pain, or adapting to disability — these behaviors might not be pursued, and your sense of self could suffer as a result.

Part of living with pain is learning how to be in neutral, if not positive, moods so as to not affect your biochemistry — and learning how to balance and maintain yourself, appreciating that you are like a complex ecological system.

Recommended Reading — For people living with or experiencing pain to help understand how to work with their bodies:

- *A Pain Psychologist's Handbook for Living and Thriving with Chronic Pain*, by Philip Appel, PhD, FASCH
- *Anatomy of an Illness: As Perceived by the Patient*, by Norman Cousins
- *The Mindbody Prescription: Healing the Body, Healing the Pain*, by John E. Sarno, MD
- *Becoming Supernatural: How Common People Are Doing the Uncommon*, by Dr. Joe Dispenza

Philip R. Appel, PhD, served as Director of the Psychology Service at the Med-Star National Rehabilitation Hospital in Washington, D.C. where he worked with medical and surgical patients suffering persistent pain.. Widely published in his field and with over 30 years teaching clinical hypnosis in physical medicine and rehabilitation, Dr. Appel is a Life-time Fellow and former President of the American Society of Clinical Hypnosis.



Ancient & Modern Solutions for Health



Acupuncture • Chinese Herbal Medicine • Ayurvedic Healthcare

Acupuncture and Chinese Herbal Medicine

Treats acute and chronic pain including but not limited to—back pain, shoulder pain, knee pain, sports injuries, and fibromyalgia

Women's and men's health issues including low libido, impotence, menstrual disorders, and infertility

Chronic fatigue syndrome; mental depression, anxiety; general overall health optimization, dry needling, and much more

Often Insurance Reimbursable

Ayurvedic Medicine

Ancient healing system of India, involves determining one's individual constitution to optimize and maintain health. It treats health imbalances through lifestyle, dietary herbal therapies, and cleansing therapies; individual instruction in meditation is available. Consultations include Ayurvedic pulse and tongue diagnosis.

Center for Health and Wellness

8218 Wisconsin Avenue Suite 304
Bethesda, Maryland 20814
Bethesda office: 301-654-9369
Columbia office: 301-807-5770

Don Diggs, L.Ac., Dipl. OM, AD

Licensed Acupuncturist in Maryland
Nationally Board Certified in Acupuncture, Chinese Herbal Medicine, & Oriental Medicine (NCCAOM).
Certified at the Ayurvedic Doctor Level by the National Ayurvedic Medical Association (NAMA).
(Not a Medical Doctor)
Registered as an Advanced Ayurvedic Practitioner by the Assoc. of Ayurvedic Professionals of North America.

Visit our website for more detailed information:
marylandhealthandwellness.com • dondiggs@verizon.net

Fall 2024: Pluto's Impact on Your Life - Transformation

BY MISTY KUCERIS

Never have events in the United States seemed so intense. In the world of politics... The assassination attempt of Donald Trump on July 13, 2024; the announcement of Joe Biden on July 21, 2024, that he would not seek re-election in 2024; and the announcement of Kamala Harris on July 21, 2024, that she would seek presidential office in 2024, just to name a few. In the world of technological advances... AI (artificial intelligence) and the various copyright legal concerns, not to mention the ethical concerns. In the world of economics... While the economy is growing, interest rates are still at high levels at the time of this writing, and individuals are seeing more shrinkflation in products than value for their dollars.

But all of this reminds me of 2008 and what followed. In the world of politics... Barack Obama won the Presidential race and Joe Biden, who had dropped out of the Presidential race, became the Vice President. In the world of technological advances... Tesla introduced its first car, the Roadster, and Apple introduced the App Store while the Android phone was released to rival the iPhone (released the previous year), giving the world of computer power an open door into our personal lives. In the world of economics... Stock markets plunged and then-President George W. Bush sought an economic recovery plan that not only attempted to correct the subprime mortgage market but also to strengthen the banking industry.

So why would 2024, especially this fall quarter of 2024, remind me of 2008? Because of the major paradigm shift, especially in governance, technology, and economy, that Pluto causes as it changes from one sign to another. And because until the time Pluto changes signs, it toggles between the new sign and the old sign for several months. When it finally does change signs, it stays in a sign anywhere from 12 years to 30 years depending on its erratic orbit.

Pluto finally entered and stayed in the sign of Capricorn on November 28, 2008. Now Pluto is toggling between the sign of Capricorn and Aquarius. When this year began, Pluto toggled back into the sign of Aquarius on January 20, 2024. On May 2, 2024, Pluto turned retrograde at 02°06 of Aquarius and began its journey back into the sign of Capricorn for the last time in 248 years. On September 1, 2024, Pluto, in retrograde motion, once again re-enters the sign of Capricorn and remains there, turning direct on October 11, 2024, and re-entering Aquarius on November 19, 2024, for the next 18 years and 4 months.

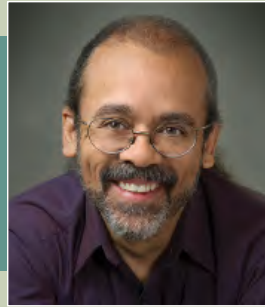
As Pluto retrograde re-enters the sign of Capricorn, it's time to determine whether you want to maintain those changes in your life that began in the years 2008 and 2009, or whether you want to release those changes from your life. Pluto is a planet of deep analysis; as a matter of fact, it represents psychoanalysis and therapies in general. Pluto is a gift in that you are able to understand what does and doesn't work. It all starts with understanding what has changed in your life over all these years.

With Pluto in Capricorn, changes focus on your place in society, especially in areas that define your relationship between work time and personal relationships. With all the technological advances, plus the havoc wrecked on your life by COVID, the boundaries between work and personal time in too many cases dissolved. It's all too easy to find yourself answering those work emails or text messages when you need to be listening to people you love. It's all too easy to believe being an influencer can increase your financial security by sharing your personal side with the outside world.

During the time period that Pluto was in Capricorn, the concept of strong leadership and good governance also started changing. When Pluto is in Capricorn, there is an expectation leadership needs to be assertive, not passive. Leaders are supposed to have all the answers, and authority is not to be questioned. Yet this can also lead to polarization as various leaders have different answers that they expect not to be questioned. With Pluto now retrograde you may want to take the

continued on page 22

Maybe your next therapist shouldn't be a therapist



Eric Weinstein
It's Not Therapy
(It's Problem Solving)

Did you know that:

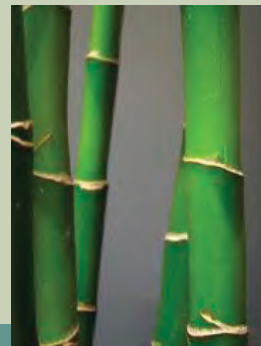
- Licensed therapists are limited to certain approaches by "standards of care" that leave out a number of highly effective healing and personal growth modalities?
- Even if you're paying out-of-pocket for your sessions, your therapist might be unable to use anything "different" because of insurance company requirements and state regulations?

I'm not a therapist, but I always have a therapist or two among my clients. They come to me for:

- the most ancient healing modality (shamanic healing)
- proven, but less conventional modalities (hypnosis/ NLP [NeuroLinguistic Programming] and Eye Movement Integration [similar to EMDR, but gentler])
- the most exciting new energy modalities (Energy Psychology, such as EFT or "tapping" on meridian points, biofield work, and chakra manipulation)
- Voice dialogue (which one therapist referred to as "Internal Family Systems on steroids")
- intriguing coaching modalities (including True Purpose coaching and Archetypal coaching)

And they come for all the same problems they might see a conventional therapist for – as well as problems and questions of a spiritual/energetic nature.

So, whether you've gotten what you can from talk therapy, want action-oriented approaches, or want a holistic body/mind/spirit approach, why wait to find out how your life can be better?



Have questions or want to set a video appointment?

Call 703-288-0400
or email
eric@its-not-therapy.com

Serving local and long-distance clients from Annapolis MD

Read more about how I can help you at
www.Its-Not-Therapy.com



New Classes & Specials at Lotus!

Come back to Lotus this Fall and check out our online and in person events!

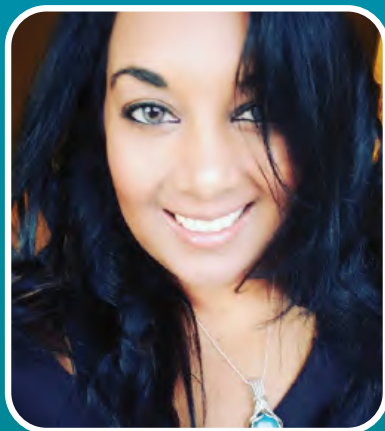
Services:

- Reiki
- Access Bars
- Integrated Energy Therapy
- Psychic Readings
- Soul Alignment Coaching
- Lotus Signature Massage
- Reflexology

Classes:

- Reiki
- Integrated Energy Therapy
- Access Bars
- Tuning Fork Therapy
- Munay Ki Shamanic Initiations
- Full Moon/New Moon Events
- Goddess Retreats

Special Offer – FREE Ebook:
Overcoming Negative Self Talk
bit.ly/LotusFreeOffer1



Uma Alexandra Beepat
 CEO – The Lotus & The Light Metaphysical Ctr
linktr.ee/thelotusandthelight
www.thelotusandthelight.com

Fall 2024 Astrology...

...continued from page 21

time to start asking questions, not just listening to their answers.

Economic systems change when Pluto is in Capricorn, and you've seen more use of electronic financial transactions. Society has a need to make the exchange of money more uniform. In many ways this is beneficial, especially if you do a lot of traveling; but it can also put you at risk if the various systems aren't protected properly. With Pluto retrograde, this may be a good time to evaluate both your financial plans and the systems you use to protect both the plans and your finances.

When Pluto in Capricorn turns direct on October 11, 2024, it's time to begin implementing changes in your life. Perhaps you decided spending more time with family is important, so it's time either to find a new job or change your work routine. Or perhaps you've decided that with all your financial evaluation you're ready to do what's necessary to protect your financial wellbeing. There is a tendency to be more conservative when Pluto is in Capricorn, and you may find yourself turning in that direction. In some ways you'll even read about people who are looking back and thinking some of the "older ways" are not so bad. One current area, as a matter of fact, is some people are turning to "dumb" phones and only using their smartphones when they have no other option.

On November 19, 2024, Pluto leaves the sign of Capricorn and enters the sign of Aquarius. As already written, Pluto won't return to the sign of Capricorn for 248 years. When it enters the sign of Aquarius, it will be in Aquarius until March 9, 2043, or about 18 years and 4 months. The next one or two years will be intense as Pluto enters this new sign. That's because you realize that while there are changes in society, these changes are only the beginning. And, while you may have had clues or hints as to some of those changes, you really don't know how those changes will impact you personally. You do know some of the recent upheavals need to be resolved; or, if not resolved, they need to be used as a platform for moving on with your life. Also with Pluto in Aquarius, you want to find value from the changes that occurred.

Where Pluto in Capricorn indicated you were looking for strong leadership as defined by assertiveness and even aggression, Pluto in Aquarius indicates you want a leader who prefers to implement systems that benefit the general population. You're now looking for stability rather than upheaval. While you may still continue to disagree with others, you no longer want polarization. Aquarius rules the concept that equity can somehow be found in the mass consciousness.

Economically, Pluto in Aquarius rules fiscal responsibility and financial equity. There is an increased push to be paid appropriately for work done. The lack of boundaries between work and personal life is grating, and you'll see more pressure from individuals to regain that distance between the two. As a matter of fact, you may be one of those individuals.

AI will continue to increase its presence, but so will virtual reality in areas of education, art, and even leisure. Can't afford that trip to Europe? Put on the glasses (yes, the cumbersome headset will give way to lighter gear) and feel the experience through a new reality. The greatest advances will occur in the health field as AI writes up your doctor's reports and prescriptions while virtual reality improves your ability to see health problems from a new perspective.

Some of these changes will occur quickly because they are already a platform for future growth; but other changes will take longer, and you may not even realize their impact for several years. What Pluto in Aquarius does represent on a very personal level for many is the desire to take responsibility back and not let others control you. When you interact with others, you want to make certain they care about your needs as much as you care about theirs. This is especially true with leaders. You want them to develop strategies with you in mind. You want solutions to problems, and you want to be a part of those solutions.

By experiencing transparency, you also want to understand the changes happening around you, especially technological changes. When Pluto is in Aquarius, you aren't willing to follow others blindly.

You want knowledge. The reality is that while the next year or two may increase the changes occurring in society and your life, you may also find these changes help you move into a better life. In addition to transformation, Pluto is also the planet of elimination. In order to transform, sometimes you have to release what is no longer needed in your life.



Illustration © Alioshin | Dreamstime.com

Here are other astrological dates of importance during the Fall Quarter:

- **September 2, 2024** — New Moon with Sun and Moon in Virgo occurs. Understand the daily routine of your life provides you with the muscle memory you need to get through those difficult moments.
- **September 17, 2024** — Partial Lunar Eclipse with Sun in Virgo and Moon in Pisces occurs. A Lunar Eclipse occurs at the time of a Full Moon. While you may feel a bit out of sorts today, you may realize you don't need to take care of others. Sometimes it helps just taking care of yourself.
- **September 22, 2024** — Sun enters Libra and the Fall Equinox occurs. This halfway period of the astrological year indicates it's time to determine if you're on the right track with your life and whether you're communicating your needs to others. Understanding the past in order to move into the future is also very important right now.
- **October 2, 2024** — Solar Annular Eclipse with Sun and Moon in Libra, the last eclipse of the year. A Solar Eclipse occurs at the time of a New Moon. This is the "ring of fire" eclipse where you want to shine but often find yourself fighting for recognition from others. You'll receive the respect you deserve if you quickly work behind the scenes; others will know your value.
- **October 9, 2024** — Jupiter in Gemini turns retrograde and will remain retrograde until February 4, 2025. Your words are important but may be misunderstood if you keep pushing trying to get others to listen. This is a time period to gather information rather than dispense it.

continued on page 24

**ANGELIC WISDOM 111
WITH CHERYL GANZER**

Accurate psychic intuitive readings
and guidance on
love...romance...family...career...
finance and life path, etc.

Develop a closer relationship to
the Archangels and
Angels of Divine love and light...
to manifest and live the life of your dreams...

Angelicwisdom111.com
Text: 703-932-5061

ANGELIC WISDOM III

TEXT FOR FACETIME ACCURATE GUIDANCE
703-932-5061

Tibet Shop

Huge Selections and best quality
Authentic Singing bowls and
Meditation Supplies
From the Hands of Himalayan
Artisans

Shop Online or In Person
www.mytibetshop.com

3408 Janet Road
Silver Spring, MD 20906
240-620-5492



Fall 2024 Astrology...

...continued from page 23

- **October 17, 2024** — Full Moon with Sun in Libra and Moon in Aries occurs. It's important to maintain relationships that respect your identity. If you find you're losing your individuality, you may want to evaluate your current relationship.
- **November 1, 2024** — New Moon with Sun and Moon in Scorpio occurs. You find it's a lot easier to understand others and their true motives. You're willing to listen and for this reason you find other people are more willing to tell you their secrets.
- **November 15, 2024** — Full Moon with Sun in Scorpio and Moon in Taurus occurs. It's difficult to feel patient with people who have such differing points of view that you feel disrespected. You're better off walking away than trying to share your opinion.
- **November 25, 2024** — Mercury in Sagittarius turns retrograde and will remain retrograde until December 15, 2024. This is a wonderful time period to think about all the changes occurring in the world and their impact on your life. While you may want to try something new, wait until Mercury goes direct on December 15, 2024, so you have all the information you need.

© 2024 Misty Kuceris | Misty Kuceris is a Certified Astrological Professional, a Reiki Master, and Co-founder of the NOVA Astrology Group. She has contributed to Pathways for over 30 years. See her website for monthly astrological reflections: www.EnhanceOneself.com. Contact her at: misty@EnhanceOneself.com.



Discover your Inner Light... with Aura Photography and chakra imaging
Experience your Inner Light...learn the current state of your energy flow



Over the last 20 years we have done over 8000 Aura Chakra readings through Aura Chakra imaging equipment

Insight from your comprehensive Aura Chakra report and the recommendations based on that enable you to unblock, balance and align all seven chakras and thus harness the power of your Chakras.

Call today 310-365-1111 or e-mail goodluck.chakaryog@gmail.com to book a session with Rishi or get more information.

Also offered by Rishi: Aura Chakra Healing certification, Reiki certification, Meditation and sound healing classes.

Manifest through your Unlocked, well balanced and aligned chakras



We are more vibrant and our presence is felt more joyful and satisfying

After proudly serving for more than 18 years, Good Luck store has closed its physical location at Westfield Montgomery Mall in Bethesda, Maryland. However, we are pleased to announce that we continue to offer all of our products and services through our website www.goodluckstoreonline.com

◆ Crystals, meaningful gemstone jewelry, Candles, Oils, Sprays, Incense, Sage, Singing bowls, Tuning forks, and many other positive energy, meditation and spiritual products on our website ◆

Please visit goodluckstoreonline.com or call 301-365-1111 or email goodluck.chakrayog@gmail.com

Death and Scorpio Season

BY CINDY CARRASQUILLO

The Death Card in Tarot is numbered 13 in the Major Arcana. Death is my favorite Tarot card, but I will say, I am biased as a sun sign Scorpio born on the 13th. The astrological sign of Scorpio and Death are synonymous in many ways. Scorpio is a fixed sign stationed right in the middle of the Northern Hemisphere's Fall season, when we start to see the beauty in death as the leaves change color due to the breakdown of chlorophyll, and the weather begins to cool. Daylight is reduced with the ending of Daylight Savings time. Plus, Scorpio season welcomes Samhain, Halloween, and Día de Los Muertos — celebrations that venerate death. Having lived the last 12 years near mountains, I revel in the transitional beauty of this time of year.

The Death card is ruled by the sign of Scorpio, both known for change, rebirth and transformation. Scorpio, in turn, is ruled by both modern Pluto (who is also a god of the Underworld) and traditional Mars. Scorpio is associated with the 8th house in astrology, known as the house of Death, sex, and rebirth; this is fitting as Scorpio is associated with reproduction and rules the reproductive organs. Clearly, the connections between Death and Scorpio season are numerous. And as someone who tends to get bored easily, I appreciate the relevance to change and the process of growth and evolution.

These themes, and more, associated with the Death card are represented in a variety of ways through the many versions of Tarot card decks available. One of the most popular and widely-used decks is the Rider-Waite Tarot Deck. When looking at the Rider-Waite Death card, the most prominent image we see is an armored skeleton riding gallantly on a white horse. The figure carries a black flag — black is the color associated with Scorpio — emblazoned with a white rose emblem, signifying the purity of this process. The sun behind the two towers can be seen as either rising or setting. The sun rising can in-

dicating the promise of a new day; or if seen as setting, symbolize endings. It is at night, through hours of darkness, when we sleep and allow the body to recuperate. The figures on the ground either fall, welcome Death, or turn their heads away from it, depicting that Death comes to all. And from these figures, the ones that seem to welcome Death are the child and the bishop, illustrating the ease with which children welcome change; and how those with higher spiritual attainment understand the importance of transmutation.

In the book *Holistic Tarot: An Integrative Approach to Using Tarot for Personal Growth* by Benebell Wen, Wen discusses how A.E. White

(creator of the Rider-Waite Tarot deck) was a "purported member of the Golden Dawn and drew extensively from astrology". The Hermetic Order of the Golden Dawn, a secret society started in the 19th century in England, was known for its teachings of Tarot, practice of the occult, and the metaphysical. Pamela Cole-Smith, the illustrator of the

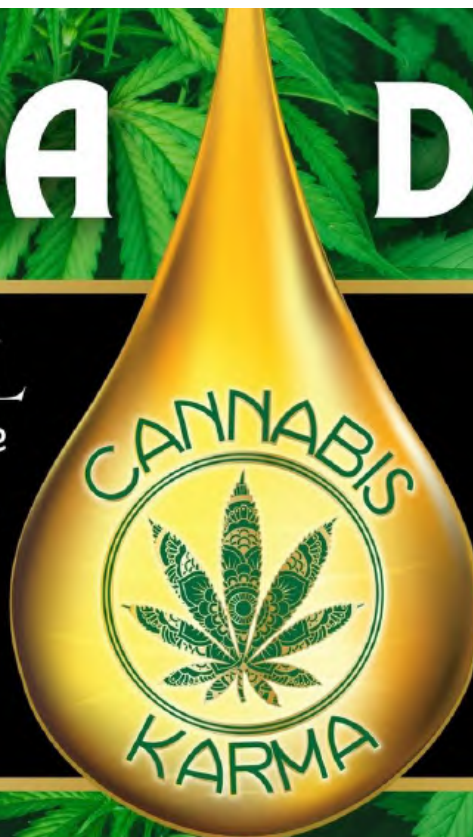
continued on page 26



KARMA DROP

FREE PRE-ROLL
When you join our collective

- Flower • Concentrate
- Carts • Tinctures
- CBD • Events
- Edibles • Lounge



825 Upshur St NW
Washington, DC 20011

Open Mon & Wed-Sat
from 12-7 PM

CANNABISKARMA.ORG

#SpreadtheCannabisKarma

All States Welcome • No Med Card Required • I-71 Compliant • 21+ with ID

Death and Scorpio...

...continued from page 25

Rider-Waite deck, was also alleged to be a member of the Hermetic Order. Thus, the Rider-Waite Tarot illustrations are filled with symbolism based on astrology.

When comparing the Death card within other Tarot decks, I think of the Lo Scarabeo Santa Muerte Tarot Deck by Fabio Listrani. The Death card is called “Santa Muerte”, translating to “Sacred Death”. On this card — whose image is also on the deck packaging — the skeletal figure is pregnant looking over an empty crib. The figure’s hands are crossed, as though in prayer or deep contemplation. An hourglass hangs from the hand, indicating it’s only a matter of time before change occurs. A scythe resting to the left of the figure indicates the need to remove that which no longer serves us. A yellow orb behind the figure’s head, similar to the sun on the Rider-Waite deck, is a reminder that a new day, a new beginning is upon us; or it could be interpreted as the purification that comes with endings similar to when we sleep at night.

The Death card is numbered 13, a number often considered unlucky and plagued with superstition and fear. In the NYC apartment building where I grew up, Apt. 13 was skipped, and was 12A instead. Horror movies, like the *Friday the 13th* franchise, further promote these superstitions. In numerology, 13 (1 + 3) reduces to the number four, a number symbolizing law, stability, and order. It’s no coincidence the Major Arcana card in the Tarot numbered 4 is the Emperor, who is ruled by Mars. To quote a Tarot teacher I still work with, “We can either use the energy of the number 4 to move us to the next level or stay trapped, like a box.”

The Death card teaches us the same lesson. We can either die, figuratively or literally, from refusing to move on or make changes. I think of a patient I had while working in a NYC hospital. The patient was sick but not terminal; however, within about a two-week timeframe, this patient passed away. Beforehand, he had stated he didn’t have the respect of his kids and no longer had a reason to live. He refused medications, refused to eat, and refused to participate with loved ones. He had given up hope, and in turn, what could have been a treatable condition became his demise.

In less extreme cases, how many times have we stayed in a rela-

tionship, job, or situation that we maybe knew we had outgrown, but instead of moving on, we stayed out of fear for the unknown? Eventually, with time, staying in these situations can create misery and despair. We may feel stuck in that which no longer serves us. However, we all have the ability and power to move forward, and to transcend that which no longer serves us.

When the Death card comes into our lives — summoned by our questions about health, love, family, or life events — it is a reminder we are all in a process of evolution. It’s a reminder that for growth or new life to occur we must progress. At a cellular level, the cells in our bodies die and are removed so new, healthy growth can occur. It is how our body attempts to maintain homeostasis. Marriage is the change from being single to a coupled life; the introduction of a child signifies the transition into parenthood. The physical loss of parents means embracing life as an orphan, whether as a child or an adult. The loss of loved ones means the attainment of ancestors.

Life is a transitory process, and unfortunately, death has been villainized as something cruel or heartbreaking. Losing a loved one is hard, and in no way do I want to

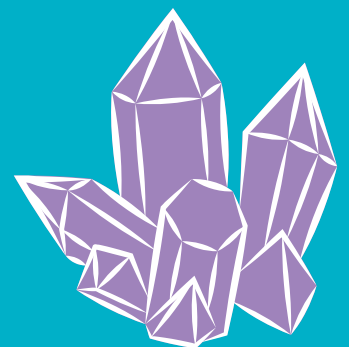


Inhale. Exhale.

MOUNTAIN MYSTIC TRADING CO.

CRYSTALS + MINERALS | DISTINCTIVE JEWELRY
CANDLES | BOOKS | GREETING CARDS
INCENSE | WIND CHIMES | STATUARY
BLANKETS | LOCALLY CRAFTED PRODUCTS

215 SOUTH ST. FRONT ROYAL VA
OPEN EVERYDAY EXCEPT WEDNESDAYS
HOURS AT WWW.MOUNTAINMYSTIC.COM



negate or minimize the feelings of sadness or grief. Although I celebrate my ancestors, I still miss my grandparents and my dear aunt with whom I was close. However, to fully understand the magic of death we must learn to celebrate the process. During this Scorpio season, take a moment to welcome it as the child does in the Rider-Waite card, while also respecting it, just like the bishop.

Death is not to be feared. It is to be understood and respected as both an inevitability we must all encounter at one point or another, and a life force for growth and change.

Cindy Carrasquillo, MS, RN, BSN, HNB-BC, is a board-certified Holistic Registered Nurse and Reiki practitioner who enjoys helping others heal. She enjoys being in nature, reading, and spending time with her kids and loved ones.



Are You a Fair, Ethically-Minded Progressive?

Would You Like to Grow Our Movement, Expand Our Tent, and Save Our Fragile Democracy?

Then Let's Finally Broaden Our Platform to Include Animal Rights.

Want to know why? Check out this Vox article:

"If the left is serious about saving democracy, there's one more cause to add"

www.vox.com/future-perfect/363069/supreme-court-chevron-loper-bright-animal-rights-meat-left

Cam MacQueen, MSW/Editor — Cultivating Compassion Column
ncm.advocacy@gmail.com



"The animals of the world exist for their own reasons. They were not made for humans any more than Black people were made for whites or women for men."

— Alice Walker



Come by to peruse our Earthly offerings of unique collectibles, gifts and home decor

~ Minerals ~ Crystals ~ Fossils and more!

With so many items to choose from:

- carvings • dishes • mineral specimens
- geodes • wands • dream catchers • pendulums
- handcrafted jewelry from local artisan companies

Amor Fati and Pia Miranda Designs and much more...

You're sure to love something!



We've moved to a larger space downstairs!



Open Daily 11 am–6 pm
Saturdays 11 am–7 pm

125 Mill Street, Suite 4
Occoquan Historic District, VA 22125
703-457-ROCK (2645)

The Importance of Contemplative Practices and Centering Prayer

BY JENA MORRISON

“Be still and know that I am God.”
Psalm 46:10

The mystical life is beyond feelings and beyond thoughts. Solitude — stillness and silence — is the place we go in order to hear the truth about ourselves — that we are BELOVED, worthy of love and belonging, and needed to help heal the world. Solitude asks us to let go of the other ways of proving and defining who we are, which are a lot more satisfying. The voice that calls us the beloved and shows us our True Self is not the voice that satisfies the senses. It is the voice that satisfies our soul at its deepest level.

To attune to that voice, we must be still. Contemplative prayer allows us to do this. Only contemplative prayer, or meditation, invades, touches, and heals the unconscious, which is where all the woundedness lies, but also where God dwells and reveals “in that secret place” (Matthew 6:6).

What is contemplative prayer? I’m going to define it here as such: The power of prayer beyond words or thoughts or feelings, as a way to connect with, attune to, and be transformed by Divine Presence.

Dr. James Finley, a clinical psychologist, student of Thomas Merton (an American monk and scholar of comparative religion), and a faculty member at the Center for Action and Contemplation, says, “A contemplative practice is any act, habitually entered into with your whole heart, as a way of awakening, deepening, and sustaining a contemplative experience of the inherent holiness of the present moment.”

Saint Teresa of Avila said, “Just these two words God spoke changed my life: **Enjoy Me.**”

“But whenever you pray, go into your room and shut the door and

pray to your Father who is in secret, and your Father who sees in secret will reward you.” (Matthew 6: 5-6) In this passage Jesus is directing us to go into the inner room of *ourselves* to be alone with the Holy One. Through contemplative prayer we are able to spend intentional, undistracted time in interior prayer to connect with that of God in the deepest part of our being.

The Desert Fathers, early Christian hermits and ascetics, knew this. Abba Isaac, one of the Desert Fathers and a member of a fourth-century lay contemplative movement explained, “We pray with the door shut when, without opening our mouths and in perfect silence, we offer our petitions to the One who pays no attention to words, but looks hard at our hearts.” As in centering prayer, he says our basic disposition is, “Fill me with your Holy Spirit, the supreme Gift, according to your promise. I don’t know how to ask rightly, so I sit here waiting, asking you to pray in me, asking for what you most want to bestow, your Holy Spirit.”

Centering Prayer: Cultivating An Inner Stillness, Divine Connection and Healing

Centering prayer is one such contemplative practice. The root word of discipline is ‘disciple’. As disciples we can come to prayer through this discipline of Centering Prayer. Discipline means not to have control over but to *create space for*. Centering prayer creates space for God. It allows us to make space for God in a unique way, and to get to know God as God really is, not as we’ve constructed. It allows us to spend time with God without trying to define God.

Thomas Keating, who was an American Catholic Monk and one of the founders of the Centering Prayer Movement, said of contemplative prayer, “It is the opening of mind and heart — our whole being — to God, the Ultimate Mystery, beyond thoughts, words and emotions. Through grace we open our awareness to God whom we know by faith

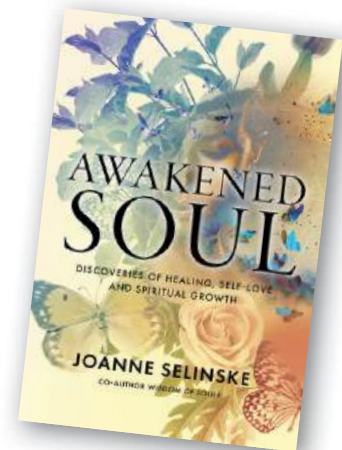
Soul Source ~ discover your soul’s plan for this lifetime

Past Life & Life Between Lives Regression ~ Spiritual Counseling ~ Soul School



Joanne Selinske
Author: *Awakened Soul*
Co-Author
Wisdom of Souls

Awakened Soul will remind you that you are a spiritual being immersed in a human experience while helping you to overcome challenges to loss, forgiveness, doubt, self-esteem & acceptance, and self-care!



www.theSoulSource.net • 410.371.7950

is within us, closer than breathing, closer than thinking, closer than choosing — closer than consciousness itself.” Keating continued, “In Centering prayer, the Spirit presents us with the true source of happiness, which is the experience of God as intimate and always present.”

The modern form of centering prayer was developed in the 1960s and 1970s by Keating along with two other Trappist monks: Basil Pennington and William Menninger. It is rooted in the Christian contemplative tradition and draws inspiration from ancient practices such as *Lectio Divina* (Latin for “Divine Reading”) and the writings of Christian mystics. It was further influenced by the teachings of the Desert Fathers and Mothers, the anonymous classic, *The Cloud of Unknowing*, Buddhism, as well as the life of Jesus, who so often went to a deserted place to spend time with his Father.

Keating recognized that many young people were turning to eastern practices to find what was missing in their spirituality. Having been exposed to Transcendental Meditation®, and having met with the Zen master and Buddhist monk Thich Naht Hanh, he suggested a form for Christian practice.

Basil Pennington, having practiced a form of contemplative silent prayer all of his life, was the first to teach the method of centering prayer to laypeople, and wrote the first book on the subject, *Centering Prayer: Renewing an Ancient Christian Prayer Form*. The teaching was, “Go to your own center (your heart), pass through that center to the very center of God.” Hence, the name “Centering Prayer” came to be.

In centering prayer, we create empty space where God can speak to us in silence, bringing to an end any doubts about God’s love for us we might have brought from our childhoods, such as feelings of rejection or lack of self-worth. It begins to soften the emotional material we’ve absorbed in the body throughout our lives, turning our wounds into gifts. The False Self we’ve created since childhood starts to fade and the True Self, as God made us, grows.

Of the healing aspects of centering prayer, Keating said, “Take up

your cross. That’s what happens in your solitude. The divine therapist is working to heal you — without words. There is a treasure hidden for you, a treasure of joy, peace and love.”

Guidelines for Centering Prayer

In centering prayer, we settle into the present moment, which is the only place God actually is. God is right now, present and available. Our best response is to be totally available to that presence “...for behold, the kingdom of God is within you.” (Luke 17:21) To do this, apply these simple steps:

- Choose a sacred word as the symbol of your intention to consent to God’s presence and action within.
- Sitting comfortably with eyes closed, settle briefly, and silently introduce the sacred word as the symbol of your consent to God’s presence and action within.
- When engaged with your thoughts (which includes body sensations, feelings, images, and reflections), return ever so gently to the sacred word.
- At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

Your sacred word is not meant to have meaning in and of itself. Some choose “love”, “peace”, “Jesus”, etc. The sacred word is meant to be used as a symbol of your intention to consent to the presence of the Divine within you. The word is meant simply as a grounding mechanism to take your mind back to its place of stillness and consent to just be with God. God looks at your *intention* more than your *attention*.

Because God sees your intention more than your attention, don’t let this practice be another weapon against yourself — an exercise to see how bad you are, another proof of your inadequacy. You have

continued on page 30



Making Your Best Choices

Astrology and Tarot

Consultations Available Via Whatsapp or Telephone

Classes and Workshops Online or In Person

For more information, go to
www.mistykuceris.com
misty@EnhanceOneself.com
 703.354.4076



Misty Kuceris, Reiki Master
& Pathways Columnist



Jeanette Rojas, MA Ed
Certified Life and Hypnosis Coach

Quantum Healing Hypnosis Technique (QHHT), Energy Healing through Higher Consciousness Connections-Past/Parallel Life Regressions & Spiritual Life Coaching

Tap into higher consciousness through quantum healing hypnosis, healing past, parallel, and in-between life regressions, regular hypnosis and/or spiritual life coaching. For the last 30 years I have dedicated my life to learning more about and practicing energy healing work through life coaching. My healing journey has helped me understand the power of connecting with a higher consciousness that knows what is best for us. Communicating with our guides, our higher-self, and our own divine intuition can have a transformative result. Let us work together to unlock your inner-joy and strength.

**Meet me on September 8
at 1:30 pm for a
'Past Life Regression workshop'
and on October 6 for a
'Manifesting Abundance' workshop at
The Pearl Wellness Spa & Boutique!
Register at www.thepearlspa.com/workshops**



Get in touch with me, learn more
about my services and read reviews
at
www.mariposalch.com
Free 20-minute consultation
e-mail: Jeanette@mariposalch.com

Centering Prayer...

...continued from page 29

thoughts! Yes, you do. Return gently to the sacred word and put your mind in your heart.

Furthermore, centering prayer is not only a Christian practice. It is for anyone who believes a divine power lives in us and for us; a power that is of love because it is love. Renowned Hindu monk and yogi, Paramahansa Yogananda echoed this sentiment saying, "I relax and cast aside all mental burdens, allowing God to express through me His perfect love, peace, and wisdom."

The gifts of Centering Prayer are numerous and appear over time. Our False Self dies away and we connect and live more and more from our True Self. We gradually misidentify with our emotional programs for happiness and the unconscious needs and reactions of our False self and live through our True self in the Divine. According to Keating, "We can bring the False self to liturgy and even to the reception of the sacraments, but we cannot bring the False self forever to contemplative prayer, because it is the nature of contemplative prayer to dissolve it."

Centering prayer nurtures self compassion and compassion for the whole human family. We become more awake. We rewire our minds toward calm and equanimity, reorient our hearts, and spend less time sleepwalking through life. We are more attuned to the Divine presence in ourselves and in the universe.

Recommended Reading on Centering Prayer:

- *Open Mind, Open Heart and An Invitation to Love*, by Thomas Keating
- "The Heart of Centering Prayer", from *Nondual Christianity in Theory and Practice* by Cynthia Bourgeault
- "Practice the Pause", from *Jesus' Contemplative Practice, New Brain Science, and what it means to be fully human* by Caroline Oakes

Jena Morrison is a Contemplative Spiritual Companion, teacher, and retreat leader, transforming people by helping them center on and live from their True Self. She is a fellow traveler and friend on a spiritual journey, companioning people in a confidential and non-judgmental setting. She helps people navigate the struggles of being human, bringing clients awareness, centeredness and peace. Jena's work began in prisons and jails, teaching inmates about their divine center and the divine center in everyone. Today she works with people of all faiths and traditions in-person and via Zoom. www.your-true-self.org



COME SHINE WITH US!

Celebration Center for Spiritual Living is a spiritual community open and welcoming to all. It's a philosophy, a faith, a way of life. Come and embrace your good in our uplifting community.

If you like Oprah, Wayne Dyer, and similar teacher, you'll like Celebration Center.

*Meeting every Sunday at 11:00AM
In person and Livestream
2830 Graham Rd., Suite 220
(upstairs in the Lee-Graham Center)
Falls Church, VA 22042
Celebrationcenter.org*

Recognizing and Treating Hypertension: A Functional Medicine Approach

BY HELENA AMOS, M.AC. L.AC., EURO. PHYSICIAN

Hypertension, also known as high blood pressure, is a medical condition in which the blood pressure in the arteries is persistently elevated, specifically with a sustained blood pressure reading of over 140/80 mmHg or higher. The first number (systolic) represents the pressure when the heart contracts, and the second number (diastolic) represents the pressure when the heart relaxes between beats. It is frequently referred to as “the silent killer”, as many people with hypertension are asymptomatic, i.e., they do not experience any obvious symptoms, especially in the early stages of the condition. However, there are many indicators that can assist with prevention and earlier detection, so it’s important to understand the full scope of the disease.

To start, there are four main types of hypertension:

1. **Primary (Essential) Hypertension** — the most common type, accounting for about 90-95% of cases; the exact cause is unknown, but it is likely due to a combination of genetic and lifestyle factors.
2. **Secondary Hypertension** — caused by any of various underlying medical conditions, the most common of which include kidney disease, thyroid disorders, sleep apnea, and or certain medication, e.g., corticosteroids, birth control pills.
3. **Resistant Hypertension** — when blood pressure remains high despite the use of three or more blood pressure medications; often due to lifestyle factors, underlying medical conditions, or medication non-adherence.
4. **Malignant Hypertension** — a severe and life-threatening form, characterized by extremely high blood pressure (often over 180/120 mmHg) and can lead to organ damage if left untreated.

Just as there is a range of disease types, the clinical manifestations of hypertension can vary depending on the severity and duration of the condition once beyond the asymptomatic phase. Some of the common symptoms of hypertension follow:

- Headache - Persistent or recurrent headaches, particularly in the back of the head or at the temples.
- Dizziness or Lightheadedness - Especially when standing up quickly.
- Chest Pain or Discomfort - Uncontrolled hypertension can lead to chest pain or a feeling of tightness or pressure in the chest, which may indicate underlying heart disease.
- Shortness of Breath - High blood pressure can put strain on the heart and lungs, leading to difficulty breathing or shortness of breath, especially with physical activity.
- Nosebleeds - Caused when small blood vessels in the nose burst, leading to nosebleeds.
- Fatigue and Weakness - From persistent high blood pressure.
- Vision Changes - Uncontrolled hypertension can damage the small blood vessels in the eyes, leading to vision changes or even vision loss.
- Swelling (Edema) - Fluid buildup and swelling, particularly in the legs, ankles and feet.

continued on page 32

Body, Mind, and Spirit Psychotherapy: A Synergistic Approach



Farinaz Amirsehi, RN, LPC
Licensed Professional Counselor
In McLean, VA

- EMDR
- ETT™, Emotional Transformation Therapy
- Regression Therapy
- Clinical Hypnosis
- Ancestral Family Constellations
- Somatic Integration Therapy
- Reiki

What Is ETT™?

Developed by Dr. Steven Vazquez, ETT™ is an accelerated form of psychotherapy that is both in-depth and brief. With the use of brain stimulation such as the use of a Chroma Light machine, through the precise use of certain wavelengths of light in conjunction with interactive psychotherapy and eye movement techniques it works with everything from trauma, physical pain, depression, learning disabilities and more! ETT™ can be applied to problems of the mind, body or spirit.

Farinaz Amirsehi is a Registered Nurse, Licensed Professional Counselor, and a Nationally Certified Counselor practicing at the Healing Light Center, LLC in McLean, VA.

Trained as an EMDR Therapist, Emotional Transformation Therapist, Clinical Hypnotherapist, Deep Memory Process/Regression Therapist, Reiki Practitioner, Somatic Integration Therapist, and Ancestral Family Constellation Therapist, Farinaz combines the principles of Eastern philosophies, Transpersonal Psychology, Body Psychotherapy, Subtle Energy Fields, and cutting edge technology in facilitating the healing process of her clients.

Additionally, Farinaz has extensive experience with severely traumatized populations such as survivors of politically motivated torture as well as a wide range of somatic, emotional, cognitive, and spiritual issues. **Farinaz** is also an established presenter at national and regional conferences. She has provided trainings for professionals of different disciplines on the impact of trauma on body, mind, and spirit.

Healing Light Center, LLC
1313 Vincent Place, McLean, VA 22101

Phone: 703-288-1566

www.healinglc.com

Are You Interested in an M.D. Who Treats The Person, Not The Disease?



Introducing Holistic
Physician
**Margaret Gennaro,
MD, FAAP, NMD, ABIHM**

Member:
American Academy of Pediatrics
American Board of Integrative
Holistic Medicine
American Holistic Medical
Association
Holistic Pediatric Association

Dr. Gennaro is a double board-certified physician with over 30 years of experience who is committed to providing both adults **and** children personalized, holistic care for those who wish to participate in their own health care.

Dr. Gennaro combines cutting-edge medical expertise with warmth and compassion. She utilizes the following modalities to allow the body to naturally heal itself:

- * herbs * nutrients * acupuncture
- * spiritual growth * homeopathic detox
- * mind-body techniques

[Emotional Freedom Technique, Tapas Acupressure Technique,
and The Emotion Code]

Dr. Gennaro is experienced in:

- ◆ Fatigue
- ◆ Depression
- ◆ Phobias
- ◆ Fibromyalgia
- ◆ ADD/ADHD
- ◆ Ear/Sinus Infections
- ◆ Asthma/Chronic Allergies
- ◆ Yeast Overgrowth
- ◆ Natural HRT
- ◆ Irritable Bowel Syndrome
- ◆ Autism/Learning Disabilities
- ◆ Thyroid/Adrenal Dysfunction

Supplements shipped
or picked up from our
Hallway Bin!

Mosby Tower
10560 Main Street, Suite 301
Fairfax, VA 22030

703-865-5692 • www.DrMGennaro.com

E-mail: DrMGennaro@yahoo.com

Telehealth Consults Are Available!
Call to make an appointment today!

Hypertension...

...continued from page 31

Hypertension Through A Functional Medicine Lens: Symptoms and Treatment

When considering the causative factors of essential (primary) hypertension, using a functional medicine perspective offers a more comprehensive, holistic view. From lifestyle habits to hormone and gut imbalances to toxins, here are some of the key factors that may contribute to the development of essential hypertension.

Lifestyle Factors

A poor diet and lack of exercise are two of the biggest reasons contributing to high blood pressure. This can include an excessive intake of sodium, saturated fats, processed foods and alcohol, as well as a lack of fruits, vegetables, and whole grains. The lack of regular physical activity, or having a sedentary lifestyle, compounds the problem, as does chronic or poorly managed stress. Tobacco use and exposure to secondhand smoke also negatively impact blood pressure.

Hormonal Imbalances

It's no surprise that imbalances within the complexity of our hormonal system impact blood pressure. Insulin resistance, or impaired insulin sensitivity, and obesity can lead to hypertension. Chronic stress and elevated cortisol levels are potential contributing factors. And both hypothyroidism and hyperthyroidism can affect blood pressure regulation.

Nutritional Deficiencies

Insufficient or unbalanced amounts of key vitamins and minerals can contribute to hypertension. Among these include magnesium, Vitamin D, and anti-inflammatory omega-3 fatty acids.

Gut Health Imbalances

Imbalances in the gut microbiome, known clinically as dysbiosis, can lead to inflammation and metabolic disturbances. Leaky gut, or intestinal permeability, can also contribute to systemic inflammation and hypertension.

Nature and Nurture - Genetic and Environmental Causes

There is a genetic predisposition to hypertension; certain genetic variants and family history can increase the risk of developing essential hypertension. Although genetics are not in your control, your environment is. Be mindful that exposure to heavy metals, air pollution, and other environmental toxins can disrupt the body's regulatory mechanisms and lead to hypertension.

Inflammation

Inflammation, from various sources, is a key mechanism that can contribute to the development and progression of hypertension. The relationship between the two is multifaceted. Chronic inflammation leads to the release of various inflammatory mediators, such as cytokines and chemokines. These inflammatory molecules can directly impact the function of the cardiovascular system, including the blood vessels and the heart.

Chronic inflammation is associated with increased production of reactive oxygen species (ROS) and oxidative stress. Oxidative stress can damage the endothelium, which is the thin lining of the blood vessels, thereby promoting vascular inflammation and impairing the body's ability to regulate blood pressure.

Furthermore, inflammation can increase the activity of the sym-

pathetic nervous system, which is responsible for the “fight-or-flight” response. Heightened sympathetic activity can lead to increased heart rate, vascular resistance, and blood pressure.

Treatment Options

From a functional medicine perspective, the treatment of hypertension often involves a holistic approach that includes dietary modifications, lifestyle intervention, and targeted supplementation. Here is an overview of some essential elements necessary for managing hypertension.

Dietary Recommendations

A healthy diet and weight are the first line of defense, especially when supported by emphasizing a plant-based, whole foods diet rich in fruits, vegetables, whole grains, and healthy fats; or a Mediterranean style diet of fish, lean meat, eggs, vegetables, fruits, and some nuts, but with no seed oils or refined sugar intake. Increase consumption of potassium-rich foods, such as leafy greens, bananas, and avocados; and incorporate anti-inflammatory foods like fatty fish, berries, and turmeric. Reduce intake of processed foods, refined carbohydrates, and sodium; and reduce or eliminate alcohol. And for all meals, portion control is key.

Lifestyle Modifications

Habits encouraging health and wellness are critical for preventing and/or managing hypertension. Engage in regular physical activity, such as brisk walking, swimming, or cycling, to improve cardiovascular function and reduce blood pressure. Incorporate stress-reducing techniques, such as meditation, deep breathing exercises, and Yoga. In addition, don't underestimate the importance of adequate sleep; aim for 7-9 hours of quality sleep per night, as sleep deprivation can contribute to hypertension. Lastly, quit smoking, as this habit can have a detrimental impact on blood pressure, and overall health in general.

Targeted Supplementation

Supplements are an important part of the functional medicine approach to hypertension management. They can address specific nutritional or metabolic deficiencies or imbalances, as well as inflammation. In addition, they bolster endothelial and cardiovascular function, provide antioxidants, and improve insulin sensitivity and blood pressure regulation. Of the many supplements available as part of treatment, magnesium, omega-3 fatty acids, Vitamin D, and potassium are among the most popular.

Additional supplements particularly for reducing inflammation include: curcumin (compound in turmeric), Resveratrol, Boswellia Serrata (herbal extract), and Quercetin. The following supplements are specifically for metabolic support: magnesium glycinate or magnesium citrate, chromium, Alpha-Lipoic Acid (ALA), Berberine, and cinnamon. As with all treatment plans, it will be important to work with a qualified health care professional to ensure you are taking the right supplements targeted for your individual needs.

Acupuncture and TCM for Hypertension

For individuals looking for natural alternatives to treat hypertension, both acupuncture and herbal remedies from Traditional Chinese Medicine (TCM) are good options.

There are specific acupuncture points and meridian patterns commonly associated with the treatment of hypertension. The specific acupuncture pattern and points used will depend on the individual patient's presentation and underlying imbalances. Acupuncturists may

continued on page 77

Elevate Your Mental Game With **frequense.**



Frequency Meets Nutrition!



Brain Health • Mood Clarity • Alertness



Nighttime Rest Reduce Oxidative Stress



Gut Health • pH Balance Bone Health



Fine Lines Reduced Hydrates • Elasticity

All products are enhanced with 11 harmonic frequencies.

Becca Ferris • 301-785-6675
becca11vibes@gmail.com

Looking to Live a Better Story? Take a Leap Into Learning

BY CAROL BURBANK

When was the last time you heard your inner voice mutter, “That’s the story of my life?” Our cranky little mantra is a good friend, if we learn how to listen with curiosity rather than fear.

We usually repeat that phrase when something negative happens, especially when it’s a familiar challenge. But any jaded voice in your ear is really an invitation to get unstuck and grow. The adrenaline of facing a challenge is simply the flip side of exhilaration when opportunity knocks.

If it’s an old challenge, the best first step to turn a challenge into a real opportunity is finding a way to explore possibilities. A class can jar you free from old patterns and limitations. There’s nothing better than joining a circle of learners to expand your community and add new skills to your toolkit.

As a lifelong writer, I have faced my share of blocks and faced down plenty of procrastination. One of my best remedies for a creative crisis has been the magic of master classes. Honoring my obsessions and finding help to face the challenges of my passion projects means taking a leap of faith. A new teacher and an unknown circle of writers can feel like a big risk.

But oh, the power of surprise, when someone asks a startling question, or sees my intention in a poem-in-progress! A light goes on in my head, and I know how to begin my revisions. New eyes on my work feel scary every time, but when they point me to new beginnings, I feel like I’m waking up from a long sleep.

The more I take that leap, the more I realize my success in master classes depends on my willingness to listen well and move into learning mode. If I look for perfect colleagues or a perfect teacher, I will find only disappointment. Curiosity keeps me present; recognizing no one is perfect reminds me to start where I am, not where I imagine myself to be.

It isn’t just me. Taking a class can offer you a reality check and a much-needed push. Making that worthy risk possible means being fearless and organized, finding every resource available to back your needs.

Once you’ve found a class and made the internal commitment, you need to find the money and time to trade for that opportunity. This becomes more complicated when the training you’re reaching for is a full certificate or a program that will forward your career significantly. My rule: if your gut is telling you it’s a good idea, then it’s time to take a chance and try something new. Education is a gateway to other connections and gifts that will serve you. Don’t be afraid to take the first step!

Tips For Navigating the Learning Curve

Here are a few tips on managing the steps to get to your new story, usually through a much-needed wake-up call.

1. Identify a variety of programs and training so you can see all your different choices. Even if you already know your preference, look at online, in-person, and options that include both (blended learning). Once you have identified a range of options, you’ll be able to assess the pros and cons of each. Ask yourself these questions:

- Which program will be most useful in moving your goals forward?
- Which faculty/teachers are the best in the field?
- Which opportunity fits your schedule best?
- Which opportunity fits your budget best?

If you’re drawn to a particular program that would be a stretch for your budget or schedule, be sure to move to the next set of ques-



Holistic Approach in a Relaxing Environment

Modern Smile Dental



Michelle Janbakhsh MS, DDS

At Modern Smile Dental, we strive to create a high quality of care with the least amount of pain. Our conservative and holistic approach, latest technology and relaxing environment put our patients at ease. Modern Smile Dental is committed to satisfying unique individual needs and welcome every new patient into our friendly office. We are dedicated to developing life-long relationships and educating our patients to reach our shared goals.



- Invisalign Clear Braces
- Bonding
- Cosmetic Contouring
- Porcelain Crowns and Bridges
- Root Canal Therapy
- Cosmetic White Fillings
- Implants
- Teeth Whitening
- Sealants
- Laser Dentistry
- Non-surgical Gum Therapy
- Safe Mercury Removal
- DNA Appliance Therapy
- Child & Adults Orthopedics
- Extractions
- Scaling and Root Planing
- Partial and Full Dentures
- TMJ Treatment
- Veneers
- Oral Cancer Screening
- Digital X-rays
- Lyme Literate Dentist

901 Russell Avenue, Suite 100
Gaithersburg, MD 20879
 (across from Costco)

301-977-8640

www.dentistofficegaithersburg.com

\$176

Exam, Cleaning and X-rays
(value of \$285)

Laser Whitening special \$475
(value of \$600)

Offer not valid with insurance.
Expires November 30, 2024

tions before cutting them off the list. If you want to change “the story of your life,” let yourself think big so you can aim for your best!

2. If you can, talk with the people organizing, teaching and studying in the programs that excite you most. Find out everything you can, from schedules and expectations to scholarships and post-graduation support and placements. Then you can assess:

- Which program best fits your style and personal/professional needs?
- Which program has the most flexibility? The most rigor?
- Which program has the best support for students?
- Which program has the most qualified and influential faculty?
- Which program *feels* right for you?

3. If you’re still uncertain, turn to friends and mentors who know you well, and talk through the possibilities. Get their feedback on your thoughts. Remember they may see you differently, and have lower or higher expectations than you have for yourself. Take what they say with a grain of salt, and choose the feedback that helps you step up to a new challenge with self-knowledge. Remember to ask them these questions, at least:

- What are my strengths to build on?
- What challenges do you see in this plan?
- What support might you offer as I move through this program?



Photo by Nick Morrison on Unsplash

4. With all this information, you’re now ready to choose your top opportunity. *Note: You don’t need to limit yourself with this step!* Start with your first choice, and commit to finding every resource to make it sustainable. Ask these questions if they apply:

- What is my workplace policy for continuing education support? (If it applies, you might get funds, time release, references, eligibility for salary bumps and promotions, or mentoring support).
- What scholarship opportunities are available from local and national sources? There may be special scholarships for you in particular, based on need, level of experience, age, gender, race, or other identity group. For example, PEO (www.peointernational.org/) offers comprehensive scholarships and low-interest loans for women and girls, supporting diverse certifications, undergraduate and graduate training. There are specific scholarships for Trade Schools and Certificates (<https://skillpointe.com/news-and-advice/yes-trade-school-scholarships-exist-heres-how-get-them>); corporate-spon-

continued on page 36

5 STEPS to Successfully Market Your Health & Wellness Business



1

UNDERSTAND YOUR AUDIENCE

Get to know the needs, desires, and challenges of your target audience. Build a customer persona to guide your marketing.



2

DEVELOP A STRONG BRAND IDENTITY

Create a brand that resonates with your audience’s values. This includes your logo, colors, messaging, and overall vibe that reflects the essence of your business.



3

CREATE ENGAGING CONTENT

Produce valuable and relevant content that speaks to your audience’s needs. Whether it’s blogs or social media posts, your content should educate, inspire, and connect.

4

LEVERAGE SOCIAL PROOF

Use testimonials, case studies, and reviews to build trust and credibility. Show potential clients the success stories of others who have benefited from your services.



5

FIND YOUR SPOT IN THE MARKET WITH SPOTTED DOG AGENCY

Spotted Dog Agency is a niche marketing agency specializing in digital marketing for health & wellness. If you’re ready to find your spot in the market, visit us online at: www.findyourspots.com or email: ryan@findyourspots.com



Looking to Live a Better Story...

...continued from page 35

sored scholarships with organizations like the [NAACP](#), the [Hispanic Scholarship Fund](#), and the [LGBTQIA Community](#) (www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/scholarships-for-gay-or-lesbian-students). Many master classes and other opportunities will give you a full or partial scholarship if you apply early enough. Be thorough; every bit helps as you move forward.

5. Now you're ready to apply to your program. With your careful research, clear goals, and passion for your goals, you are, in fact, more than ready. This is your last step on the on-ramp of moving into a community experience of learning and development.

Granted, the way I've outlined the process means you might do a lot of preparation work and research before you leap. Depending on the intensity, cost and requirements of the programs that attract you, the process will be shorter or longer. Only you know how much information you need to gather before you make a decision.

Remember, your purpose is to find the best crucible to jumpstart your energy and meet your goals, and to experience an revitalizing, calculated risk to open up possibilities.

Is opportunity knocking, behind your restlessness and fear? As you move into curiosity, consider rewriting the "story of your life" with an educational adventure, so the next time you hear that voice in your head, it will be celebrating a new beginning.

Carol Burbank is a poet and non-fiction writer whose work explores the intersections of social change, myth and ecology. She is the founder of Storyweaving Coaching, offering mentoring and writing services for creatives. Find out more at www.storyweaving.com.

Creating your Best Midlife



Double your energy & vitality!

Are you a Midlife Woman (45 years+) who has been struggling with:

- 1. Losing the weight gained over the last few years and nothing seems to work
- 2. Feeling fatigued, stressed and down on yourself - Day after Day
- 3. Feeling confused and overwhelmed with all the diets out there and not knowing, the RIGHT ONE FOR YOU
- 4. Having lots of ideas about improving your life - in areas of Career, Money, Fitness, Family & Friends-but have no idea where to Start



It's now time - to contact me - Joyce Kirshenbaum - Certified Health & Life Coach for a FREE- 45 minute "Total Body & Energy Breakthrough Session"

**We will start to UNCOVER at least 1 Major "AHA" about what has been "stopping you" from having the Transformation you have been seeking.

Virtual-Phone or Zoom Sessions

Email - coach@mybestmidlife.com or text me - 301-520-9744

***Discounted coaching programs for PATHWAY MAGAZINE readers. CONTACT ME TODAY to get started in CREATING YOUR BEST MIDLIFE- Double your Energy & Vitality in ALL areas of your life.

A GIFT of LOVE for TROUBLED TIMES

“ HU is a carrier of love between you and God.

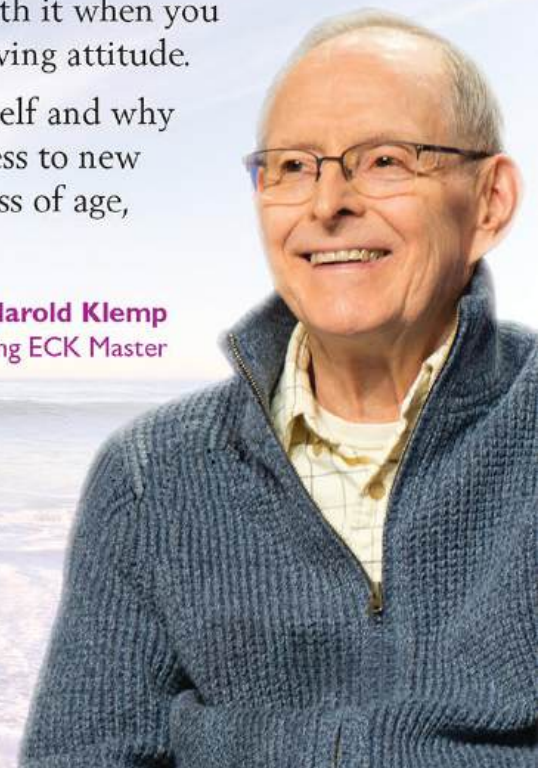
HU can be sung silently at work, home, or anytime you feel a need to tune in to a higher perspective on your life. You might try experimenting with it when you face a challenging situation or want to open yourself to a more loving attitude.

Singing HU each day can lead to a deeper understanding of yourself and why things happen the way they do in your life. It opens your awareness to new viewpoints and attitudes. Anyone can work with the HU regardless of age, background, or religion.

HU, the most beautiful prayer, is a gift to the world.

—Sri Harold Klemp

The Mahanta, the Living ECK Master



ECKANKAR

The Path of Spiritual Freedom

www.Eckankar.org

Join us for an ECKANKAR Soul Adventure in your area:

VA: eck-va.org

MD: eckankarmaryland.org

Cosmic Balance: Discovering the Eternal Masculine and Feminine Principles Within

BY CARMEN FROMENT

We often link the masculine and feminine principles to genders; but to truly understand this question, we must rise above the physical manifestations and explore the realms of ideas, principles and numbers from which everything originates. By delving into the essence of these spiritual realities, we can uncover the divine plan, or blueprint of creation, and gain insight into how everything, including ourselves, fits into a harmonious balance.

Let's start with the Cosmic Architect, God, represented by the number 1, who eternally lives in unity. When God wished to manifest, He polarized himself, becoming the number 2. This act created the two opposite poles, the masculine and feminine principles, as a positive and a negative charge, so to speak. This is not about moral values, or superiority of one over the other, a perspective that belongs to the physical or psychological understanding; rather, it belongs to the spiritual realm, where both principles are equally necessary and indispensable for initiating motion and creation. For instance, just as electricity requires both positive and negative terminals in a device to generate a current, these two principles work together to create life.

So, from the world of principles, where the eternal masculine and eternal feminine were created, an attraction (or a reciprocity) between these opposite poles was set in motion, establishing circulation and ensuring evolution. This is how the universe was born, and it applies to all domains: spiritual, psychological and physical. The manifestation of these two principles is evident everywhere, in nature and in human beings alike.

Initiatic science, as articulated by Master Omraam Mikhaël Aïvanhov, offers a clear understanding of the world of unity, duality and manifestation with the creation of the two principles. From then on, the cosmic moral laws and the corresponding applications that govern all kingdoms follow. This science is grounded in the essential truths revealed in initiations throughout time by all great Masters of humanity.

continued on page 38



Reclaim Your Power, Health, and Life

Alice "Alicja" Jones is here to be your loving and gentle guide, teacher, and healing facilitator.

Learn

- **READ** her new book, "Own Your Power Day by Day: 365 Meditations for Clearing Emotional, Mental, and Spiritual Blockages to Becoming your Higher Self"
- **REGISTER** for a certified Reiki Class.
- **REGISTER** for A Course In Miracles study group meeting.

Book SALE
\$20
Free S&H

Get Guidance

- **BOOK** a Spiritual, Past Life, or Mediumship Reading.
- **JOIN** a YouTube Live session every Friday @ 1pm ET. Find me under "LIVING CONSCIOUSLY"

Heal

- **BOOK** a Reiki Session.
- **ATTEND** a monthly healing service at Rays of Healing Church, where Alice is the Lead Minister.
- **JOIN** a weekly virtual Reiki Exchange (for Reiki practitioners of all lineages).



Please call/e-mail for appointments on Zoom/FaceTime/phone in Fairfax Station. For spiritual/past life readings, Reiki instruction/healing or Metatron healing: all held on Zoom.

Fairfax Station VA
703-625-7089
www.alicjajones.com

S. Alice (Alicja) Jones is a psychic, medium, and intuitive healer who gives spiritual and past life readings. These messages many times include Past Lives and how they impact your current life, solutions to pressing problems, or a loved one in spirit to comfort you.

Functional Medicine At Its Finest

Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist and Functional Medicine (FM) practitioner with 30+ years of clinical experience. She treats a full range of conditions and disorders combining modern FM with Traditional Chinese Medicine for expert, patient-centered individualized care.



Functional Medicine-Based Treatment For:

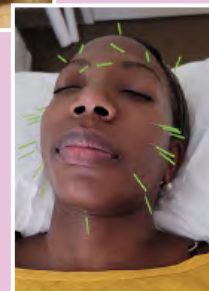
- Headaches
- Weight Loss
- Digestive Disorders
- Menstrual Disorders
- Allergies/Allergy Elimination
- Long COVID... *and much more*

Holistic Treatment Approaches Include:

- Acupuncture
- Homeopathy
- BioSET Protocols
- BioMeridian Assessments
- Herbal & Nutritional Supplements & Counseling
- Medical Intuitive Sessions... *and many more*

In Office and Distance Healing Sessions Available
Schedule a FREE 20-minute Consultation

Acupuncture & Natural Medicine Clinic
Helena Amos, M.Ac., L.Ac., Euro. Physician
11140 Rockville Pike, #530, Rockville, MD 20852
301-881-2898
www.rockvilleacupuncturemd.com



Cosmic Balance...

...continued from page 37

This Initiatic Science, or Science of the Initiates, has been known throughout the ages. It is sometimes referred to as ‘the ageless wisdom’, ‘the Tradition’, esoteric knowledge, and modern or western esotericism. This science was historically reserved for advanced disciples in ancient civilizations like Persia, Egypt, India, and Tibet. Today, however, humanity has evolved to the point where this knowledge is now accessible to everyone, with initiations occurring in everyday life.

Following this blueprint of creation, and understanding that we are created in the image of God — but not yet in his likeness (for we are not yet one with Him) — means we carry both principles within us. Our consciousness, still closely tied to material existence, struggles to grasp and integrate these two eternal principles within. The masculine principle seeks to fertilize the feminine principle; and the feminine principle seeks to attract the particles to bring about manifestations, in the image of the Cosmic Spirit infusing the Universal Soul, and the Universal Soul producing new forms.

Many elements arise from the interplay of these principles: spirit and matter, involution and evolution, yin and yang, and so forth. Trinity is the result of this dynamic interaction: father and mother bring forth a child; acid and base produce salt; electricity and magnetism generate movement. *(Some of those aspects will be covered in the talk presented at the Pathways Natural Living Exhibit on Oct. 6.)*

Returning to the physical realm, we are born as either men or women. Each gender has inherent characteristics based on their sexual organs — men with the creative power dispersing the seeds, and women with the formative power attracting the elements with their magne-

tism to form the child. Both are necessary to produce life.

Balance is crucial, for neglecting this balance has led to societal dominance of man through hyper intellectualization. Historical examples, such as the clergy’s disregard for the feminine principle, illustrate how this imbalance has led to frustration, division and destruction, with the clergy eventually becoming sterile and dying. Women’s increasing leadership roles are evident; but if they are not careful, they will end up losing their hard-earned advantages, and things will reverse with the problem going on forever. Both parties must acquire wisdom and recognize they are of equal importance in their respective functions. Neither should dominate the other; rather, each should strive for balance within one’s own psyche by developing the qualities and properties of both principles, and not by imitating the behavior or way of life of the other sex.

Polarity governs all creation. Without the reciprocity between the polarized elements, there is no expression and no life. Major religious and philosophical traditions often refer to a primitive, androgynous being — a perfect being with the characteristics of both sexes — indicating creation is the result of the polarization of unity.

Echoing Plato’s story in the *Symposium*, humans were originally spherical beings with four legs, four arms, two faces, and two genital organs. But, aware of their power, they dared attack the gods, so Zeus split them in half. This separation illustrates our quest for the missing half in order to regain our original wholeness. The story also reveals that when human beings possess both the masculine and feminine principles within, they are like gods.

There are so many stories about people seeking their soul-mates, but doing so by going from one partner to another always thinking this time will be the perfect soul-mate. And there is a big difference

Got Mercury? Got Microplastics? Got Cruelty?

- * Think fish & fish oil are healthful? Guess again! Toxins, cholesterol, saturated fat...
- * Did you know that human slavery is rampant in the fishing industry?
- * And science has shown fish suffer fear and pain.
- * Good news: Delicious vegan seafood & fish-free omega-3 supplements are widely available!




From The Vegetarian Resource Group

Vegan Seafood
Beyond the Fish Shtiek for Vegetarians
By Nancy Berkoff, EdD, RD
Illustration by: Reed Wright, PhD, RD

Find Vegan Seafood Recipes, Cookbooks & More Resources at:
<https://fishfeel.org>

The Gentle Sea Cookbook
Plant-based Seafood-Inspired Recipes for the Compassionate Soul
By The Gentle Chef Skye Michael Conroy




AVILLION of UNIVERSAL INSIGHT

ONE HEART • ONE EARTH • ONE LIGHT

We seek to cultivate the Timeless Wisdom of Heart!

- ✦ Aura Photography & Ultra Imaging for Self Realization
- ✦ Cosmic Spiritual Teachings for Everyday Life
- ✦ Lifestream Alignment Practice
- ✦ Energy Aligning & Clearing
- ✦ Avalonia Sanctuary — A Healing Immersion with Rocks & Trees



WEBSITE: www.Avillion.org

FACEBOOK: www.facebook.com/avaloniahealing

between soul-mates and twin-souls. *(That difference is another topic to be covered during the Expo talk on October 6.)*

In spiritual terms, Initiatic Science encourages us to understand and integrate the masculine and feminine principles within ourselves. Throughout our many incarnations, we have experienced both genders, developing the characteristics and properties of each, gaining knowledge and experience towards a better balance and our perfection. This also means we experience both genders alternately in order to progress. And according to Initiatic Science, we either choose which gender we will be born into, or the Twenty-Four elders will decree which one we need to experience, either through karma or a need to rebalance ourselves.

Cosmic balance does not imply a static position but a dynamic oscillation that allows life to circulate. It involves avoiding extremes and maintaining harmony between the poles, both in our own psyche and in all interactions with others.

Understand that polarity extends beyond spiritual and physical realms to our psychological structures as well. Knowing ourselves means understanding our psychic structure, i.e., how we are formed in the workshops of the Lord. *(A wonderful illustration of such will be shown during the talk.)*

Many of us, although in a male or female body, manifest as the opposite polarity in the mental or emotional worlds. And this is the great secret we must learn: how to polarize ourselves and consciously engage in the balancing act; choosing when to be emissive or receptive; and finding a harmonious balance within ourselves, with our partner, friends and associates, and in fact, with all of nature.

Attend our workshop at the Pathways Fall Expo and receive the latest book by The Aquarian Team, entitled *A New Humanity is Rising*, a \$19.99 value); and visit our booth, "The Aquarian Team," with the large Omraam poster.

Carmen trained as a Yoga teacher where she discovered the esoteric teaching of Omraam Mikhaël Aïvanhov; she then became an author and is the coordinator of The Aquarian Team. She is an international speaker and presently active on the organizing committee of the Fraternal Forum (Omraam.World).

For a deeper exploration, refer to my talk on this topic at www.YouTube.com/@Omraam under the playlist "Towards a Solar Civilization" and select "Science of the Initiates."

Holistic Brand Photography

In this very noisy world of ours, it can be difficult to reach the people you most want to work with, but I can help you with that!

Hi, I'm Tammy Batcha - a holistic brands photographer in the Shenandoah Valley. The work you do is vital. Let's make it easier for people to find you and for you to find the people you most want to serve.



TammyBatcha.com

TammyBatcha@gmail.com (540) 550-1971

Susan Lynne
Using the Laws of Attraction
Psychic, Medium, Spiritual Consultant

301-906-2203
Susanlynn@Mediumlink.com
Fb.me/SusanLynneMedium

Private Readings
Past Life Regressions
Talks
Workshops

www.mediumlink.com

Contemplative Spiritual Companionship

Therapy For The Soul

Sit with me in my sacred space. Tell me what is on your heart.

Confidential, compassionate and skillful listening with the intention of illuminating the oneness you already have with the Divine.

Form a nurturing connection to one's True Self, as the influence of your False Self falls away.

Being human is a struggle. I bring discernment and clarity into everyday life events, helping you shift from stuck patterns to seeing things in new and fresh ways.

Let Me Help You:

- Forgive
- Be still, be present
- Practice self compassion
- Alleviate and learn from Suffering
- Heal past wounds and release shame
- Get unstuck from habitual thought patterns
- Cultivate your true nature and oneness with God



Jena Morrison
Spiritual Director and
Companion

Fewer Struggles - More Joy!

www.your-true-self.org In-person in Falls Church, VA, and via Zoom.
703-785-2865

NATURAL LIVING EXPO • FALL 2024 EVENT & VENUE INFO

SUNDAY, OCTOBER 6, 10AM - 6PM



Exploration • Enlightenment • Education • Engagement



AN INVITATION FROM OUR PATHWAYS TEAM

Please join us on Sunday, October 6th for the premiere mind-body-spirit event in the DMV! We look forward to seeing you at our **NEW EXPO LOCATION**, the Samuel Riggs IV Alumni Center, on the University of Maryland's campus in College Park, MD. It's a great day of shopping and discovery from a wide variety of mind-body-spirit-eco exhibitors — support local businesses by shopping small, not big-box. Plus you have the opportunity to attend over 30 workshops, where you can connect directly with the speakers, ask questions, set up appointments, learn new things, seek guidance, and generally interact with other like-minded attendees. Spend your money and time with purpose and intention to keep resources in the communities where we live and work.

Peruse the preliminary program here and plan your day. **THIS IS SUBJECT TO CHANGE!** Stay connected through our website and social media for updates on the event.

Come explore, feel enlightened, get educated and engage with our Pathways Community. Bring your friends, and kids — 16 and under are FREE. We're excited to share the day with all of you! Thank you for the continued support.

OUR NEW FALL VENUE!

SAMUEL RIGGS IV ALUMNI CENTER
On the University of Maryland Campus
7801 Alumni Dr, College Park, MD 20742

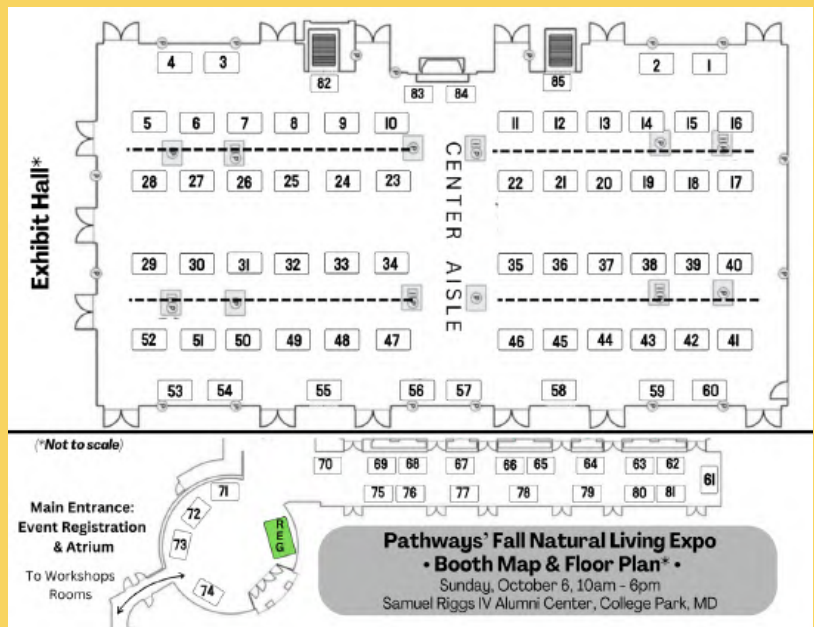
Directions & venue information: www.riggs.umd.edu

FREE Garage & Outdoor Parking • Food Trucks • ASL Interpretation Service

\$10 EARLY ADMISSION — Get Online Tickets in Advance Through Eventbrite! NO Coupon Needed!

\$15 EVENT DAY ADMISSION — Or \$10 when you sign up for the mailing list at Event Registration.

Admission grants you access to our 80+ exhibitors and attendance to any of our 30+ workshops.



Pathways Presents...

NATURAL LIVING EXPO

Exploration • Enlightenment • Education • Engagement

EXPO EXPERT TIP

Save time by purchasing tickets online in advance through **Eventbrite!** We just scan your mobile ticket at the door. Admission is \$10, and includes all access all day.

Tickets still \$10 at the door... cash & credit cards accepted.



Pathways Presents...

NATURAL LIVING EXPO

Exploration • Enlightenment • Education • Engagement

EXPO EXPERT TIP

Bring your own snacks and refillable water bottle if you plan to spend the day (and we hope you do!). **FOOD TRUCKS** will be onsite offering to-go food options to avoid lines & wait-times at the hotel restaurant & bar. Still...snacks encouraged. :)



Pathways Presents...

NATURAL LIVING EXPO

Exploration • Enlightenment • Education • Engagement

EXPO EXPERT TIP

Carpool with friends! **PARKING IS FREE...** and so are kids 16 and under. Bring companions, and be mindful of the environment by ride-sharing if possible.





NATURAL LIVING EXPO • FALL 2024 EXHIBITORS

Exploration • Enlightenment • Education • Engagement

Expo exhibitors offer an amazing variety of mind-body-spirit-eco products and services! Please support the following businesses participating in our Fall Expo. This is subject to change.

Visit our Fall Expo page online for the final Expo program. www.PathwaysProductions.com

Note: The [*asterisk] indicates there is an associated Speaker Workshop. See the Workshop Schedule for details.

A Pivotal Shift

Empowering individuals to find inner peace, achieve personal growth, embrace responsibility for their actions, and cultivate a positive mindset. I am dedicated to guiding my clients towards a fulfilling life of purpose and success. www.apivotalshift.com

Angelic Wisdom 111*

Cheryl Ganzer is a USUI Reiki master — and Divine Angelic Messenger — delivering powerful messages of love and light from The Archangels. In your 30-min. session you will learn how to cut cords with Archangel Michael and connect with the Archangels and Angels, and you will receive Divine messages on health, love, family, career, etc. A special gift from the Archangels... A mini Reiki attunement and gift Michael good luck medal. www.Angelicwisdom111.com

Antara Flow*

Creating inner flow through energy clearing, brain health, stress/anxiety management, herbs, and more. Several services and products offered on site; stop by to see what you can get into. www.antaraflo.io

Autumn Road Music

Watercolors on handmade paper; The Spirit of the Animals. Dream Catchers, notecards and beaded snowflakes. www.autumnroadmusic.com

Avillion of Universal Insight*

Avillion Aura Photography with Ultra Imaging. We provide: Polaroid Photo of heart Chakra, Chakra Report with 2 printed Full Body Pictures, Comprehensive Aura Care package, Interpretation & Spiritual Reading upon request. <https://avillion.org>

Bambootopia - Bamboo Products

Bambootopia is known for their handcrafted bamboo walking sticks. We carry bamboo products from skincare, footcare, bamboo tea along with health and wellness bamboo items. www.bambootopia.net

Black Star Jewelry

Unique Sterling Silver jewelry with gemstones - from the Himalayas. One-of-a-kind bracelets, earrings, pendants and rings. Hand block printed and silk jackets - recycled cotton jackets, silk scarves and hand stitched bags. www.blackstarjewelry.com

BN Wholistic Wellness + With These Hands

Thai Touch and Wellness products. Be immersed in Reiki, Thai bodywork & stretch, and/or Sound bath.

BrandArtYoga (BAY)

Authentic handmade products and unique decoration to promote your creativity, spirituality and meditation. Holistic events, awakening workshops, psychic mediumship and intuitive readers,

meditation, yoga, Reiki healing, ionic foot detox services, and much more! Check out our calendar of events! www.brandartyoga.com

Cannabis Karma*

Cannabis Karma's mission is to provide good vibes events to the community in a relaxed chilled environment while normalizing the adult use of cannabis. We offer safe full service access to adults 21+. We provide Consulting & Cannabis event planning. www.cannabiskarma.org

Coffee Karma Cafe

We sell organic reishi mushroom coffee, tea and hot cocoa. www.homecafesubscription.com

Daring To Dream Now

Crystals, Gemstones & Gifts. Beautiful crystals in various forms. We have crystal specimens, raw stones, tumbles, spheres, points & towers. We also have a variety of carvings such as skulls, dragon heads, hearts, moons, stars and many more. www.daringtodreamnow.com

Del Ray Psych & Wellness*

The Del Ray Psych booth will have information regarding our practice and our services (Reiki, KAP, hypnosis, and psychotherapy). Additionally, we will be offering 15-minute Reiki sessions throughout the day. We will also have some items for sale including hand-woven wool meditation rocks, bows, and jewelry. www.delraypsych.com

Eckankar, Maryland Satsang Society*

The Path of Spiritual Freedom. Eckankar is an active, individual, creative spiritual practice. Simple spiritual exercises, such as singing the word "HU" can awaken you to your divinity as Soul. You

are Soul, an eternal, creative being. Come along and discover the most secret part of yourself. The key to spiritual freedom lies within you. www.eckankarmaryland.org

Emily Wellness and Oneness*

Tarot, Meditation, and Beyond. Get a Tarot reading with Emily, learn about her meditation and Ayurveda classes, or buy her books about spiritual humor, twin flames, and meditation. To learn more and explore her extensive spiritual articles, visit her website. www.wellnessoneness.com

Falun Dafa Association of DC*

We display video clips of Shen Yun shows in the Kennedy Center, and have info and tickets available for those interested. www.shenyun.com/dc

Frequense! Frequency Meets Nutrition!

Is your brain a little tired or slow? That's where Nootropics come in! They are special "brain vitamins" helping your brain work better — safe substances, often found in plants, to boost your brain's energy, clarity, creativity, and memory power. Stop by to try samples of RISE, a powerful Nootropic! Additional products include: SOURCE Trace Minerals; SYNC collagen; GABA and magnesium for restful sleep; BALANCE drops; CBD/CBG RELIEVE cream 2000mg; CBD/CBG, FACE moisturizing cream. Product info sheets and nutrition ingredients are available. All products are boosted with 11 harmonic frequencies.

Galactic Gifts LLC, The Soul's Blueprint - Astrology Readings

Jacqueline Marie Bates is



NATURAL LIVING EXPO • FALL 2024 EXHIBITORS

Exploration • Enlightenment • Education • Engagement

an esoteric and evolutionary astrologer who is passionate about helping people expand their awareness and gain clarity on their Soul's mission in this lifetime. Additionally, she specializes in using the technology of astrology in her transformational life coaching.

www.jacquelinemariebates.com

Good Luck - Chakra Yoga*

After proudly serving for 18 years, Good Luck store closed in Montgomery Mall, but we are more vibrant than ever and offering our products and services through our website. Aura Chakra image reading and Chakra healing sessions are greatly liked and sought after.

www.goodluckstoreonline.com

Grail Foundation Press*

Grail Foundation Press strives to generate widespread availability of *In the Light of Truth – The Grail Message* by Abd-ru-shin, a book which reveals the hidden connections of our existence and offers valuable guidance for the journey through life.

www.grailmessage.com

Hartke Health*

LifeWave Independent Brand Partner. LifeWave Light Therapy Patches. LifeWave is a global health technology company founded by American Scientist David Schmidt. Our revolutionary wellness patches use the stimulus of light from our own body to create positive health changes. Whether you desire pain relief, deeper sleep, more energy or more beautiful skin we can help!

lifewave.com/kimberlyhartke

Haven 101 Wellness Studio*

Discover your sanctuary for holistic well-being at Haven

101 — a home for wellness, community, and elevation of the mind, body, and spirit. Visit our booth to meet our friendly practitioners and learn about our offerings to begin your journey to a balanced life today.

www.haven101.com

Healing through your Akashic Records*

Akashic Records are the vibrational intelligence of every soul and its journey. Through the Records, you can resolve recurring patterns and issues; heal long-standing challenges; and empower future growth and choices! The experiences of your past lives can help you connect with your eternal Divine Self.

www.myakashichealing.com

Holistic Concepts*

Learn about healing with sound through ancient Solfeggio frequencies. At our booth we will be offering 10-minute tune-ups and essential oil roller balls with the essential oil of your choice.

Hypnosis Silver Spring*

Meet Hypnotherapist Donald Pelles, PhD., to discuss hypnosis and hypnotherapy; and if you like, have your own hypnosis experience. Attend his workshop for a more in-depth discussion.

www.hypnosissilverspring.com

Indigo Moon

A local business for over 25 years, Indigo Moon sells unique wares from the exotic lands of India, Thailand and Nepal. You can shop their clothes, tapestries and jewelry at local festivals and markets.

Instagram: @tapestryluv

Integrative Medicine of Northern Virginia*

Functional Medicine, Integrative Medicine, Primary Care using Western and Chi-

nese Medicine, Homeopathy, and Nutrition to treat and prevent acute and chronic disease.

www.imednova.com

Integrity Research Institute*

Featuring new energy books, reports, DVDs and unique electrotherapy devices, including the PREMIER Jr., EM Pulser, and the OsteoPad, with high voltage electrical or magnetic pulsations that can be applied directly to the body.

www.BioenergyDevice.org

International Society for Spiritual Sciences (I.S.S.S.)*

I.S.S.S. founder Swami Manjulanand Ji (Dr. Manjul Kant Dwivedi), is a Spiritual Guru, world-renowned for 'Vastu Shastra' and Vibrational Meditation (A Shaktipat for Kundalini Awakening); provides Vastu, Vibrational meditation and Holistic Therapy services to all.

<https://manjulanand.org/>

Intimacy Illumination Coaching*

Visit Intimacy Illumination for free 15-minute consultations, expert advice on relationships and sexuality and a chance to win coaching sessions. Your journey to deeper connections starts here.

www.intimacyillumination.com

Jennifer Rose Medium, LLC*

Go beyond the veil with Jennifer Rose Medium! Join her for extraordinary and profound connections and psychic insights. Elevate your spirit with a personalized mediumship experience.

www.facebook.com/jennifer-rosemedium

Lemuria Inc.

Explore a range of Moringa

products designed for your health and wellness. From nutrient-packed Moringa food items and supplements to luxurious Moringa skincare soaps and Natural herbal pads. Transform your health naturally with Moringa! www.thelemuria.com

Lifewave

Feel young, energetic and full of energy again with X39®. This breakthrough technology triggers production of the human peptide (GHK-Cu) that helps you feel young, energized, and ready to take on the day. The research is clear: LifeWave® energy products relieve pain, reduce inflammation, promote healing, and boost the body's natural production of vital energy. LifeWave® offers a wide range of Lifewave® products that work together to support optimal health. Elevate, activate, and rejuvenate the body's own cell production NATURALLY to stay young from the INSIDE OUT!

www.RegenLifePatch.com

Living Wellness Chiropractic

We will be providing free 5-10 minute chair massages to attendants. Free spinal evaluation with free x-rays and a report of findings to anyone that stops at our booth.

www.columbia-chiropractic.com

Mara Berman Psychic Readings*

Mara's Psychic information is derived from, Aura colors, light sources using twelve dimensional rings, starseed energy, and the energy flow of the vortex. Readings involve Tarot cards, palmistry, and psychology to decipher complex questions.

www.maraberman.net

Mindful Body With Soul*

You're Not Your Car: A Guide To Understanding



NATURAL LIVING EXPO • FALL 2024 EXHIBITORS

Exploration • Enlightenment • Education • Engagement

Who You Are Beyond Your Physical Body

Just starting your Spiritual path? Want to dive deeper into understanding Spirituality? Learn about: Chakras, Universal Energy, Angels, Guides, Soul Goals, Vibrational Frequency. Beautifully explained through easy, entertaining analogies. Create peace and ease in your life. www.mindfulbodywithsoul.com

My Tibet Shop

Tibetan crafts and meditation supplies including Tibetan Singing bowls, incense, Mala Beads, statues and much more. We have been in business since 2006, helping Artisans of Nepal in a fair trade manner. www.mytibetshop.com

Nature Gems

We sell 925 Sterling Silver jewelry with Precious and Semi-Precious Gemstones. Nature Gems provides gemstone jewelry to help heal your body and mind naturally. Each stone has its own significance and healing power. For example, wearing the January birthstone, Garnet, will represent faith and enduring. It will increase willpower and energy while calming the mind. The soothing blue Larimar gemstone will help harmonize the body and soul. Stop by our booth to learn more about the various gemstones and how they can benefit your life.

New Spiritual Horizons*

Reawaken your psychic abilities, unfold your life's purpose, and communicate with your team of spiritual helpers/angels. This is Practical Spirituality with the focus on helping you find your own answers and trusting your inner guidance. NewSpiritualHorizons.com

Oasis Soul Scent Co.

Oasis Soul Scent Co. crafts luxuriously scented candles and home body treats with natural ingredients; lasting fragrances inspired by soulful music. Products are hand-made with love in Maryland, USA. Coconut Wax ~ Lead-free Cotton Wicks ~ Phthalate-free Fragrances oasissoul.com/shopoasissoul

Oliviatsu Energy Massage

Oliviatsu Energy Massage is a one-of-a-kind service that blends 5 energy therapies (shiatsu, Swedish, reflexology, Thai Yoga, and Reiki) into one to relieve a host of conditions. Each session is tailored to the needs of the client and results are immediate. Get energized. Stay dressed. oliviatsuenergymassage.com

OM Botanical Organic Skincare

Looking for the safest and most effective plant-based skincare? OM Botanical products are made using all-natural bio-active organic ingredients. All their formulas are clean, microbiome friendly, vegan, and cruelty-free with focus on sustainability. Made in the USA, packaged in carbon-neutral sugarcane tubes, they also plant one tree for every product sold. www.ombotanical.com

Practical Vision*

Kimberly's experience in personal and business strategy and advisory services integrates both her intuitive and empathic skills with practical application to provide a more holistic service focused on individual and/or group objectives. She provides a customized and flexible approach to identifying the methods that work best for you. Integrating the emotional and spiritual aspects of life

challenges promotes greater harmony and fulfillment. www.Practicalvisionkc.com

Quantum Intuitive Energy Healing*

Reiki, quantum paradigm shift, intuitive guidance, channeling, Akashic Records reading, end of life energy healing. www.hemalivora.com

Professional Holistic Reflexologist

Brigitte Wiss, Clairvoyant & Gifted Certified Holistic Reflexologist since 2000, will rejuvenate you physically, emotionally & spiritually through her unique practice. She will customize your session to your needs. Not a foot massage! Not your typical Reflexology! Best for STRESS and more! www.reflexologyandbeyond.com

Relax Saunas*

Relax Saunas are portable, affordable, personal-use saunas that help to remove toxins, reduce body fat, boost metabolism, and slow down aging while providing deep relaxation. www.relaxsaunas.com

Rhonda Rhodes, Intuitive Arts Medium*

Evidential Spiritual Psychic Medium & Spirit-guided artist Rhonda blends art, music, and Mediumship. Connecting with your team and hers, Rhonda channels only the highest vibrations for the greatest good of the sitter. Because of her LOVE for music, many call her "the music Medium". www.spiritualmediumrhonda.com

Sacred Earth, Natassa Vanchanii

A handcrafted and curated collection of crystal jewelry that embodies the spirit and love of Sacred Earth and connects crystals with their

rightful owners. instagram.com/sacredearth

Salvaged Suncatchers

Suncatchers made from salvaged and thrifted crystals, beads, and jewelry.

Sandra Chaloux - Spiritual Art - Art That Elevates

Universal and contemporary spiritual art - acrylic paintings on canvas and handmade jewelry (wearable art) - Divinely inspired. Chakra balancing, Channeled Art. Raise your vibration and the vibration of your sacred space with a painting and bring our divinely inspired wearable art with you wherever you go. www.sandrachaloux.com

SNS Wellness*

Energy healing, intuitive coaching and reflexology to help you improve the flow and ease in your life. www.shannonnsmith.com

Sole Healing, LLC

We specialize in Corporate Wellness Programs where we bring our relaxation services to *your* business & Trade Shows to be at your exhibitor booth to draw in the crowd & increase your "facetime" with prospects! Stop by to sample a reflexology and/or massage session by one of our on-hand practitioners. www.solehealingglobal.com

Souls Talisman Crystals

Souls Talisman Crystals include high quality gemstones in each hanging crystal, Mala Necklace, Gem Elixir, and Crystal grid. We also have a wide variety of loose stones available. Each beautifully balanced talisman is created with Intuition and deep soul listening. www.soulsalismancrystals.com

Sukyo Mahikari*

Sukyo Mahikari provides free



NATURAL LIVING EXPO • FALL 2024 EXHIBITORS

Exploration • Enlightenment • Education • Engagement

10-minute energy sessions. Many find the energy to be relaxing and rejuvenating for the soul, mind, and body. Some achieve better clarity and sense of purpose in their lives.

SunPsychic Jean*

A Psychic Medium who facilitates connection with your loved ones and pets who have transitioned, with your Spirit Guides, Angels and other High Vibrational Beings to assist with your personal and spiritual growth. www.sunpsychicjean.com

Susan Lynne's Medium-link*

Susan Lynne is a gifted psychic & medium with over 30 years of experience. She uses all the clairs, angels, astrology, Tarot, numerology, spirit guides, and dream interpretation. Available for readings, consultations. CDs and other gift items for sale. www.mediumlink.com

Tangé Wellness

Experience the power of human connection through bi-directional therapeutic touch. Learn how platonic touch, partner Yoga, and polyvagal co-regulation can alleviate loneliness, stress, and anxiety. Our sessions offer a safe, nurturing environment, guided by trained professionals committed to your emotional well-being. www.tangewellness.com

The Aquarian Team*

The Aquarian Team is a team of writers who have published three books based on the Teachings of Master Omraam Mikhael Aivanhov. At our booth we will carry their books and a good selection from the books of Master Omraam.

The Saffron Books

At Saffron Books, our mis-

sion is to bring the teachings of Vedic scholars to a wider audience, focusing on the Eastern wisdom that encompasses meditation, Yoga, and using spiritual knowledge to alleviate anxiety and stress. Our collection boasts over 50 different titles that encompass these themes. We firmly believe in the transformative power of these practices and are enthusiastic about sharing them with the community. A list of some notable celebrities who have taken our books at previous events include: Jonathan Lipnicki (Stuart Little), Corey Taylor (Slipknot), Bam Margera (Jackass), Murr (Impractical Jokers), Jeff Hardy (WWE), and Billy Burke (Twilight) to name a few. www.thesaffronbooks.com

The Soul Shepherd*

Psychic Readings at 15 and 30 minutes offered. Mediumship Readings at 30 minutes offered (picture of eyes of person passed is needed for Mediumship Reading... cell phone picture is OK). Spiritual Pottery and Stained Glass offered. www.TheSoulShepherd.com

Tibet Sky Emporium

Hand crafted Tibetan Himalayan cultural items, whimsical hats. Handmade clothing.

Total U

Copper Jewelry, Crystals, Gems and Minerals.

Transition Talks: Live Life-changing Speakers in Berkeley Springs, WV*

TransitionTALKS is a monthly live speaker series in Berkeley Springs, WV, that features world renowned presenters. Gregg Braden, Bruce Lipton, Regina Meredith, Penny Kelly, David Martin, Freddy Silva have all come to Berkeley Springs. www.TransitionTalks.org

Vedic Health*

Ayurveda and natural healing center. We use ancient principles of Ayurveda to help people balance their doshas and promote healing within them. www.vedichealth.org

VPS Stones Inc.

VPS Stones was born out of a vision to heal with some of our planet's most precious natural elements. We are a small business involved in the world of gemstones, crystals, jewelry and essential oils to bring happiness and prosperity in life; we put a lot of time, energy, and love into everything we do. We believe in the Power of Healing through the energy from Crystals. The healing energy from crystals is used to clear blockages from negative energy and bring balance to mind, body and soul. www.vpsstones.com

Wonderful Wellness

This is not a base level energy or Reiki session. I can

clearly see inside your physical body and deep within you. I am consciously aware of what I am clearing and removing throughout the session. I will share in great detail what unfolded and what was cleared.

Zenve Life

Zenve Life will offer Reiki and energy healing, alongside card and intuitive readings. We also sell gifts from India: handmade Indian god/goddess murtis (statues), malas, books, journals, home decor, handmade bracelets.

Zoetic Workshops*

Zoetic Workshops help adults achieve creating the lives of their hearts' desire; and then they LIVE exactly those lives, bringing the spiritual into the practical. www.ZoeticWorkshops.com

Pathways Presents...

NATURAL LIVING EXPO

Exploration • Enlightenment • Education • Engagement

EXPO EXPERT TIP

ARRIVE EARLY! Many vendors offer readings, mini healing sessions, massages, demos, and more, most of which require sign-ups. Sign up first-thing — time slots FILL UP FAST!



Fall 2024 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

Pathways Expo Workshops bring mind-body-spirit-eco topics to life! Our speakers represent some of the best and brightest in their fields. This schedule is preliminary as of press time and is subject to change. Visit our Fall Expo page online for the most current information.

10:30 AM



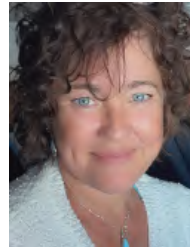
Healing With Sound Thru Ancient Sacred Solfeggio Frequencies
Roxanna Weddle, Certified Natural Health Practitioner

Change your frequency, change your life! This workshop will be 80% demos and 20% info. You will learn about the etheric field, chakras, negative energy patterns & how they are corrected as well as how they create an aligned life.



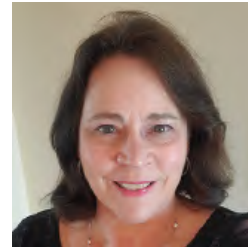
Experience the Light!
Bruce McBarnette

Practitioners from Sukyo Mahikari will discuss how the "light" energy works and provide free 10 minute sessions for the participants. Many find the light to be rejuvenating for the soul, mind, and body.



Explore Your Chakras
Jennifer Merritts

Chakras are an important part of your entire being. What if you didn't know you had a heart or lungs, and how important it is to keep them healthy? Chakras are equally important. They're the bridge between your emotional body and physical body. How much do you know about yours?



Practical Vision
Kimberly Capps

Learn strategies and tools for identifying and addressing life opportunities in career transition, navigating solo, relationships and wellness.



Understanding Hypothyroidism: Do I Have It?
Stuart 'Shep' Saltzman

Hypothyroidism — do you have it? We'll discuss how to diagnose and properly treat hypothyroidism.

11:30 AM



Archangels 101
Cheryl Anne Ganzer

I will discuss how to connect with The Angelic Realm — Signs, Synchronized Numbers, and a brief description of each Archangel along with Halo color. This motivating, high vibrational lecture will also cover Affirmations, and the importance of gratitude and the power of our words to keep vibes high.



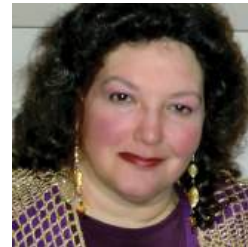
I Am An Empath ... What Do I Need To Thrive?
Eileen Strange

Inviting and encouraging Empaths, Highly Sensitive People and those that raise them, teach them, work with them, are married to them and are friends with them. This can be a struggling world for Empaths to live in. Would you like to understand us? Show up, please!



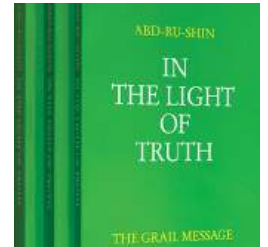
Three Basic Self-Hypnosis Exercises: The Zone, Power Self, and Being
Donald Pelles, PhD, Certified Hypnotherapist

I will introduce THE ZONE, POWER SELF, and BEING, short but powerful self-hypnosis/meditation exercises. Participants who wish will get to experience hypnotic trance for themselves.



Meditation With Light and Auras
Mara Berman

Meet your angels and spiritual guides in an experiential meditation. Learn aura cleansing and chakra clearing. Experience the comfort of nourishing white light and twelve dimensional rings infused with light splashing down on your aura. Feel comfortable in your own energy.



Live in the Present!
Ayodeji Badaki

Given worldwide news, we are losing our ability to be shocked or horrified. How should we live through these experiences? Based on learnings from The Grail Message, the speaker will share insights on this pivotal question of our time.



Fall 2024 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

1:00 PM



Clearing Your Perpetual Stories Through the Akashic Records
Bill Sanda

Akashic Records are the vibrational intelligence of every soul and its journey. You can clear your perpetual stories; heal long-standing challenges; and empower future choices! Unresolved experiences of your past lives can help you connect with your eternal Divine Self.



Writing Your Way Through Autumn
Lindsey Van Wagner

Embrace the beauty and energy of the Fall season with this interactive session designed to inspire reflection on the transformative themes of Fall. Enjoy this opportunity to connect with your inner self and the natural world around you. Explore personal growth, gratitude, and the process of letting go.



Hidden Powers of Ayurvedic Herbs
Om Sanduja

Ayurveda, an ancient holistic healing system practiced in India for centuries, uses herbs as an integral part of its protocol. These natural, potent, plant-based products promote health: mental clarity, radiant skin, lustrous hair, weight management, healthy liver and more. Learn some of the best herbs, their benefits, and how to safely incorporate them daily to support health goals.



Meditate, Journal & Share: Intuition Development
Emily Jennings

Open a channel for clear intuitive downloads and learn to tell the difference between messages from your inner voice vs. the ego-mind. This workshop includes light instruction, meditation, journaling, and sharing! When we meditate together and then share our soul messages, the energy is powerful for transformation.



Modern Meditation Technique
Dr. Tom Valone

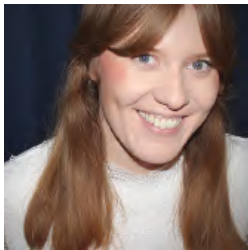
In this one-hour training, learn how to meditate easily and quickly with a simple 3-step technique. Preserving the essence of an ancient practice, Modern Meditation is being offered free of charge. Studies show daily meditation provides stress reduction, brain longevity, increased youthfulness, a peaceful state of mind and amazingly, a “reversal of the usual cortical thinning that occurs with age.”

2:00 PM



Reading Past Lives
Liora Brunn

You can perceive past lives for yourself and for others. Attune to the Akashic Records and experience the seamlessness of accessing eternal information that really can make a difference in life today.



De-Shamify: Unraveling Sex Myths & Embracing Sexual Authenticity
Alisa Millard

Join me for a transformative workshop where we debunk myths, explore desires, and celebrate sexual diversity. Discover your authentic self in a safe, inclusive space. Open to all genders and orientations.



How KAP Impacts Mind, Body, Spirit in One's Healing Journey
Dr. Lauren Fisher and Dr. Eleni Boosalis

Learn about Ketamine Assisted Psychotherapy (KAP) from Psychedelic-Trained Psychotherapists. Discuss what the risks and benefits are and who is a good candidate. Learn about the KAP process and how Ketamine supports a holistic approach to addressing mind, body, and spirit. Presentation will conclude with an audience Q&A.



Know Your Chakras and Change Your Life
Rishi Hans

You get controlled by your destiny when your Chakras are blocked because of limiting beliefs, fears, false notions, emotional blocks, generational patterns, negative thoughts and mind set imposed in your journey of life. Rishi Hans guides you to harness the power of your Chakras and start controlling your own destiny.



Cosmic Balance: Discovering the Eternal Masculine and Feminine Within
Carmen Froment

In this theme of “Cosmic Balance: discovering the eternal masculine and feminine within”, we will review how these two principles exist everywhere in the universe and within us. The question is about keeping them in balance to ensure a harmonious relationship with ourselves, our partners and others.



Fall 2024 Workshops

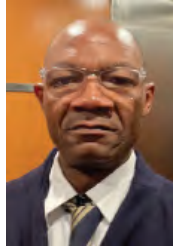
EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

3:00 PM



Psychic and Medium Reading Demonstration *SunPsychic Jean*

SunPsychic Jean will demonstrate psychic and medium readings along with answering questions about her process and answering questions about your mysterious spiritual experience too.



Past Lives, Dreams, and Soul Travel *Maurice Bell and Jacobs Ladele*

Discover your past lives and how they affect your life today. Learn to recall memories of past lives. Unlock the hidden meaning of your dreams. Soul — your true self — never sleeps. Soul Travel, a close cousin to dreaming, is a natural ability. Soul Travel is simply a shift in consciousness.



Living Through the Biggest Change in Human History: Preparing for the Next Three Years *John L. Petersen, Futurist*

Internationally known futurist, John Petersen, illuminates the unprecedented events and trends driving the biggest change in human history. What's happening, where it's going, and what you can do to be prepared for this extraordinary change.



In the Service of Divine Evolution *Rev. Ingrid Jolly-Trayfors*

Let's take a journey on "Creations Wheel of Living Light" and meet a mighty celestial team of "One Heart, One Earth & One Light" where divinely inspired creativity is a powerful reality in the unity of serving Divine evolution. Reserve your space in the Spiritual World Hierarchy.



Vastu for Prosperity and Peace *Padmaja Mummaneni*

VASTU is the original wisdom of sustainable design and architecture. A supportive science of Ayurveda and Yoga, ancestor of Feng-Shui. Workshop discusses various aspects of Vastu impacting health and happiness, remedial measures within one's living space at home or office.

4:00 PM



Everyday Spirituality: Intuition or Coincidence? *Spiritual Medium Rhonda*

Join Spiritual Medium Rhonda and learn how to connect with Spirit! Connecting with Spirit is not an elusive thing. Discover ways we can connect to Spirit on a daily basis. Hear about Rhonda's own Spiritual journey; learn how the steps she took, and how learned discernment can resonate with others' own experiences.



You Have Your Answers Within to Unfold and Live Your Life Purpose Abundantly *Mara Spencer*

Discover the secret of your life purpose and if you are on track to accomplish it. Through techniques, experience the power of your spiritual energy and your four psychic abilities to create more joy, abundance and fulfillment.



Sacred Death — Death Cafe Format *Hemali Vora*

Come join and talk about death, loss, and grief. Learn about the role of the Death Doula. Learn about burial options and living funerals. Why having your affairs and all paperwork in order is so important.



Get Out of Your Own Way *Shannon N. Smith*

An interactive discussion on 3 common mistakes that stop your goals in their tracks and keep you from getting what you really want.



Creating Pure Far Infrared Light *Patricia Scott*

Patricia Scott will explain the power and dynamics of the relaxed sauna's far infrared energy, how it works, and how to use it, as well as review the supporting research.



Fall 2024 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

5:00 PM



Living Unmasked *Nicole Batiste*

Step into the magic world of self-discovery in "Living Unmasked." Together, we'll explore powerful questions to reveal the hidden beliefs that keep many individuals from being their true selves. It's time to embrace your authentic design. It's time to remove the mask!



Unleashing Your Inner Navigator: A Journey Into Cultivating Intuition *Jennifer Rose*

Unlock the power of intuition in this transformative 50-minute workshop. Explore practical exercises, guided meditations, and insightful discussions to tap into your inner wisdom. Cultivate a heightened sense of intuition for confident decision-making and enriched life experiences.



Manifesting With Your Angels and Trusting Your Vibes *Susan Lynne*

This informative workshop will show you how to manifest, contact and communicate with your Angels. You will learn to trust your vibes and listen for the messages that are being sent to you. Discover the best ways to communicate with your Angels. Guided meditations will be included.



Cannabis 101: Educate & Alleviate *Princess Mirabal*

Cannabis Karma & Lifeluxe present our Cannabis 101 workshop. It's a wonderful opportunity to learn about Cannabis therapy and CBD as an alternative medicine. Learn about your Endocannabinoid system and ask questions. We promote plant-based healing ideas.



Wellness Without Drugs *Kimberly Hartke*

More people than ever before are choosing more holistic approaches to wellness. Kimberly Hartke spent over a decade immersed in the local food movement, promoting the 'food as medicine' concept. Now, Kimberly endorses another simple and effective approach to creating radiant health: light therapy patches. Kimberly will explain the science.

PATHWAYS 2025 NATURAL LIVING EXPOS

MARCH 30, 2025

Hilton McLean-Tysons Corner,
McLean, VA



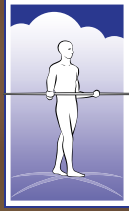
JUNE 8, 2025

Samuel Riggs IV Alumni Center
College Park, MD

SAVE THE DATES

Exhibitor Opportunities Available!

Expo Booth + Advertising Bundles | Exhibitors Eligible for Workshops
PathwaysProductions.com/vendor-info



Potomac Massage Training Institute

Balancing the Art and Science of Massage Therapy since 1976

Learn to be a Professional Massage Therapist PMTI offers 10-month and 20-month programs

- Our **Professional Massage Training Program** is one of the most comprehensive and respected training programs in the US
- **Lowest Cost of Tuition Massage School in Maryland**
- PMTI graduates have a **93% average pass rate** on the National Massage & Bodywork Licensing Exam (MBLEx) (vs. US avg 72%, MD avg 64% – source: FSMTB 2022)
- We offer **Continuing Education** and **Community Workshops** to fulfill licensing requirements and help your practice grow!
- **Easy Metro access in Silver Spring, Maryland**



Community Workshops & Continuing Education

- | | |
|--|--------------------------|
| CPR with Basic Life Saving | Sept 6 |
| required for Massage Therapy Licensure in MD | |
| The Three Bodies™ Method | Sept 13-15 |
| an Introductory Course to Biodynamic Osteopathic Manual Techniques (BOMT™) | |
| Reiki I | Oct 5 & Oct 6 |
| Zero Balancing I | Oct 25-28 |
| Integrated Reflexology | Jan 19-20 |

INTRO SERIES – OPEN TO EVERYONE!

Couples Massage bring more touch into your relationship
Oct 20, Nov 17, Dec 22 or Jan 19

TRAGER® WORKSHOPS

- | | |
|---|-----------------|
| Hands! A Trager® Workshop | June 8 |
| Feet! A Trager® Workshop | Nov 9 |
| Somatic Foundations of Trager® Approach | Jan 9-12 |
| a 4-day course held at Blueberry Gardens Healing Center in Ashton, MD | |

AT OUR PARTNER LOCATIONS

Bodywork for Depression and Anxiety Sept 25-27
a 3-Day Retreat in Nelson County, VA

new events announced regularly
check www.PMTI.org for updates

Events, dates, times, and cost subject to change.

The PMTI Massage Clinics

"Spa Services Without the Spend"
— *Washingtonian Magazine*, May 2023

"8 top self-care steals in the D.C. area"
— *Washington Post*, April 10, 2024

book your next massage:
\$45 student clinic / \$65 graduate clinic
appointments online: www.PMTI.org
appointments by phone: (202) 686-7046

PMTI continues to maintain protocols and procedures for the health and safety of our clients and practitioners.

Visit www.PMTI.org for more details.

join our email list for specials and discounts

PMTI

8701 Georgia Ave., Suite 700
Silver Spring, MD 20910

(202) 686-7046

www.PMTI.org

Stay educated, enlightened and engaged all season long with these offerings from the Pathways Community. To see these events and more, visit our interactive ONLINE CALENDAR updated regularly throughout the quarter. **Be sure to tell them you saw them in Pathways!**

Have an event to promote? Calendar listings are just \$5 per listing, and accepted any time to run online. Submit listings online at: www.pathwaysproductions.com/calendar/.

SEPTEMBER

— 1 —

New Moon Medicine Making: Virgo & Oatstraw, 6:30-8pm. Set your intentions for the new moon in Virgo and transmute those intentions into herbal medicine-making and self-care techniques! This month, we will learn how to support our nervous system with oats and make an alcohol tincture using the folk method. At Vital Traditions, College Park, MD. www.eventbrite.com/e/new-moon-medicine-making-series-virgo-oatstraw-tickets-936493044907?aff=oddtcreator

— 7 —

Ketamine Assisted Psychotherapy Small Group Retreat. Take a break from the pressures of everyday life and engage fully in your healing journey during our ketamine assisted psychotherapy small group retreat. Retreat includes: a 3-4 hour onsite medicine session featuring specialized topics and/or elements (breath work, movement, art therapy, IFS meditations) and a follow-up integration session (virtual). Run by 2-3 of Del Ray Psych & Wellness psychedelic, somatic, and trauma-informed clinicians who foster a safe and supportive environment for individual and collective growth; hosted at Wellness Junction, Alexandria, VA. Additional fall dates: 10/26, 11/9. More information and to register: www.delraypsych.com/events.

Reiki I Class and Attunement, 11am-12:30pm. Become a Reiki I healer in this very informational class from Uma Alexandra Beepat! Learn to work on yourself for physical ailments, emotional wounds and spiritual issues. As a Reiki I healer, you become attuned to the Reiki energy and your world expands with the limitless possibilities of the universal energy working through you. In this class learn: the five Reiki principles; meaning of Reiki and how it works; the process of ceremonial attunements; the history of Reiki and your lineage; and how to use the 12 step Reiki self healing process in daily practice. The Lotus and The Light Metaphysical Center, Manassas, VA. www.eventbrite.com/e/984115424727?aff=oddtcreator

Reiki II Class and Attunement, 1-4pm. As a Reiki II healer, you delve deeper into the mystical world of Reiki. This level is called Okuden and means 'Inner Teaching' as you start to understand the workings of the Universe on a more intimate and personal level. In this class

you learn three of the four Reiki symbols, their uses, how to draw and activate them and their meanings; plus learn about long distance healing, healing in the past and future, and beaming and scanning. With Uma Alexandra Beepat, at The Lotus and The Light Metaphysical Center, Manassas, VA. www.eventbrite.com/e/998787158277?aff=oddtcreator

— 8 —

Past-Life Regression Workshop, 1:30-3pm. Past-life regressions are a useful tool for self-exploration to take a journey into your subconscious, where possibilities abound. Past lives, between-lives, and/or meetings with guides have been some of the more common experiences reported. Venturing into deeper states of consciousness opens the doors to profound spiritual connections. Join us as we uncover parts of ourselves that can help us heal, transform, and fulfill our souls' desires. Hosted by Mariposa Life Coaching & Hypnosis at The Pearl Spa, Columbia, MD. <https://mariposalch.com/events>

Crystals Essential Oils Cool Stuff Good Vibes

Fall 2024 events



illuminate
FESTIVALS
MIND • BODY • SPIRIT • ARTS

Illuminate Naperville • IL
September 29

Illuminate Frederick • MD
October 13

Illuminate Rehoboth Beach • DE
October 19 & 20

Illuminate Annapolis • MD
November 9

visit www.illuminatefestivals.com *for details*

— 15 —

Butterfly Pea Flower Meditation, 12:30-2pm. Gain a deep connection and understanding of the medicinal and energetic properties of Butterfly Pea through meditation and taste experience. *No prior meditation experience is necessary. Please bring a mug for tea, and a journal if you like.* At Vital Traditions, College Park, MD. www.eventbrite.com/e/butterfly-pea-flower-meditation-tickets-951463552097?aff=oddtcreator

Healing Sound Bath with Uma, 11am-12pm. Join us at The Lotus and The Light Metaphysical Center, a serene space perfect for relaxation and healing, for a rejuvenating sound bath experience led by the talented metaphysical teacher and spiritual mentor. Allow the soothing sounds to wash over you, promoting wellness

and balance in mind, body, and spirit. A must-go opportunity to immerse yourself in harmonious vibrations and leave feeling refreshed and renewed. Manassas, VA. www.eventbrite.com/e/996262517007?aff=oddtcreator

— 21 —

Fall Equinox Spiritual Retreat, 10am-4pm. The Fall Equinox is more than just the first day of Fall. It is a powerful time of year that offers us opportunities for reflection, growth, and connection with our spirituality. At the Lotus and the Light in Manassas, VA, join Uma Alexandra Beepat to welcome in the energy of the Fall Equinox by taking our Munay Ki rites and participating in spiritual practices to raise our vibration and receive channeled messages from our Spirit friends for our spiritual growth and evolution. <https://bit.ly/FallEquinox2024>; www.thelotusandthelight.com.

— 22 —

Backyard Herbs: Medicine Making, 10:30am-12:30pm. Discover the medicine growing in your own backyard! Learn the medicinal benefits of backyard herbs, and how to prepare your own medicines. At Vital Traditions, College Park, MD. www.eventbrite.com/e/backyard-herbs-medicine-making-tickets-972208300197?aff=oddtcreator

Elderberry Syrup Making 101, 2-3pm. Help boost your immune system and those you love by learning the basics on making simple and yummy Elderberry Syrup. Recipes will be included with variations for cold & flu season. Samples will be available for tasting! At Smile Herb Shop, College Park, MD. www.eventbrite.com/e/elderberry-syrup-making-class-tickets-981851954627?aff=oddtcreator

Munay Ki Shamanic Initiations-Activate into 5D, 11am-3pm. Learn the ancient shamanic rites of the Q'ero people, a group of indigenous healers from the Andes. Munay Ki translates to "I Love You" or "Be As Thou Art." These nine energetic transmissions are designed to clear your energy field, awaken dormant spiritual gifts and connect you deeply with nature, the ancestors and your highest Self. Through guided practice and ceremonies, students will receive these rites and learn to transmit them to others fostering personal transformation, healing and the ability to become a steward of the Earth. With Uma Alexandra Beepat, at The Lotus and The Light Metaphysical Center, Manassas, VA. www.eventbrite.com/e/998048569137?aff=oddtcreator

Cosmic Balance:

Discovering the Eternal Masculine and Feminine Within



Based on the Teaching of
Omraam Mikhaël Aïvanhov

Receive the latest book of
The Aquarian Team for free
by attending our workshop



See our booth: The Aquarian Team



Presented by
Carmen Froment

Samuel Riggs IV Alumni Center
University of Maryland College Park
7801 Alumni Drive, College Park, MD 20742

In collaboration with
The School of Life, Bethesda, MD

OCTOBER

— 2 —

Mediumship Development Circle, 6 Weeks Via Zoom. This mediumship circle provides participants with the ongoing opportunity to practice their ability to connect with the spirit world and receive evidential information from that realm. Meeting includes psychic exercises, meditation, connection with the spirit world, sharing with others and receiving validation and feedback. 6 Wednesday evenings via Zoom, 7:30pm-9:20pm (EST) depending on spirit presence, beginning Oct. 2 - Nov. 6. More info: Konstanza Morning Star, 240-543-9414; silverspringoflight@gmail.com. www.mediumshamandc.com/circle-in-silver-spring-md

— 4 —

10/4-6 Replenish the Well: a Curated Yoga and Wellness Retreat. Inviting BIPOC women and allies who want to bring intention to their well-being. Replenish your well! Enjoy Yoga, acupuncture, and curated mind-body techniques that bring the body into balance — connect you with yourself and others. Rest overlooking beautiful views of the Potomac River, enjoy daily plant-based meals, and release suffering held in the body with our experiential practices. Join Rosemary Lombard of Lombard Studios and Joy Andrews, L.Ac., on this one-of-a-kind retreat at Casa Om Potomac in Martinsburg, WV. More info & to register: <https://joy-andrews.com/yoga-wellness-retreat/>

— 6 —

Manifesting Abundance Workshop, 1-4pm. Learn about the power of your intention and energy. Manifesting abundance is your birthright. Practice techniques such as visualization, self-hypnosis, and quantum healing that will have you attracting all the beauty that this life offers. Hosted by Mari-

posa Life Coaching & Hypnosis at The Pearl Spa, Columbia, MD. <https://mariposalch.com/events>

Tarot Foundations: An 8-Week Exploration for New Readers, 10-11:30am online. A comprehensive introduction to the art of Tarot reading, designed for those new to the practice. During the course, you'll learn the basics of Tarot, from understanding the cards and their meanings to performing intuitive readings with confidence. Each week focuses on different aspects of Tarot, blending theory with hands-on practice. By the end, you'll have the tools & knowledge needed to interpret the cards for yourself and others, opening the door to deeper self-awareness and insight. With Uma Alexandra Beepat, The Lotus and The Light Metaphysical Center, Manassas, VA. www.eventbrite.com/e/1000500242157?aff=oddtcreator

— 12 —

Kidney Health: Kidney Function, Illnesses, & More, 12:30-2pm. Learn about how your kidneys work from an Ayurvedic perspective, common illnesses, and important questions to ask your doctor. This online class will empower you to approach your kidney health from a holistic, integrative, and impactful approach. Hosted ONLINE by Smile Herb Shop, College Park, MD. www.eventbrite.com/e/kidney-health-kidney-function-illnesses-questions-to-ask-your-doctor-tickets-997286158747?aff=oddtcreator

— 19 —

Ayurvedic & Integrative Approaches for Optimal Kidney Health, 12:30-2pm. Learn how diseases progress in the body, signs to identify for preventative action, and steps you can take to help your kidneys. These classes will empower you to approach your kidney health from a holis-



Experience Spiritual Connection and Transformation

at Center for Spiritual Living Metro

Unleash your potential and connect with like-minded individuals in a welcoming, inclusive environment,

centrally located at:
1306 S Quincy Street, Arlington, VA

Join us weekly in person and online go to www.cslnmetro.org and click "Join zoom events"

Meditation: 9:15 AM to 9:45 AM
Gathering: 10:00 am onwards

Discover the power of being connected with community



Visit cslnmetro.org to explore more!
email: revtrish.cslnmetro@gmail.com
or call: 703-677-7102
www.cslnmetro.org



Energy and Wellness Place

Balanced Energy Leads to Better Health and Wellness

Basic Energy Workshop

Instructor: Francine Thomas, MS, RMT
Group Chakra Healing and Balancing Practitioner
Reiki Master & Chakra Healer Master with 30 years' experience!

Have you ever said or thought the following statements:
I'm tired, or I'm feeling drained, or I feel burned out, or I'm exhausted?
Then this workshop is for you!!

Guided Chakra Meditation & Sound healing performed in workshop.

Learn various ways to relax, release stress, feel peaceful, and release anger!!

Also, learn ways to clean your aura and the seven major chakras.

Learn how to use a pendulum with confidence!

Each participant will receive a pendulum.

For a fun and informative time, please join us.

**Energy Workshop 9/14/24 – fee \$75
12 noon to 3 pm**

Location: Greencastle Lake Clubhouse
3661 Turbridge Drive, Burtonsville, MD 20866

Contact Francine Thomas, MS, RMT
at yeyesflow12@aol.com for registration.
energyandwellnessplace.com

tic, integrative, and impactful approach. Hosted ONLINE by Smile Herb Shop, College Park, MD. www.eventbrite.com/e/kidney-health-ayurvedic-integrative-approaches-for-optimal-kidney-health-tickets-997287241987?aff=oddtcreator

— 20 —

Mugwort Plant Meditation, 12:30-2pm. Gain a deep connection and understanding of the medicinal and energetic properties of Mugwort through meditation and taste experience. *No prior meditation experience is necessary. Please bring a mug for tea, and a journal if you like.* At Vital Traditions, College Park, MD. www.eventbrite.com/e/mugwort-plant-meditation-tickets-951464665427?aff=oddtcreator

— 26 —

Moving in Harmony with the Seasons for Optimal Kidney Health, 12:30-2pm. Learn what steps you can take to optimize your kidney health with each season using herbs and other therapies. These classes will empower you to approach your kidney health from a holistic, integrative, and impactful approach. Hosted ONLINE by Smile Herb Shop, College Park, MD. www.eventbrite.com/e/kidney-health-moving-in-harmony-with-the-seasons-for-optimal-kidney-health-tickets-997288555917?aff=oddtcreator

NOVEMBER

— 1 —

11/1-2 **2024 Annual Spiritual Living Retreat: A Revival for the Soul**, with guest facilitator Rickie Byars. Join us at the Bolger Center in beautiful Potomac, MD, and immerse yourself in the

soul-filled sounds, wisdom, and unique humor of acclaimed, beloved inspirational New Thought singer-songwriter Rickie Byars. Space is limited this year and seats will go fast! The retreat starts on Friday evening, Nov 1, with an opening workshop with Rickie and runs through Saturday evening around 5 PM. Arrive early on Friday and meet others on this journey. <https://lp.constantcontactpages.com/ev/reg/z7t7vgn/lp/b37da1ea-4b89-40eb-992d-eac3a43f34f2>

— 2 —

Kidney Health: Let Food Be Thy Medicine, 12:30-2pm. Rooted in the wisdom of Ayurveda, this class offers a fresh perspective on how to use food to support optimal kidney health. Hosted ONLINE by Smile Herb Shop, College Park, MD. www.eventbrite.com/e/kidney-health-let-food-be-thy-medicine-tickets-997289097537?aff=oddtcreator

— 3 —

Past-Life Regression Workshop, 3-4:30pm. Past-life regressions are a useful tool for self-exploration to take a journey into your subconscious, where possibilities abound. Past lives, between-lives, and/or meetings with guides have been some of the more common experiences reported. Venturing into deeper states of consciousness opens the doors to profound spiritual connections. Join us as we uncover parts of ourselves that can help us heal, transform, and fulfill our souls' desires. Hosted by Mariposa Life Coaching & Hypnosis at The Crystal Fox, Laurel, MD. <https://mariposalch.com/events>

The WHEEL OF YOUR BEST MID-LIFE to Uplevel Your Life! What parts of your life are you looking to improve? How do you decide what areas to work on first to make the biggest impact? After age 35, we often have many areas of life we'd like to improve. The WHEEL OF MIDLIFE

Find Your Balance Through New Fall Workshop Offerings



Willow Street Yoga is one of the most established yoga studios in the DC area. We've been proudly bringing yoga teachings to our community for over 30 years.

www.willowstreetyoga.com

Asana Meditation with Tuesday Irby (ONLINE)
Tuesdays 9/3–9/24 from 6:00–7:00 pm

Prenatal Series with Stephanie Preller
Thursdays 9/12–10/3 from 9:30–10:30 am

Baby and Me Yoga with Stephanie Preller
Thursdays 9/12–10/3 from 10:45–11:30 am

Deep Vitality and Resilience in Mind and Body: The Teachings of the Yoga Taravali with Rod Stryker
Saturday 9/14 and Sunday 9/15 from 9:30 am–5:00 pm

Learning the Art and Science of Ayurveda with Lise Stevens
Saturday 9/21 from 1:30–3:00 pm

Autumn Equinox Forest Bathing in Rock Creek Park with Susan West Montgomery (OFFSITE)
Sunday 9/22 from 2:00–3:30 pm

Fall Equinox: A Let Your Yoga Dance Celebration with Terri Shuck (FREE)
Sunday 9/22 from 12:00–1:00 pm

The Science and Art of Reading the Hands with LeBaron Frost Jr
Sunday 10/6 from 1:30–3:30 pm

Autumn Harvest Equinox with James Foulkes
Saturday 10/12 from 4:00–7:00 pm

Radiant Rhythms Ecstatic Dance with Clara Fang
Saturday 11/2 from 6:45–9:00 pm

exercise will help with these decisions. Join us for this unique online workshop from 1-2pm to help you focus on WHERE TO BEGIN! Hosted by Joyce Kirshenbaum, Certified Health & Life Coach; www.mybestmidlife.com.

— 9 —

11/9-10, **25th Annual Festival of Light**, 10am-5pm. This 2-day Psychic Fair and Alternative Healing Expo features over 70 vendors. Astrology, crystal work, Tarot, energy work, shamanism, essential oils, reflexology, cyma sound, quantum analysis and more. At The Ice House, Berkeley Springs, WV. www.facebook.com/festivaloflightberkeley springs.

— 14 —

11/4-14 **Foundations in Herbalism Certificate Program, South Caribbean of Costa Rica**. This program focuses on building a solid foundation

in herbalism and the skills learned can be utilized globally. Although working practically with the local abundant tropical herbs, what you learn will translate back to your respective bioregion. Our immersion program provides a strong foundation in folk food herbal medicine, and includes balance between field studies to local Black and Indigenous traditional herbalists and farms, classes at our center, and time spent exploring plants with amazing local and immigrated teachers. Foundational classes taught by Molly Meehan Brown, founder of Wild Ginger Herbal Center. More info and to register: www.wildgingerherbalcenter.com/foundations-in-herbalism-certificate-program-in-costa-rica.html

UPCOMING

Beginning Mediumship Workshop, 4 Sundays Via Zoom. Open up your natural

ability to communicate with the spirit world. Learn the fundamentals of mediumship, experience spirit contact, learn how to nurture your gift and protect yourself with Konstanza Morning Star, Certified Medium, Spiritualist Teacher and Author. Four Weekend Mornings from 9:30am-12:30pm EDT on January 11, 18, 25, and Feb. 1, 2025. More info: Konstanza Morning Star, 240-543-9414; silverspringoflight@gmail.com. www.mediumshamandc.com/beginning-mediumship

ONGOING

A Course in Miracles Zoom Based Study Group, meeting each Wednesday evening from 7pm - 8:30pm EST. All are welcomed. Contact Tammy Batcha for more information: tammybatcha@gmail.com; 540-550-1971.

Cannabis 101, every 3rd Saturday monthly from 2pm-4pm, presented by Cannabis Karma & Lifeluxee. It's a wonderful opportunity to learn about Cannabis therapy and CBD as an alternative medicine. Learn about your Endocannabinoid system. Ask questions? We promote #plantbased healing ideas. Hempstress onsite for sampling. Hemp kettle tea provided onsite. LifeLuxee, 825 Upshur St NW, Washington, DC 20011. www.cannabiskarma.org

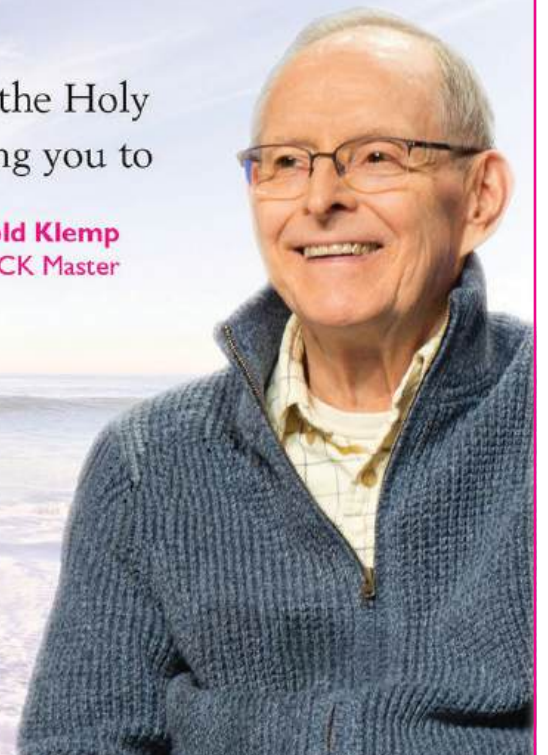
Drumming of Healing. Drum for healing, for skills, and for fun every Saturday 3-4pm at Smile Herb Shop. Kofi Nana Frimpong hosts this immersion into Ghanaian and West African drumming techniques, infused with his own personal passion for drumming as a means of physical and spiritual healing. No experience required. Drums are provided. Kids

TAKING *the* NEXT STEP

“ If you're in trouble, in pain, in need of comfort, or in need of love, sing *HU* quietly to yourself.

If you know how to sing *HU*, you can open yourself to the Holy Spirit. You can open yourself to the help that It's offering you to help you take the next step.

—Sri Harold Klemp
The Mahanta, the Living ECK Master



Join us for an ECKANKAR Soul Adventure in your local area:

MD: eckankarmaryland.org

VA: eck-va.org



ECKANKAR
The Path of Spiritual Freedom
www.Eckankar.org

under 12 have free admission. Rain or shine! www.eventbrite.com/e/658877659817?aff=oddt-dtcreator

Elevated Brunch, 2pm -4:20pm, the last Saturday of every month. Cannabis Karma is known for creating an impeccable vibe and its friendly, yet chic atmosphere. Menu includes delicious, hearty all-day breakfast items with everything from infused waffles, home fries, crispy fried chicken, elevated syrups, HiTea and so much more! The beautiful serene Karma lounge, located in the back of Lifeluxe is the ultimate destination for like-minded friends to connect and consume. Info & registration: <https://cannabiskarma.org/index.php/product/elevated-brunch-2/>.

Goddess Gathering: A Circle of Empowerment, 6-8pm on the second Tuesday of each month. Dive into a realm of sisterhood, empowerment, and spiritual connection as we celebrate the essence of the goddess within each of us. This experience is designed to awaken your inner goddess and cultivate a deeper connection to yourself and the universe. Whether you're seeking healing, inspiration, or simply a space to commune with like-minded souls, this event offers a sanctuary for all who are called to embrace their divine feminine energy. Hosted at Haven 101 Wellness Studio, Rockville, MD; <https://haven101.com/events-1>

In-Person Spiritual Discussion. Lively, in-person spiritual discussion every second Sunday from 11am-12pm on a specific spiritual theme, such as "Shaping Your Own Destiny" or

"Living Soul's Joy Now." All are welcome. Sponsored by ECKANKAR, The Path of Spiritual Freedom. Join us at the Northern Virginia ECK Center in Fairfax, VA. Eckankar of Northern Virginia: 703-916-0515; spiritualdiscussions12@gmail.com; www.eck-va.org.

The Mary Jay Party! Join us on the first Thursday of every month for an open smoke session sponsored by Cannabis Karma. Join us for an evening of complimentary food, quality smokes and good vibes. Weed love to host you! Tickets include: Complimentary pre-roll; Food and drinks; Unlimited hashish bar; Hi-tea; Pre-roll station; Smores; Raffle ticket (\$50 value); Ganja inspired games; Cake; Flowers, rolling supplies and lessons provided by the Cannabis Karma weed fairies.. #askaweed-fairy *while supplies last www.cannabiskarma.org

Meditation for Peace and Well-being, every Monday and Thursday, 7:30pm - 8:30pm. Meditation for peace and well-being. A portion of each session is specifically designed for healing. Join us on Zoom. For beginners and experienced meditators. For reservations: 301-452-7780 or savitri@newfuturesocietycenter.com. <https://newfuturesocietycenter.com/offerings-events/#meditation>

Spiritual Video Night Online. Join us online every 2nd Wednesday from 7-8pm for an uplifting 30-minute video that offers insights about some of the perplexing mysteries of life. The video will be followed by a group discussion. Together, we'll share our experiences and questions about meeting life's challenges. Sponsored by ECKANKAR, the Path of Spiritual Freedom. For more info: spiritualdiscussions12@gmail.com; 703-915-4701; www.eck-va.org.



Institute for Spiritual Development
A Metaphysical Church & Community

Sunday Services:

- 1st Sunday: 12:30 pm (In-Person & Zoom)
 - The Palisades Hub
 - 5200 Cathedral Ave NW, Washington, DC
- 2nd – 5th Sundays: 11:00 am (Zoom)

Upcoming Virtual Offerings:

- Guided Meditation – 1st Wednesday of each month
- Process of Self Awakening – Tuesday: 9/3, 9/10, 9/17 & 9/24
- Fall Equinox Service – Sunday: 9/22
- To Know You Is To Love You – Saturdays: 10/5, 10/12, 10/19, 10/26
- Virtual Psychic Evening – Saturdays: 9/14, 10/12 & 11/9
- Psychic Share – Saturdays: 9/28, 10/26 & 11/23

*Visit isd-dc.org
for more information on these events
and to register.*

RISE UP and SPREAD YOUR SPIRITUAL WINGS



**Saturday, October 12, 1:00 pm – 5:00 pm and
Saturday, October 19, 1:00 pm – 4:00 pm**

Holiday Inn Express, 7990 Georgia Avenue, Silver Spring, MD

**Pathways to Your Inner Freedom
Technique Workshop**

In this two-part, in-person workshop, tap your own answers to the mysteries of life and embrace a lifestyle of spiritual freedom. Through techniques, slides and sharing you will:

- Expand concepts of who you really are and learn what is not you.
- Understand the life process and resources available for you to accomplish the life purpose you chose.
- Experience a number of techniques to help you master and direct your energy to achieve happiness, abundance and fulfillment.
- Team with your spiritual helpers (angels) for greater insight and consistent success.
- Maintain a buffer of clear energy and an inner pivot of balance and peace.
- Be the healing light of positive solutions that is the real you.

Visit inspiringbelief.net/events for more information and to register or contact Mara Spencer via email at Mara@InspiringBelief.net

Sunday Service. Share in the prayers, music, as well as spiritual healings & readings. This service takes place 12:30-1:30pm, Sundays at the Palisades Hub. The Institute for Spiritual Development, 5200 Cathedral Ave NW, Washington, DC. www.isd-dc.org

Weekly Pranayama and Meditation, Thursdays at 5:30pm in the Vedic Yoga Studio, Vedic Health. A community class for Pranayama Meditation, led by Amita Jain, certified Yoga instructor, teaching 25+ years. Change your life forever when you learn proper breathing and effortless focus. www.vedicyoga.org/hatha-yoga-classes-online

Voice of the Gatekeeper Molly Rowland 33 New releases on YouTube. After a long wait I am able to add to my YouTube Channel. Watch for Moon Rituals, Teachings from St. Germain and much more. More information: www.voiceofthegatekeepers.com



An ancient Chinese exercise for health and relaxation, T'ai Chi is a series of quiet, slow movements, which cultivate the spirit and nurture the body.

Glen Echo T'ai Chi offers classes in the **Cheng Man-Ch'ing Yang Style Short Form** on Tuesday, Saturday and Sunday mornings. Instructors Len and Ellen

Kennedy have between them over 85 years experience in T'ai Chi. They both have studied with Robert Smith, Professor Cheng's first Western student, with Benjamin Lo, Professor Cheng's senior student, and with Lenzie Williams, senior student of Mr. Lo.

Fall session New Beginners Class 9/21-12/14.

Drop-ins with previous experience are allowed, \$25/class.

For more information,

www.glenechotaichi.com

emearskenn@aol.com



Channels St. Germain and The Council of Light Astrological Consultant and Medical Intuitive

The Gatekeeper is the producer/director of the play that your soul wrote before you came into this lifetime.

P.O. Box 1052, Lander, WY 82520

307-335-8113

Group, Private, Phone and Zoom sessions available.

Our November intensive will be November 8th, 9th, and 10th.

Connecting With the Other Worlds In Peace and Joy!

We invite all to come and join us in beautiful Wyoming for this celebration of the expansion of Spirit. There is always more because you are more.

Look into our "Personal Growth" series.

It gets better all of the time.

mollyrowland22@gmail.com

www.voiceofthegatekeepers.com



25TH ANNUAL FESTIVAL OF LIGHT

PSYCHIC FAIR & ALTERNATIVE HEALING EXPO

**BERKELEY SPRINGS, WV
NOVEMBER 9 & 10, 2024
10:00 AM - 5:00 PM
THE MAC ICE HOUSE**

Over 70 vendors!

Psychic: Astrology, Crystal Work, Dowsing, Master Alignment, Tarot, and much more.

Healing: Essential Oils, Reflexology, Reiki, Cyma Sound, and much more.

\$5 per day (Cash only)

For more information, go to facebook.com/festivaloflightberkeleysprings

VIBRATE! Yoga & Ayurveda Retreat on the Coromandel Peninsula, New Zealand

January 27 – February 3, 2025

This retreat is a truly unique and once in a lifetime opportunity to see the world through the lenses of Ayurveda & Yoga.

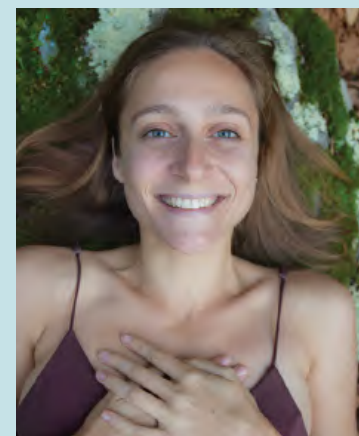
From the stunning sanctuary of the mountaintop to a seaside town of Whitianga, this retreat offers you a 1 week sensory experience of the stunningly beautiful and serene Coromandel Peninsula, a very special area on New Zealand's North Island.

January 27 – 30: We will nestle into the sanctuary of Mana Retreat Centre with a structured schedule with *three sessions of Yoga and/or Ayurveda each day*. The overarching themes of our learning will be experiencing the world and ourselves (in health and disease) qualitatively, slowly, and mindfully, so that we can make conscious choices in the way that we live — eat, drink, breath, move, and relate in our environments.

January 30 – February 3: We will make our way by van to Airbnbs at a seaside town called Whitianga where we will engage in more activities, a more varied day, which could include (weather pending):

- a sunset sailing trip
- hikes with cliff views
- swimming in local bays and beaches
- soaking in hot springs, and more
- all while practicing Yoga together & sharing home-cooked meals each day.

The total cost of the retreat (not including airfare & days that you come in advance to get acclimated to the timezone) is \$3,300. Flexible payment plans available.



Meet Anjali Sunita
*Ayurvedic Health Counselor
and Yoga Practitioner*

I foster dynamic, accessible, communities centering health, peace, and wholeness. Whether through my courses, consultations, or retreats, I can guide you to engage with the qualities of the natural world from food, to scents, massage oils and herbs, Yoga and breathing practices, to find healing potential in the kitchen, bathroom, and garden such that regular life becomes more meditative and more joyful.

As a multiracial woman of the South Asian diaspora, I am humble to and respectful of the rich teachings, histories, and ancestors who have maintained these living traditions throughout the ages; and I want to do my level best to listen, educate, and de-mystify the secrets of these ancient healing sciences, such that you feel deeply grounded on this earth and in your body.



www.villagelifewellness.com/retreats

Empath Coach



The Soul Shepherd

I am a

Intuitive Empath

Psychic

Medical Intuitive

Medium

Shadow Worker

Eileen Strange

*Messages to You
through "Me"*

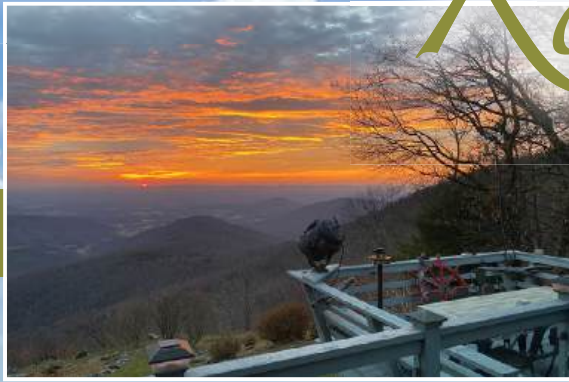


*In-person, one-on-one or group readings.
Also, offering Zoom and over-the-phone
distant readings.*

443 ~ 838 ~ 9147

www.thesoulsshepherd.com

PATHWAYS *Retreat House*



Planning your own retreat, wellness weekend, work retreat, or even just a relaxing weekend with friends and family?

The Pathways Retreat House is available for you!

Now booking for 2025!

**Now Available:
Full Catering and
Discounted Packages
for Longer Stays!
Pricing upon request.**

Enjoy our luxury accommodations surrounded by nature's beauty as you explore health and wellness, or just a spectacular mountain getaway.

Rent just the space, or take advantage of our additional services:

- Stocked fridge with pre-made meals
- Fully catered meal with a Chef
- Massage • Yoga Classes • Readings
- Wine Tours with Driver
- Airport/Train Station pick-up

**For details, rates and booking inquiries:
pathwaysads@gmail.com
or 240-247-0393**

PathwaysProductions.com/retreats



We are the Calvary...

...continued from page 9

up for these rights. The *Dobbs* decision, along with the slew of trigger bans, continue to create chaos and fear within the medical ecosystem. (It's worth noting the *Dobbs* decision was released in 2022.) Spikes in infant and maternal mortality coincide with these draconian bans. The increase in pregnancy-related complications is no coincidence. It's a direct correlation. Thankfully, at least eight states at the time of publication have abortion access on the November ballot (North Carolina not included).

The disparities in health care in our country, particularly with BI-POC and the economically disadvantaged, continue to be magnified. So why are we being forced into taking medical advice from those who didn't go to medical school? Are we operating as a democracy when the majority of Americans support access to safe and legal abortion, and we have a tainted Supreme Court that overturned that right?

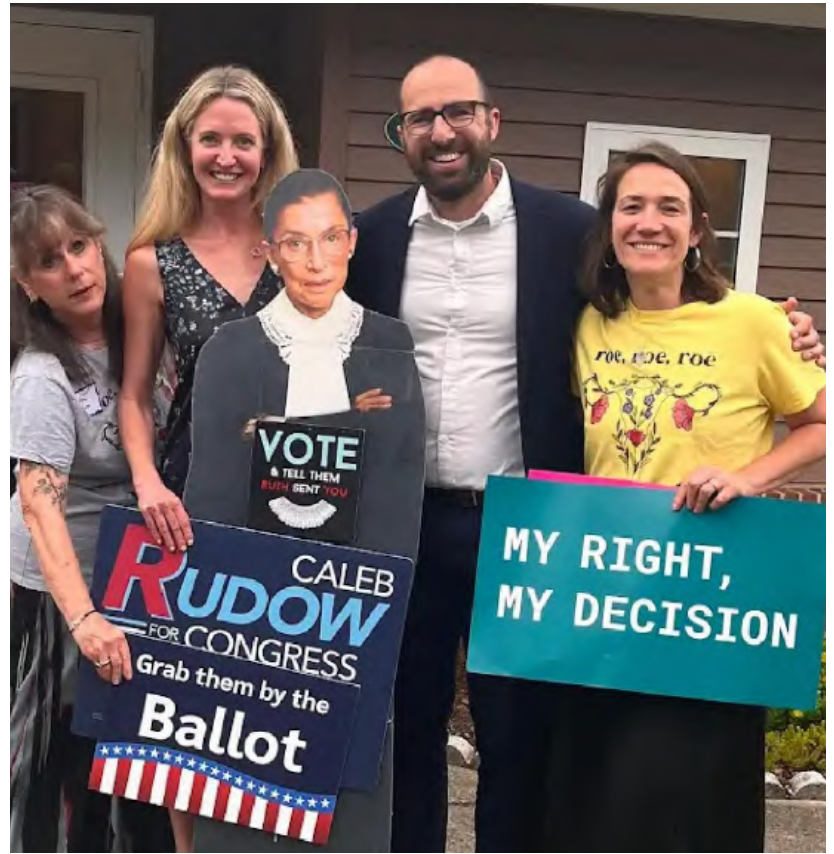
No one is coming to save us. *We are the calvary!*

With democracy on the line, it's up to us to mobilize our communities and tell everyone we know which party wants to give our kids free lunch, not force children to give birth; and which party is committed to expanding necessary programs like Head Start and Title 1, and not give BILLIONS in tax dollars to private schools like Republicans in NC would like to do. I don't know about you, but I will be working for the party that values the second grader over the second amendment.

Now that Vice President Kamala Harris, a tireless warrior for reproductive freedom, has won the official nomination and picked her running mate, Minnesota Governor Tim Walz, (dubbed a "positive populist"), our country has this incredible opportunity to elect a ticket that will work on protecting the issues we care about most — bodily autonomy, fair and equitable education, voting rights, a caring economy, the health of our planet, peace, and our democracy. Additionally, we must work to elect candidates up and down the ticket who share those same values. This doesn't mean we have to agree with absolutely everything in the Democratic Party; afterall, it's always hard to gather consensus. I mean it can be difficult to decide what's for dinner in our family on any given night. As Reverend Raphael Warnock said, "A vote is a kind of prayer for the world we desire for ourselves and for our children."

I know it can still seem overwhelming right now, so here are some suggestions on how to get through the next two months:

- In the wise words of President Barack Obama, **"Don't agonize, organize!"**
- Honor what you can impact. While national politics are damn important, pay close attention to local and state level races, and vote accordingly! It's policy at the state level that most affects our day to day.
- Commit to doing *something*. Plug into your local democratic party and do what is in your capacity, even if it seems small. It could be canvassing, phone banking, registering voters, or writing postcards. Or, you could host a fundraiser benefiting a local or state candidate who reflects your values. If you aren't up for hosting, attend events that others are organizing.
- Drink lots of water and don't binge watch the news. If you've heard the same story for the second time, turn it off. Hearing the same sound bite on loop isn't healthy.
- Talk to everyone you know about what's at stake this year. *This is not a drill, y'all.*



From left to right: Mena Kates, Ellen Helms, Rep. Caleb Rudow and Nikki Harris at a house party supporting Caleb's run for US Congress (NC-11). RBG also made an appearance!

- Sign up to be a poll watcher or observer. You can read more about this at <https://protectthevote.net/>.
- Vote early! And commit to taking others to the polls. Be inspired to make this country a more inclusive, equitable, compassionate union for all.

In a perfect world, elections wouldn't come down to a primary issue. But the dumbing down of the news, the education system, and yes, the political sphere, has made it so.

Because this election is a make or break for our democracy, reproductive rights must be at the forefront of our conversations. The intersectionality between reproductive rights, environmental rights, economic mobility, racial equity, LGBTQIA+ rights is overwhelming.

Let me leave you with one final thought: *Safe and legal access to reproductive healthcare, and all it encompasses, is at the center of our democracy.* Now that's worth fighting for.

Nikki Harris is a reproductive rights expert and democracy enthusiast. She is currently the fundraising manager for Caleb Rudow's Congressional Democratic campaign (NC-11). Nikki lives in Asheville, NC with her amazing family. Nikki can be reached at nikki@rudowforcongress.com.

Cam MacQueen is the creator and manager of "Cultivating Compassion." She counts as one of her most memorable experiences having the late, great Sarah Weddington, who defended the Roe v Wade case before the Supreme Court of the US, as a professor while a student at Wheaton College in Norton, Massachusetts. Cam has been active for reproductive freedom ever since. Contact her at nem.advocacy@gmail.com.

Inextricability

BY REV. DR. TRISH HALL

Isn't "inextricability" (incapable of being disentangled), a great word? Simply, we cannot get away from one another. The effects any of us have, whether on the environment or in all other aspects of day-to-day living, affect everyone and everything directly and indirectly. What we do turns back on all of us. In the Judeo-Christian Bible, Cane asks, "Am I my brother's keeper?", the answer is "Yes!" We are our brothers' keepers... and our sisters' and mothers' and fathers' keepers and our friends', neighbors' and strangers' and our environment. Everything each of us does impacts everyone, just some more than others.

What I am proposing is simple yet I do not claim it will be easy, although it could be. Since we are inextricably entangled in everyone else, the way forward is a massive shift of consciousness — a shift at the systemic level that declares in words, and more importantly in actions, that we care. We care about the environment. We care about one another. We care about the world we are leaving to our offspring. Simply, WE CARE! Some who declare this approach is not simple, may even claim it is impossible. Believing all things are possible, I don't accept that perspective. I am confident it is possible and sustainable! And attainment of sustainability requires the commitment and follow through of each person who cares!

There are millions of people and myriad programs doing great works, and as long as their commitment and energy hold out, they are sustainable. Fortunately, dedicated new recruits come along and step in when those in the trenches fatigue. They are valiant, amazing people. I laud and applaud them. So long as the supply of new people

does not wane, those programs will continue.

Some, perhaps many, avowed environmentalists spend more energy focused on what other people are doing or not doing that damages the planet, than on doing something about the environment. Because of the crises cropping up on so many different fronts, this is critical work. Again, it is only sustainable so long as reinforcements continue to show up. Truly, we all need to take a stand against the violators, big and small.

We respond with passion to our heart-call to engage in sacred activism — spiritually grounded social activism. The intention of sacred activism is to create a world that works for all, not just a select few. This form of activism is compassion-in-action "born of a fusion of deep spiritual knowledge, courage, love, and passion, with wise radical action in the world."

Our stand must include empowering those who feel diminished — whose voices have been obscured, minds boggled and rights stripped away. We must respond to the clarion call to reveal accuracy in communication and to draw critical attention to unacceptable actions or behavior. Fifty years ago, philosopher Hannah Arendt declared, "This constant lying is not aimed at making the people believe a lie, but at ensuring that no one believes anything anymore. A people that can no longer distinguish between truth and lies cannot distinguish between right and wrong. And such a people, deprived of the power to think and judge, are, without knowing and willing it, completely subjected to the rule of lies." At this time in history, it is paramount we heed her words.

I am inviting people to address the crisis at the systemic level. We need to dig deep and address the consciousness allowing the contamination of our minds and environment as well as fostering and nurturing it. We live in a "throw away society," one that condones a disposable mentality resulting in general malaise and laziness that insult our environment daily, even in the most ordinary ways.

And the big violators must be called out! We know we must take a clear stand for stopping the harm they are perpetrating. Stopping so-called powerful individuals and organizations can feel so huge our feelings of inadequacy arise. Rather than remaining in a state of paralysis, I choose to turn to what I/we can do. By releasing the sense of overwhelm on a huge scale, we have more energy to devote to what we can do. To start, we can stop finger-pointing and blaming and use



What impact did *Silent Spring*, her other writings, or Rachel Carson herself have on you? Record your recollection through our oral history project today!





Scan the QR code or find the Spring:Story project at www.springmuseum.org



NEW FUTURE SOCIETY CENTER

CENTER FOR LUMINOUS CONSCIOUSNESS & WELL-BEING

In Person meditation first Thursday of every month

Newfuturesocietycenter.com

(301) 452-7780



that energy to join with others to pick up (literally and figuratively) after the thought-less members of society before we drown in others' garbage and the despair of wasted gifts and talents. There is *always* something each one of us can do to change the world and help heal the planet.

A shift of consciousness is required for us to switch to a truly sustainable solution. There are valiant souls who are already taking this approach, and there are those who complain but do not act. To be sustainable, it is critical for us to embrace a "both/and" approach. There are those who educate about the fragility of our environment. Often, they and their students are the ones picking up after the contaminators. It requires a shift in consciousness from "Why should I pick up after someone else," to "It pleases me to have a pleasant environment, so I'll pick it up." It calls us to commit to events like river and park clean ups, and even closer to home, like the trash in front of the neighbor's house.

This is where "inextricability" comes in. We cannot be separated from one another — our beings cannot be disentangled.

The indigenous peoples around the world have always known and taught their offspring we are inseparable from our environment and from one another. Traditionally, they honor Oneness — they honor Mother Earth and all of her inhabitants. We are our brothers', sisters', mothers', fathers' and strangers' keepers.

Whether we like it or not, we are responsible for one another. Let's remind ourselves we are all spiritual beings. Brene Brown defines spirituality as "recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning, and purpose to our lives."

When we immerse ourselves in the awareness of Oneness, taking care of our planet and its inhabitants is no longer a burdensome responsibility. It becomes a celebration of interconnectedness and an opportunity to uplift the awareness of others. It is our opportunity until others learn and embrace their responsibility. The big question then becomes, "How are we to shift the consciousness of the world?" When I phrase it that way, it does feel immense and overwhelming. Let's "chunk it down to bite size pieces." As Jana Stanfield declares in her song, "All the Good", "I cannot do all the good the world needs, but the world needs all the good I can do."

We each must ask ourselves, "What small thing can I do?" and

then do it consistently so it grows. One of the easiest things is to embrace the concept of being an "exemplar" — a person serving as a typical example or excellent model. People learn by observation. When we are each an observable example of how we value and care for Mother Nature, we are teaching others how they, too, can change the world for the better. Whether they like it or not, we have then influenced their choices and behavior. They are different simply by being exposed to us. The ultimate result is a shift of their consciousness.

So ask yourself, "If not me, who? If not now, when? Embrace Margaret Mead's admonition: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Let's change the world starting right now!

Trish Hall is an international best-selling author and acclaimed speaker. She is the Spiritual Leader of Center for Spiritual Living Metro (www.cslmetro.org); we come together in Oneness, celebrate the uniqueness of each person, and invite you to "be you with us!" Hall is also the founder of Way 2 Peace, a grassroots, not-for-profit association of people around the world, who are committed to attaining and sustaining peace for everyone, everywhere. (www.Way2Peace.org)



Change your perspectives in the way you view life, end of life, and death to become empowered to live an intentional and aware life



Hemali is a holistic Physical Therapist, Author, Speaker, Intuitive Quantum Energy Healer, Akashic Records Reader, Reiki Master Teacher, Channel, Spiritual Mentor and Death Doula. She is a Life and Death Coach. Hemali Teaches and certifies in Reiki Level 1, 2, Advance, Master and Karuna Reiki. Facilitates International Retreats. Hemali offers one-on-one and group sessions in her studio and virtually.

<https://heal.me/hemalivora> • www.hemalivora.com
www.facebook.com/coachhemali
www.youtube.com/c/HealingCorner
www.amazon.com/stores/hemali%20Vora/author/B09CVWVZ3
www.instagram.com/_happy_healthy_u_hemalivora1@gmail.com



Written by Ciara



My name is Ciara O'Brien, and I specialize in crafting authentic, SEO-optimized content that amplifies the voices of ethical brands. From engaging blog posts to captivating social media content, I create narratives that resonate with your audience and reflect your commitment to sustainability and social responsibility. Check out my [portfolio](#) to see learn more about how I can help your brand shine and make a positive impact.

www.writtenbyciara.com



SERVICES

- SEO Optimized Content Writing
- Copy Writing
- Social Media Creation & Strategy
- Newsletters & Blogs
- Proofreading & Editing

CONTACT: CIARA0BRIEN540@GMAIL.COM



Ketamine Assisted Psychotherapy...

...continued from page 11

administration are intramuscular (IM) and sublingual lozenges. Most KAP clinics use lozenges for the therapy sessions because of ease of administration. However, *the protocol for KAP varies greatly among clients*. Depending on what the client is treating, he/she can receive between 1-12 KAP sessions over the course of several weeks.

The most common way to conduct an in-office KAP session is for the client to be medically cleared first by a medical provider and be prescribed the medicine. Once the medicine is prescribed, the KAP session takes about three hours and is conducted in a comfortable, quiet, office setting that allows the client to lie down or lie back in a comfortable chair. The session is facilitated by a licensed, trained KAP therapist and begins with preparation for the “journey”. While the preparation on the day of the journey is tailored to each individual, it can include spiritual rituals, energy work, meditation, journaling, and anything else that can help the client feel safe and set intentions. “Intention setting” is an important part of the journey as it involves the client very mindfully naming what they intend to explore, process, or release in their journey. The preparation of the journey also helps the client go into a relaxed state to allow for maximum neuroplasticity.

Once the client self-administers the ketamine lozenge, the journey begins and lasts about 45-75 minutes. The experience is meant to be very introspective, and is accompanied by an eye mask and a curated ketamine playlist to help facilitate the experience. When the journey is complete, the therapist helps the client process and integrate any significant material or experiences that occurred during the journey. The purpose of this period of “integration” is to fully merge the experience into the client’s everyday life. A follow-up integration session is also completed within several days of the journey in order to continue to fully incorporate any insights that often arise days after the ketamine journey.

A holistic treatment approach involves addressing the mind, body and spirit as all necessary parts of the process in order to fully heal. KAP has the ability to address all of these parts of the person. Here are some ways ketamine helps facilitate this process that other healing modalities do not possess.

Mind: To recap, research has shown ketamine rapidly alleviates depressive symptoms with sustained efficacy; in comparison with traditional antidepressants that take weeks to be effective, ketamine works in a matter of hours or days. Ketamine modulates glutamate receptors and as a result, it promotes neuroplasticity. Specifically, ketamine allows the brain to make new synaptic connections, therefore making it much easier to engage in new behaviors and thought patterns. This is important not only for rapid antidepressant effects, but also for countering the atrophy and synapse loss often associated with chronic stress and depression. This neuroplasticity also makes therapy more effective due to decreasing the discomfort often associated with change.

Body: While high doses of ketamine are used for aesthetic purposes, at lower subanesthetic doses, ketamine is used for pain management due to its effects on the perception and modulation of pain. This is important for pain management, and also for comorbid depression and mental health issues that often accompany chronic pain clients. Research has also shown ketamine may have anti-inflammatory properties, which is an additional benefit for both pain clients and clients with autoimmune disorders.

Spirit: While other therapies address the mind and the body, they do not address the spirit. When using higher doses of ketamine, clients often experience and report altered states of consciousness that can be accompanied by mystical and spiritual experiences. These experiences can be described as a feeling of being connected to everyone and everything, and a feeling of being connected to a higher power. A common experience of individuals who have a spiritual experience is “ego disillusionment”— or the “transcendence of self”, which gives people profound insight regarding their existence. This enhanced insight and dissolution of parts of the self can be very enlightening, freeing, and revelatory in the path through healing.

Ketamine and KAP is a relatively new treatment modality. It carries many benefits other treatments do not carry due to its efficacy, safety, and rapid relief. It is also a safe treatment option for individuals who have experienced treatment resistance or are just looking for a tool to help with trauma processing, resilience, improved insight, and spiritual growth. While 6-8 sessions are the recommended length of treatment, benefits can often be experienced after one session and are a good complement to talk therapy.

While this treatment can be expensive, some parts can be reimbursable by insurance. This therapy is considered an investment in your healing and wellness and can significantly decrease the amount of time someone is in therapy. By addressing the mind, body, and spirit, this treatment is very promising for long term relief that we hope continues to help individuals heal.

Dr. Eleni Boosalis is a licensed clinical psychologist and trauma therapist who has been practicing for 20 years. She integrates Ketamine Assisted Psychotherapy, mindfulness, cognitive behavioral therapy, hypnosis, EMDR, Internal Family Systems (IFS), and spirituality into her therapeutic approach. She is the co-founder/owner of Del Ray Psych & Wellness and the Wellness Junction, a holistic wellness center in the Del Ray Neighborhood of Alexandria, VA. Visit www.delraypsych.com to learn more about individual and group KAP offerings.



RELIEVE PAIN, SLEEP BETTER

How do you feel when you are out of sync with Earth’s Frequency 7.8 Hertz (Schumann Resonance)? We exhibit anxiety, insomnia, illness, suppressed immune issues. **EM Pulser 78** provides the earth frequency so you can heal faster, sleep better, tune in with nature. Proven by a NASA Study. Used by doctors and health professionals.

BioenergyDevice.org

Rachel Carson (Part Two)...

...continued from page 13

er wildlife abounded. As modeled by her own mother, Maria, Rachel shared intentional and exhilarating moments in the outdoors with the children in her life, especially her nieces and a grandnephew, whom she later adopted. These intergenerational experiences deepened her own feelings of curiosity, awe, and understanding, and gave her something critically important to write about.

Those who dwell ... among the beauties and mysteries of the earth are never alone or weary of life. Whatever the vexations or concerns of their personal lives, their thoughts can find paths that lead to inner contentment and to renewed excitement in living. Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is symbolic as well as actual beauty in the migration of birds, the ebb and flow of the tides, the folded bud ready for the spring. There is something infinitely healing in the repeated refrains of nature — the assurance that dawn comes after night, and spring after the winter.

Nature Education at Springsong

At Springsong Museum, we plan to engage the public through exhibits that encourage awe in and understanding of the connected life on earth. Our native gardens will appeal to the range of senses, encouraging visitors to become receptive to their surroundings. While the museum is intended for visitors of all ages, children visiting through interdisciplinary school programs will follow Carson's advice: the first field trip will help students to feel connected and practice skills of observation; the second visit will delve deeper, focusing on ecological concepts and the names of specific species, minerals, and natural phenomena.

Springsong will also foster intergenerational experiences for the benefit of everyone involved. We are currently exploring partnerships with schools and retirement communities, volunteer organizations and places of worship, encouraging meaningful encounters between people of all ages through stewarding our gardens, sharing community stories, creating visual art, and playing music in a gallery that will overlook the dynamic falls of the Northwest Branch of the Anacostia.

This fall, though, we can remember that nature education is something we can all support. By offering a child in your life gentle affirmation when you catch them energized by a falling leaf, intrigued by a mushroom, or smitten with a flitting bird, we lay the foundation for deeper exploration and understanding of the natural world. Cancer thwarted Rachel Carson's intention to publish her planned "Wonder Book," but we can be sure of its ultimate message: we must marvel in the world around us and welcome the next generation to join us.

Rebecca Henson, Founder and Executive Director of Springsong Museum, is a Maryland Master Naturalist and mother to two nature-loving boys. Most recently, she worked as an independent climate risk researcher and helped run the nature bookshop at Nature Forward's Woodend Sanctuary in Chevy Chase. She lives in Silver Spring and serves on the board of the Neighbors of the Northwest Branch. To learn more about and support the progress of Springsong Museum, visit <https://springsongmuseum.org/>.

Quotes herein attributed to Rachel Carson, 'Help your child to wonder', Woman's Home Companion, July 1956.



AT THE RETREAT CENTER

We're putting the finishing touches on a safe and flexible meeting space for up to 20 people. Creative productivity thrives in this peaceful, wooded setting near National Harbor, with in-person gatherings beginning April 2022!

VISIT [STORYWEAVING.COM/RETREAT-CENTER](https://storyweaving.com/retreat-center)

A Pivotal Shift
Unlocking Transformation Through Equine Insight
Your Pivotal Shift Starts Here.

A Transformational Journey Awaits You

A Pivotal Shift Equine Gestalt Coaching guides you on a mystical quest of self-discovery. Our equine partners provide a unique method that empowers you to embrace your true self and overcome past traumas. We believe every soul is capable, resourceful, and whole. What are you waiting for? Join us in the arena and let your journey begin.

kristen@apivotalshift.com
apivotalshift.com

Gemstones • Crystals • Jewelry
Esoteric / Metaphysical Books
Tarot • Essential Oils
Candles • Gifts • Wholesale

The Crystal Fox

311 Main Street
Laurel, MD 20707
301-317-1980

www.thecrystalfox.biz

Instagram: thetruecrystalfox

Twitter: thecrystalfox

Facebook: thecrystalfox



Embrace the Fall with Self-Care

BY KATHI BARBER

Fall is the favorite season of many. It's a time to enjoy the changing foliage colors, spend time with family, pick pumpkins, harvest food and ideas, increase motivation, activate fresh starts, and more. But fall is not a favorite for all. Most people associate Seasonal Affective Disorder (SAD) with Winter. In fact, it can begin in the fall when sunlight greatly wanes. According to the National Association of Mental Illness, some signs that you may be experiencing this include: oversleeping and overeating, daytime fatigue or lethargy, feelings of hopelessness, and lack of interest in social events. Self-care can be an important tool to use as the Fall season approaches.

Self-care is not a sprint, it's a journey of tiny steps. At its core, self-care means providing attention to your own mental and physical well-being — prioritizing your needs to remain healthy, well and whole. Self-care is now a part of the cultural zeitgeist and is often seen across social media, the Internet, and in YouTube videos. Mental health professionals regularly tout the important role that self-care plays in overall well-being.

The Basics of Self-Care: Embracing the Fall Season

Making self-care part of your daily regimen long-term is vital. Last-minute and rushed self-care activities before an event or important meeting can make anxiety even worse because you will be trying to force relaxation. As the fall season approaches, it becomes even more important to prioritize self-care. The change in seasons can bring added stress, with shorter days, cooler temperatures, and the rush of up-

coming holidays. Incorporating the following self-care habits into your fall routine can help you stay grounded and maintain your well-being.

Sleep: Fall Into a Better Routine

Many of us take sleep for granted. We stay up to watch a movie and get up early to run last-minute errands — it's a normal part of adult life. But good sleep is essential for maintaining our baseline mental health, as one night of sleep deprivation can dramatically affect our mood the next day, according to the University of Michigan School of Public Health.

As the days grow shorter in the fall, it's natural to feel more tired earlier in the evening. Use this seasonal change to your advantage by evaluating or creating a bedtime routine. Find the sweet spot for how many hours of sleep you need to feel rested and refreshed when you wake up. Sleep deprivation is dangerous and will increase anxiety about an upcoming social event, work, or other experience. Begin going to bed 10 or 15 minutes earlier each night until you find what works for you. Aim for at least seven to eight hours of sleep, especially as the weather cools and your body craves rest.

Breathe: Embrace the Crisp Fall Air

It may seem silly to add breathing to a self-care routine because we breathe without having to think about it. But try this: Take a deep breath or two and notice what happens to your body. Do your shoulders loosen, and do you feel calmer, even just for a few minutes? This exercise shows that breathing is not only important but can positively impact your mental health.

Fall is a great time to practice mindful breathing outdoors. The crisp, cool air can invigorate your senses and help clear your mind. Purposeful deep breathing has many positive effects on mental health. When you are getting ready for work or a social event, deep breathing releases negative tension in the mind and body, relaxing and calming you — all of which help you cope with the pending experience. Conversely, short breaths don't allow oxygen to reach through your lungs and can cause or exacerbate anxiety.

Try these breathing exercises from the "Students of Mind" Wellness Planner, or other practices you may already use, especially during a fall walk:

- **Mindful breathing:** Breathe slowly and deeply while counting your breaths — silently or aloud.
- **Humming breaths:** Take in a deep breath and then hum while you exhale. You can also turn on your favorite song and hum until it ends.

Eat: Nourish Your Body with Seasonal Foods

Healthy food helps your body function well, especially your brain and digestion. While you might crave comfort foods when you're stressed, especially in the fall, foods high in sugar and refined carbohydrates, unhealthy fat, and high sodium work against you. For example, refined carbohydrates can put your body on a blood sugar roller coaster ride, leading to mood changes, fatigue, and exacerbating symptoms of depression.

As fall brings a harvest of nutrient-rich foods like pumpkins, squash, and leafy greens, it's the perfect time to focus on nourishing your body. A healthy diet might look different for everyone — for some, a vegetarian lifestyle is optimal, while for others, a diet with lean meats works best. If possible, stay away from quick-fix, fad diets because they provide temporary results, if any, and can be harmful to

Exalt Wellness

We take a Holistic Approach to Your Health

Body

Brittany Nickens, LMT. CLT
Massage
Swedish/Relaxation
Manual Lymphatic drainage
Deep tissue

Mind

Johnnette Armstrong
Wellness Coaching
herbal support/Personal training/Supplement advisor

Spirit

Stephanie Williams
REIKI
Energy Cleansing / Energy Healing
Spiritual Teacher

Get your free 30 minutes Consultation
For more details

info@exaltprowellness.com



240.505.1814



exaltprowellness.com

your physical and mental well-being. Contact your physician or a dietitian to create healthy eating habits that suit you during this season of change.

Move: Stay Active as the Weather Cools

Did you know your body produces endorphins when you exercise? These peptides produced in the brain are natural pain relievers that block the perception of pain and increase feelings of well-being, boost your mood and self-esteem, reduce pain and discomfort, and increase pleasure. If you already exercise regularly, then you understand how beneficial endorphins are. If you do not exercise regularly or at all, your body may not produce enough endorphins, increasing your risk of health issues such as aches, pain, depression, mood swings, and addiction.

Fall can be a challenging time to stay active as the temperatures drop, but it's also an opportunity to embrace new forms of movement. Try to include physical activity daily in small ways until you find a practice that feels good. For example, take the stairs instead of the elevator. Go on a 10- to 15-minute walk, enjoying the changing leaves and cooler air. If you sit behind a desk for long hours, stand up and stretch often, or purchase a standing, adjustable desk. Take a beginner's Yoga class indoors where it's warm. Find an exercise partner to keep you motivated and held accountable, especially as the fall season might make you want to stay indoors and inactive.

Think Positively: Reflect on the Season


Include positive affirmations in your daily routines. Affirmations are effective in helping to get ruminations under control. When an event is pending, you may notice your brain gets stuck on one or more

aspects of it, causing you to stress over the negative possibilities. Positive affirmations, when used regularly, work well to counter negative thoughts and calm anxiety. Examples: I am more than enough; I have value; I'm in charge; I've already made it.

Fall is a time for reflection, and it can be beneficial to incorporate this into your positive thinking practices. As the season of change, use this time to reassess your goals and acknowledge your accomplishments. Reflect on the growth you've achieved this year and use positive affirmations to set the tone for the remaining months.

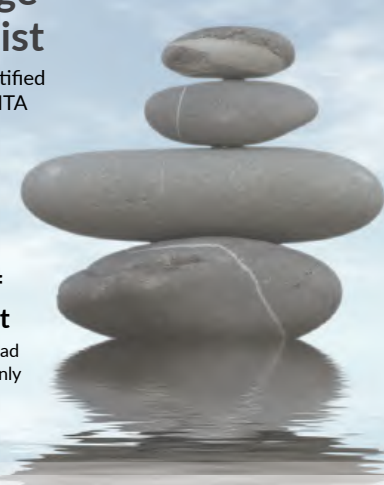
Kathi Barber is a consultant who has provided nonprofit development, fundraising and leadership services for over 20 years. She is an author and avid practitioner of Yoga.





Massage by Mary Kay

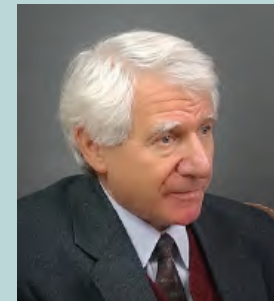
Massage Therapist
Nationally Certified
Member AMTA



Swedish
•
Deep Tissue
•
Myofascial
•
Pregnancy
•
Aromatherapy

\$10 off first visit
mention this ad
new clients only

Located In Takoma Park, Maryland
BY APPOINTMENT
301.633.7928
marykayreynolds@gmail.com
www.marykaymassage.com




**Integrative Medicine
of Northern Virginia**
Shep Saltzman
Nurse Practitioner • Acupuncturist
Herbalist • Homeopath

**Specialties:
Hormone Imbalances**

Thyroid Conditions: Hypothyroidism and Hashimoto's
Weight Gain - Feeling Cold - Constipated - Infertility - Hair Loss
- Dry Skin and Hair - Foggy Thinking - Fatigue - Wake up tired -
Enlarged throat - Excess sleep needed

Menopause / Post Menopause
Anxiety, depression, weight gain, hot flashes, memory loss,
painful intercourse, Urinary tract infections, Low Libido,
Shrinking Breasts, Vaginal dryness

Treatments: Personalized holistic plan, Extensive labs, Chinese
herbs, Hormone therapy, homeopathy, lifestyle adjustments,
medication if needed.



Integrative Medicine of Northern Virginia
11870 Sunrise Valley Drive, #100
Reston Virginia 20191
www.imednova.com

Flower Power: Calendula

BY SARA AUCKENTHALER

With its cheery disposition and commitment to abundance and longevity, Calendula is one of my favorite flowers to work with. The sound of the snap when plucking the yellow or orange exuberant flower from its stem on a humid June morning is pure joy. Gathering Calendula blooms is something I look forward to each harvest season.

Recognized as early as the 12th century, and originating out of the Mediterranean, Calendula (*Calendula officinalis*) has been beloved throughout history. In fact, the genus name Calendula is a modern Latin diminutive of *caledae*, meaning “little calendar” because of its extended blooming period from early summer to mid fall!

Calendula, sometimes referred to as ‘Pot Marigold’, is in the Daisy family Asteraceae. It’s easy to grow and generally considered perennial, yet often grown as an annual flower. Depending on where you are in the world, warmer climates can allow year-round blooming! Here in Virginia, I typically start harvesting in mid-June and continue until late October!

Calendula officinalis is the most popular of the 15 varieties in its species. However, any of the variants make a spectacular addition for any garden as it gets 12-24 inches high, peppers the area with large brightly colored yellow and orange blooms 2-3 cm wide, and attracts a variety of pollinators. Plucking calendula blooms from the base of the flower head every 1-2 days promotes more flowering.

Calendula is unique in its large amounts of flavonoids — plant-based antioxidants that help protect and stabilize cells from free radicals (unstable molecules) while also aiding in inflammation and working against bacteria and viruses. This magical little flower also increases oxygen and blood flow to wounds, allowing for growth of new skin tissue, while also firming and rehydrating the skin.

High resin flowers, with both orange and yellow blooms, are my favorite, and most used not only for medicinal preparations but also for food, including raw in salads, or dried and made as a seasoning. However, all varieties of *calendula officinalis* can be used for both food and medicine. Even the oblong leaves of the calendula plant carry medicinal properties similar to the blossoms, and are restorative to the skin when applied as a poultice.

Dried calendula can be used as tea, set in a carrier oil and made into salve, or even tinctured with alcohol and ingested. Salves and oils are perfect for on-the-go treatment of skin irritations, cuts, wounds,

burns, cold sores and so much more. When my daughter Sparrow was young, I would heal every diaper rash she had with pure calendula oil I had infused; I called it Golden Oil. I also found great relief in calendula’s ability to make shave bumps a thing of the past with oil applications after shaving.

When ingested, calendula can address a host of problems, such as oral health, pain associated with menstruation/PMS, stomach and intestinal disease, and as a whole body detoxifier. The medicinal properties can also be effective for treating ulcers, hemorrhoids, and muscle spasms, while also promoting collagen production and other anti-aging benefits.

This is one powerful little flower that belongs in everyone’s garden and emergency first aid kit. To get you started, see my recipe for a Calendula salve. Happy harvesting!



Calendula Salve

Need:

- 1 Tbsp beeswax per 1oz pure calendula oil
- 1 Tsp Vitamin E oil
- 3-6 drops essential oil of choice per 2 oz salve tin

Heat desired amount of wax in a double boiler until completely dissolved. Add in the desired amount of oil and stir. Mix in Vitamin E and your chosen essential oil(s). Pour into a salve tin and let cool. Apply as needed!

Sara Auckenthaler is an unapologetic mountain girl, and lover of all things herbs and animals. She is the owner of The Helpful Herb, which provides a variety of herbal products, including calendula products like her Pure Gold Calendula Salve, all grown locally in Madison, Virginia. Visit the Helpful Herb shop online at www.thehelpfulherb.com. Starting mid-August, find Sara at the Shenandoah Survival Store, an amazing and unique shop with a variety of outdoor survival necessities and emergency preparedness supplies, along with a host of other natural goods!



An ancient Chinese exercise for health and relaxation, T'ai Chi is a series of quiet, slow movements, which cultivate the spirit and nurture the body.

Glen Echo T'ai Chi offers classes in the **Cheng Man-Ch'ing Yang Style Short Form** on Tuesday, Saturday and Sunday mornings. Instructors Len and Ellen

Kennedy have between them over 85 years experience in T'ai Chi. They both have studied with Robert Smith, Professor Cheng's first Western student, with Benjamin Lo, Professor Cheng's senior student, and with Lenzie Williams, senior student of Mr. Lo.

Fall session New Beginners Class 9/21-12/14.

Drop-ins with previous experience are allowed, \$25/class.

For more information,

www.glenchotaichi.com
emarskenn@aol.com

Review: Herbal Activities for Kids

BOOK REVIEW BY KATHY JENTZ



Herbal Activities for Kids: 50 Nature Crafts, Recipes, and Garden Projects is a new book for parents, grandparents, and teachers of all kinds to guide children through the world of herbalism through various crafts and activities. The author, Molly Meehan Brown, is the founder of the Wild Ginger Community Herbal Center in Bryans Road, MD (see the Wild Ginger profile in the Summer 2024 issue of *Pathways Magazine*). She also draws on the expertise of several herbalists from all over the globe for inspiration and content in the book.

The book is well-illustrated with colorful photos and vibrant drawings throughout. This makes it an inviting read and allows kids to flip through and dive into any of the projects they may find engaging. Adults, too, can use it as a teaching tool to introduce children to plant-based crafts, then tie them into other topics, such as math, culture, etc.

The activities are arranged in sections around the senses — from touch to scent to taste — introducing children to plants in various ways of interaction. As many children may not be familiar with the plants used in this book, there are lots of visual aids and descriptions as well.

One of my favorite activities is the Nature Mandala, which is an easy project to do with children of all ages. You can gather flowers, leaves, and sticks, then arrange them in a sun pattern radiating out from a center. The mandala can be simple or complex. You can add to it over several days and let it change over time. The fact that it is ephemeral is part of the experience.

The section addressing the “Wildcrafting Code of Ethics” will be especially helpful to those new to foraging. The author includes a time for reflecting on our relationship to the land and previous land stewards, as well as addressing the need to avoid overharvesting and causing possible habitat loss.

The book is very much an introductory text to basic herbalism. The author sprinkles bits of herbal lore and teachings throughout it, but only lightly. I found myself wishing for more side notes on things like what to do with the unused plant parts from a craft (my suggestion is to compost them), and more about the possible herbal uses and precautions of many of the plants used in the activities. I do appreciate, though, that this is meant mainly as a basic book written at a child’s level.

The suggested age range for this book is 7 to 11 years old. Several of the activities require adult supervision or at least initial involvement in procuring the supplies. Some could be simplified a bit such as the flower press, which describes sourcing pieces of plywood not all would have access to. I’d like to have seen more suggestions of alternative materials, such as recycling things to re-use in these projects. For example, you could use an old, damaged hardback book to repurpose it for making that flower press.

Overall, though, the book does a fine job serving its mission of gathering dozens of activities that help children explore the world of herbal plants. It is a great gift idea for any child who shows enthusiasm for exploring the natural world around them.



Published by Storey Publishing, LLC, and available now through Hachette Book Group, BetterWorldBooks.com, and other booksellers online and locally near you.

Kathy Jentz is editor/publisher of Washington Gardener magazine. She is also the host of the popular GardenDC Podcast.

Washington Gardener magazine is the gardening publication published specifically for the local metro area — zones 6-7 — Washington DC and its suburbs. The magazine is written entirely by local area gardeners. They have real-world knowledge and practical advice. They share their thoughts on what to plant in deep shade, how to cover bare spots, which annuals work best throughout the humid DC summers, and much more.

The magazine is published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year-long digital subscription is \$20.00. To subscribe to the magazine: Send a check/money order for \$20.00 payable to “Washington Gardener” magazine to: Washington Gardener, 826 Philadelphia Ave., Silver Spring, MD 20910 OR to pay via Paypal/credit card click on the “subscribe” link at www.WashingtonGardener.com.owners in your life.

Discover the *I AM* in you!



**Washington
Metaphysical
Church**

—

Online Worship
Classes
Healing
Counseling
Outreach



www.washingtonmetaphysical.org

Wiccans, Witches, and Pagan Culture

BY SALICROW

I have spent a lot of time thinking about titles, particularly when it comes to witches, wiccans, and pagan culture, and how they overlap and cross pollinate with one another. While the beliefs and titles change from coven to grove, to individual practitioner, the core workings are the same — carrying a belief in magic and the unseen world.

By definition a pagan is a person who practices country (localized), folk spiritual traditions that include a belief in magic and the unseen world. This has been expanded to include modern spiritual practices involving techniques and religious beliefs that exist outside those of the recognized world religions. Wiccans are pagans who practice these folk traditions in a religious formula that includes a belief in the sacredness of the earth, and in relationships with spiritual allies. Witches are practitioners of magic, often working within the same framework of spiritual beliefs as Wiccans, but with a stronger focus on acts of magic, and spell-working. What practitioners choose to call themselves often depends on the paths they take.

Few who identify as pagan grew up practicing the traditions, instead finding their way there as individual seekers. Lacking mega-churches and generational religious lineage, finding teachers, groups and communities in the pagan/wiccan world can be challenging. This is particularly true in areas with strong conservative religious beliefs, making it more likely for groups to be closed to the public, and requiring a personal invitation; and in rural communities, where people generally keep to themselves.

For those seeking, one of the best places to begin searching for wiccan/pagan community is at metaphysical, new-age, or witch shop.

With base knowledge on a variety of magical subjects, the store owners and staff are often like librarians of the metaphysical, capable of directing seekers in the right direction; and they often know the best magical teachers and communities in their area.

When it comes to community, wiccans and witches often create magical communities in the form of covens and loosely-formed solitary communities. Many covens are based on traditional teachings; they often have an inner and outer circle of members, with various levels of involvement and understanding of the sacred teachings. *Just as churches have those who hold positions of recognition and responsibility, so too do those in the inner circle of pagan communities.* The outer circle consists of those who gather and celebrate the seasonal *sabbats* and *esbats* (pagan-related celebrations and rituals), just as many church members show up on the big holidays and Sundays when they can.

Not everyone has the luxury of a metaphysical store in their local area, let alone covens that hold public ceremonies. For those who live rurally or in deeply conservative communities', online communities and seminars offer an opportunity to connect with other pagans, and to learn from elders of the chosen path. To do so, you can search for pagan or witch groups near you on Facebook; you can also join communities connected to spiritual teachers you relate to by joining newsletters and following them on YouTube. While this is not as personal as joining an in-person group, it is a great place to start, and offers the opportunity to learn and work with people from all over the world.

When joining groups online or in-person, remember to be cautious. Don't sign any documents, or pledge yourself to any people, beings, or communities until you are sure the group is a good fit for you. Many covens and spiritual groups have a probationary period in which the practitioner is trying out the community, and the community is trying out the seeker. Some groups are easy to join and be a part of, while others have significant requirements for joining, including level of ability, moral beliefs, and dedication to the work.

For those who prefer to be a fringe-dweller, i.e., not wanting to join a community but wanting to connect with other pagan folk, festivals and pagan-pride events are worth checking out. They offer a loose community feel in which witches, wiccans, and pagans of all types can gather to celebrate. Many communities offer open (membership not needed) celebrations during the Sabbats, hosting community Beltane and Samhain celebrations, as well as other festive days like the Sum-

Cosmic Balance: Discovering the Eternal Masculine & Feminine Within



Visit our booth and attend the workshop
at Pathways Natural Living Expo, October 6,
and receive the latest book of
The Aquarian Team for free.



Member:

American Tarot Association
World Tarot Network
Capital Tarot Society

TAROT

Intuitive Readings
by

Tim Boyd

Certified Tarot Consultant
Internationally Renowned

Call

703-521-1115

For Appointment

Readings in: Falls Church, VA
Telephone Readings (Call for info)

E-mail: timstarot@aol.com
Website: www.timstarot.com



Celebrating Samhain. Credit: Wikimedia Creative Commons

mer and Winter Solstices, and Imbolc!

For those beginning their search for community in the pagan world, I suggest taking a year-and-a day — a common commitment period based on pagan handfasting — to explore the magical communities near you. Grab a buddy if you feel insecure about it, and go to all ‘open’ pagan events you can during that year. Shop around, look for a group that feels comfortable to you, that holds similar moral beliefs, and offers an approach to magic you relate to. Don’t be afraid to taste-test the offerings; talk to members to get a feel for the group of people as well as the teachings.

Remember, this is your path, and how you travel it is personal. You may find over the years you need to walk away from a group you no longer resonate with; or you feel the need to join more than one group in order to get the knowledge and community you are looking for. Trust your intuition, and your spiritual allies to guide you along the way. Keep in mind you are a magical seeker, and the trail you follow is one of becoming!

Salicrow is a natural psychic medium who weaves the traditions of her Irish Traveler and Blackfoot heritage with modern magical techniques. For more than 30 years she has worked as a spirit channel, seer, and intuitive healer, offering readings and teaching workshops throughout the United States and internationally. The author of The Path of Elemental Witchcraft and Spirit Speaker, she lives in the Northeast Kingdom of Vermont. www.salicrow.com/

The Shamanic Way Living the Circle

Soul Readings
Shamanic Soul Retrieval
Journeying
Ceremonial Circles
Trainings in Shamanic Arts



**MARSHÉEN
HELGESON**

Alexandria, VA
Phone: 703.379.8633
Email: mshelgeson@aol.com

Reflexology and beyond.com HOLISTIC AND THERAPEUTIC REFLEXOLOGY



Certified/Licensed/LLC

(Not your typical Reflexology)

Brigitte has developed her unique Clinical Reflexology since 2000 and she works with Medical Doctors and Chiropractors and Acupuncturists.

Her clients include healthy people, runners, and clients with Stress, MS, lyme disease, fibromyalgia, plantar fasciitis, diabetic, cancer, anxiety and other issues. She helps to induce labor, she works on patients receiving hospice help and does Senior Care.

Brigitte is Certified (230 hours). Her session addresses the whole body with basic health history, basic nutrition counseling, breathing techniques, release of negative thinking and add positive thinking, energy healing, chakras balancing, re-balance the body and Aromatherapy if necessary. Being clairvoyant and able to see people’s in/out Etheric fields add a useful touch to her great session. The “Best in Town” her clients say! She is available for Emotional Dowsing sessions with applied Kinesiology and Healing.

She provides an anti-viral and anti-microbial air filter in her room and the office is disinfected.

**Brigitte Wiss is available by appointments only
571-251-4732. Serving Northern Virginia and
available for Home visits and Nursing Homes.**

(Her office is located in Oakton, VA. Please Text or leave a detailed message on her Cell)

www.reflexologyandbeyond.com

THINK HEALTH... THINK PREVENTION, YOUR BODY WILL THANK YOU !

Empower your future growth through your Akashic Records,
a vibrational record of every soul’s journey!

Healing through your Akashic Records



Bill Sanda

Resolve recurring
patterns and issues

Clear long-standing
challenges



Private sessions are
available for individuals,
families, youth and children

To schedule an appointment,
contact Bill at 301-448-0388
or bill@myakashichealing.com

www.MyAkashicHealing.com

Hey Gen Z...

...continued from page 15

president does to the economy, the job market, our climate, social justice as a whole, is what we're going to inherit. I think that's why Gen Z are so fired up: we know this election is critical in determining our futures."

The Path Forward: Make Your Voice Heard

The 2024 election is a pivotal moment for our generation and our country. It's an opportunity to continue the momentum we've built and to ensure our voices are heard. We've already shown we're a force to be reckoned with, but we can't afford to be complacent. Democracy thrives when everyone participates, and every vote counts. Our future is on the line, and it's up to us to shape it.

I know some of you might be thinking, "Voting is too complicated," or "My vote doesn't make a difference." Trust me, I've been there, too. Many of us feel that the voting process is complicated or that our votes don't matter. But the truth is, voting is easier than ever. You can register online, request a mail-in ballot, or vote early in person. Every vote counts, especially in tight races where just a few votes can determine the outcome. Remember, it was the youth vote that played a crucial role in past elections, and it can make a difference again.

Olmsted underscores the importance of voting, regardless of where you live: "I want people to know that they should vote and make their voice heard even if they're in a state that reliably leans one way because you never know when one state could become a swing state."

He goes on to highlight the significance of paying attention to the entire ballot: "I also want to stress the importance of state and local elections. In Maryland, the 5 million trees initiative is a state policy,

not federal so that's just one example of state policy mattering."

Registering to vote is simple. Visit Vote.gov to register to vote in federal, state, and local elections. If you're a U.S. citizen living abroad, or a student attending school out-of-state from your home state, see how you can register and vote absentee. Make sure to check the registration deadlines and polling locations.

Resources for Getting Involved

Voting is a straightforward process, and there are plenty of resources available to guide you through it.

From voter registration and education to advocacy and grassroots organizing, below are several ways to get started. So, let's do what we do best: show up, speak out, and vote! The power is in our hands.

1. Vote.org — Provides tools to check voter registration, request absentee ballots, find polling locations, and more. **How to Use:** Easily register to vote, find out important dates, and learn how to vote by mail or in person.

2. Rock the Vote (www.rockthevote.org/) — A non-profit organization that focuses on building the political power of young people. **How to Use:** Access voter registration tools, election reminders, and learn about issues that matter to young voters.

3. Campus Vote Project (www.campusvoteproject.org/) — Works to reduce barriers to student voting and increase civic engagement on college campuses. **How to Use:** Find resources tailored to students, including information on registering to vote at school, understanding voter ID laws, and participating in local elections.

4. Our Time (<http://ourtime.org/>) — A non-profit organization that focuses on amplifying the voice of young people in the political process. **How to Use:** Engage with campaigns that focus on youth issues, participate in voter registration efforts, and access tools for making your voice heard.

5. Alliance for Youth Action (www.allianceforyouthaction.org/) — A nationwide network of local organizations building political power among young people. **How to Use:** Get involved in grassroots organizing, participate in local and national campaigns, and connect with other young activists.

6. NextGen America (<https://nextgenamerica.org/>) — A pro-



BrandArtYoga

Authentic handmade products and unique decoration to promote your creativity, spirituality and meditation.

Holistic events, awakening workshops, psychic mediumship and intuitive readers, meditation, yoga, Reiki healing, ionic foot detox services, and much more!
Check out our calendar of events!


Mon, Wed, Thur 11 - 7 
Tue Closed 
Fri - Sat 11 - 8 
Sun 12 - 6


For more information call (240)415.8687
Francis Scott Key Mall Suite 820
Frederick MD 21703
www.Brandartyoga.com



NONPROFIT Consultant

Strategic Planning | Fundraising | Grant Writing & Management | Leadership Coaching | Capacity Building
Custom Packages

Kathi "Aminah" Barber
kathimbarber@gmail.com
 510.850.0199

gressive political action committee focused on mobilizing young voters on issues like climate change, reproductive rights, and racial justice. **How to Use:** Join volunteer efforts, participate in digital campaigns, and access tools to help mobilize your peers.

7. **Sunrise Movement** (www.sunrisemovement.org/) — A youth-led organization focused on stopping climate change and creating millions of good-paying jobs in the process. **How to Use:** Join local Sunrise hubs, participate in climate strikes and campaigns, and engage in advocacy for green policies and candidates who support climate justice.

8. **HeadCount** (www.headcount.org/) — A non-partisan organization that works with musicians to promote participation in democracy. **How to Use:** Register to vote at concerts, join volunteer teams, and participate in music-driven voter registration drives.

Photo (right): HEADCOUNT volunteers register voters at the Governors Ball Music Festival. Source: www.facebook.com/HeadCountOrg

Ciara O'Brien is a freelance writer from Bowie, MD. She loves writing about sustainable farming, equitable food access, and the state of our food system today. When she's not writing, you can find her tending to her garden, teaching Yoga, or going on long walks with her chocolate lab, Hershey. See more of her work at www.writtenbyciara.com.



FENG SHUI

for the soul



Feng Shui consultations by Joy Andrews, L.Ac., are customized based on your birth chart and your home's unique signature.

Feng Shui is a powerful tool when you:

- Are feeling overwhelmed about your space and have decision fatigue
- Will be signing a lease or buying a space and want to know if it's optimal for you
- Want to plan a room refresh or renovation
- Are feeling like your space needs to be cleared

Virtual anywhere, or in-person in the DMV area.

Book Online: joy-andrews.com

Joy Andrews, L.Ac.
Acupuncture, Astrology, Feng Shui
Silver Spring, MD. 20910



Light the Fire



- Human Design Readings
- Crystal Reiki Healing
- Energy Alignment Coach

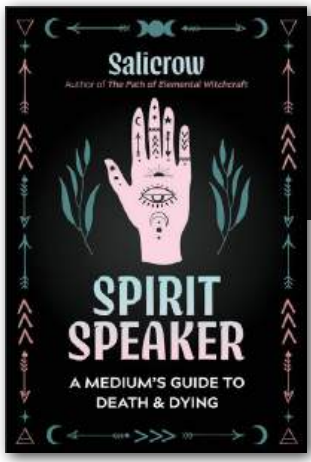
Book a Discovery Call
kerry@lightthefire.life
 301.524.8795
Lightthefire.life



Spirit Speaker

A Medium's Guide to Death and Dying

Salicrow



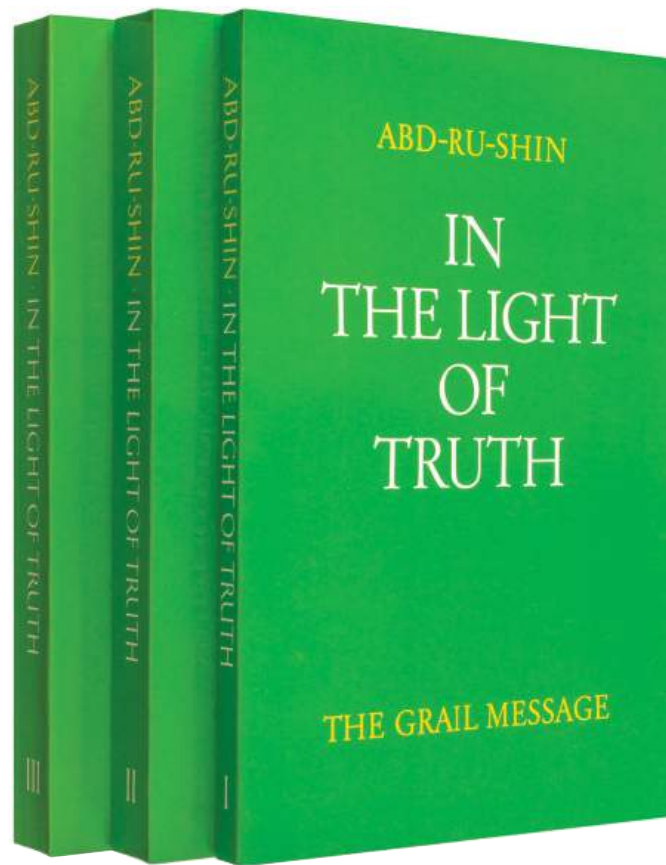
A compassionate and straightforward guide to the spiritual process of death and spirit communication

\$16.99 • Paperback • 128 pages
 9 b&w illustrations
 ISBN 978-1-64411-728-6

INNER TRADITIONS BEAR COMPANY

— Books for the Spiritual & Healing Journey since 1975 —

Shop InnerTraditions.com • Available Wherever Books Are Sold • 



If you could but once see how the immutable Justice of God's All-Holy Will is always fulfilled in the self-acting Laws of this Creation for every single thought you harbour, you would strive with all your might to attain purity in your thinking!

– *Abd-ru-shin*

Please visit us at the Fall 2024 Natural Living Expo.

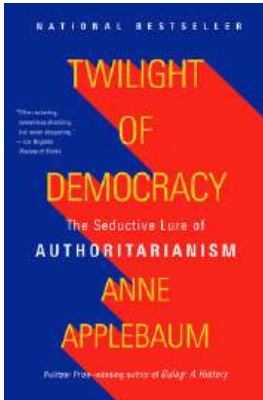


GRAIL
FOUNDATION PRESS

www.grailmessage.com/events
info@grailmessage.com
1.800.427.9217



REVIEWS BY ALYCE ORTUZAR



**TWILIGHT of DEMOCRACY:
The Seductive Lure of
AUTHORITARIANISM**

By Anne Applebaum
2020; Random House and Doubleday,
a division of Penguin (New York);
381 pages (PB), \$36.00
ISBN-10: 0385545800

Ten years before Stalin's Great Terror and six years before Hitler came to power, French essayist Julien Benda already feared that the writers, journalists, and essayists who had morphed into political entrepreneurs and propagandists would goad whole civilizations into acts of violence. And so it came to pass.

~ Excerpted from *Twilight of Democracy*

Anne Applebaum is an acclaimed writer, and *Twilight of Democracy* does not disappoint those expectations. She clarifies the theme of this riveting yet troubling journey as a cautionary tale that “given the right conditions, any society can turn against democracy. Indeed, if history is anything to go by, all of our societies eventually will.”

This book is a literary and historical journey of successful and unsuccessful efforts within the United States to establish self-government. “The ancient philosophers always had their doubts as to the strengths of a democracy to prevail.” So did America’s founding fathers as they forged ahead with their republican form of government. The Constitutional Convention of 1787 created the Electoral College as a hopeful safeguard against a possible demagogue seeking a “road to tyranny.” However, it is viewed today as “a rubber stamp body with no power,” or “more recently as a mechanism that gives outsized influence to small groups of voters in a few states.”

Alexander Hamilton and many others in colonial America “read over and over again the history of Greece and Rome, trying to learn how to prevent a new democracy from becoming a tyranny. In his old age, John Adams was once again reading Cicero, the Roman statesman who sought to halt the deterioration of the Roman Republic, even

continued on page 76

**THE WORLD
NEEDS
YOUR BOOK**

Make it bloom with the help of a professional writer and coach, who will honor your vision, support your strengths and guide you through every step with detailed attention and compassionate honesty.

GET STARTED NOW!

Carol Burbank, PhD

cburbank@storyweaving.com
storyweaving.com

**A Pain Psychologist's Handbook
For Living And Thriving With Chronic Pain**

This book is an educational / self-help guide for learning how to manage living with persistent pain. There are several mind-body exercises to master, which will reduce suffering as the reader becomes practiced in their use. In the book, we will discuss the nature of pain, stress, the impact of distress on the experience of pain and ways of caring for one's self. The goal is to become an excellent conservator of the ecological system that is you and learn to keep yourself in physical-mental and spiritual balance. In this practical guide for sufferers of chronic

**A Pain Psychologist's
Handbook For Living And
Thriving With Chronic Pain**



pain Dr. Appel presents strategies for pain reduction garnered from over 4 decades of clinical practice as a pain psychologist.

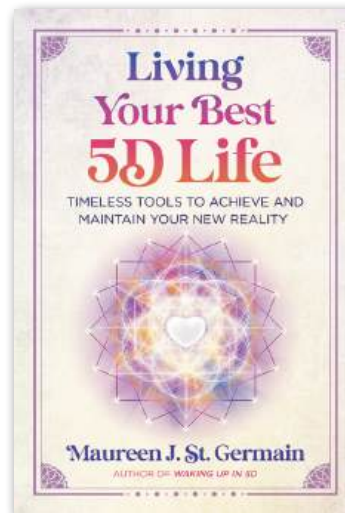


Philip Appel, Ph.D., FASCH
drphilippappel.com

Available on Amazon

“Maureen has done it again! This book is a powerful, multidimensional, and clarity-provoking guidebook for navigating the changing times.”

—Danielle Rama Hoffman, author of *The Magdalene Manifestation Cards*



**Living Your
Best 5D Life**

**Timeless Tools to Achieve and
Maintain Your New Reality**

Maureen J. St. Germain

*A guide to embracing
your ascension into 5D
consciousness*

**\$16.00 • Paperback • 160 pages
27 b&w illustrations
ISBN 978-1-59143-531-0**

**INNER TRADITIONS
BEAR & COMPANY**

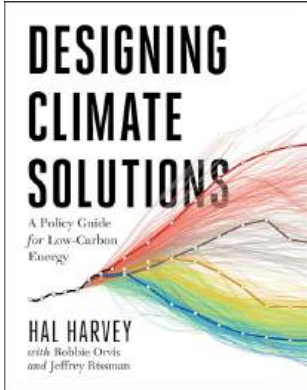
— Books for Spiritual and Healing Journeys since 1975 —

Shop InnerTraditions.com • Available Wherever Books Are Sold

TWILIGHT of DEMOCRACY...

...continued from page 75

quoting him in letters to Thomas Jefferson.” Their intent was “to build democracy in America” based on “rational debate, reason, and compromise. But they had no illusions about human nature” or “risks from an outburst of the irrational.”



**Designing Climate Solutions:
A Policy Guide for Low-Carbon
Energy**

By Hal Harvey with Robbie Orvis,
Jeffrey Rissman, Michael O'Boyle,
Chris Busch, and Sonia Aggarwal
2018; Island Press: Washington, DC;
358pp (PB)
ISBN 078-1-61091-956-2

Former U.S. Secretary of Energy Ernest Moniz wrote the Foreword in this book, and he expresses satisfaction with the widespread international cooperation among nations embracing the need to avert the risks posed by global warming and climate change. He refers back to the 1992 Rio de Janeiro declaration and reminds us that the U.S. Senate “ratified this agreement and thereby committed our country to address this challenge.” There is also international agreement that “swift action is needed between now and 2050.”

Hopeful signs include dramatic declines in costs to transition to wind and solar power, in addition to lower costs for batteries. “The proliferation of light-emitting diode (LED) light bulbs is one of the

most successful examples of innovations in energy efficiency.” However, the authors emphasize that “there is no silver bullet policy for dealing with climate change.” There are many policy options that will not work.

“Exceptionally hot summer conditions dry out the landscape, intensify wildfires, devastate crop and livestock yields, send people to the hospital with heat stroke,” in addition to many other harms. “Much of the carbon dioxide emitted during the Industrial Revolution — about 250 years ago — remains in the atmosphere today.” As once-frozen Arctic tundra thaws from warmer temperatures, buried methane deposits are released and more greenhouse gasses will enter the atmosphere and warm it even more.

According to the authors, “the scale of this greenhouse gas accelerator is almost unfathomable because it cannot be controlled.” As oceans absorb more carbon dioxide (CO₂), the water becomes more acidic causing aquatic plants and animals to die. Their decomposition will generate yet more CO₂ into the atmosphere and the oceans.

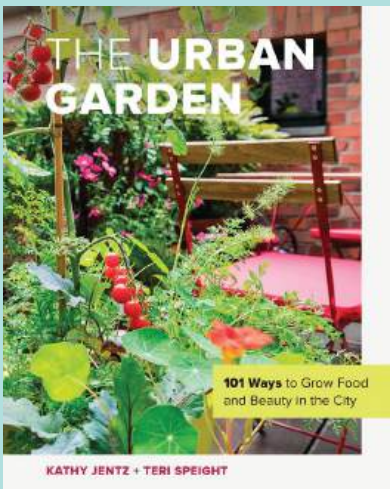
Detailed discussions provide pathways for selecting the most appropriate and effective solutions. “A portfolio of policies, including performance standards, economic signals, support for R&D, and supporting policies, is the most effective, lowest-cost way to drive down greenhouse gas emissions.” Of the hundreds of possible policy options, “the right policies must be selected for each sector, and then they must be designed and implemented well.” An in-depth discussion follows that clarifies this process. Topics covered include how governments can support energy research and development to include national laboratories and partnerships with universities and businesses.

The authors also point out that “the key to deploying any technology is to achieve a decline in unit costs, which happens over the lifetime of a technology.” They emphasize focusing standards on performance such as fuel efficiency and reductions in pollutants and not on the technologies. The authors highlight “policy design principles that are essential components of performance standards, economic signals, and research and development policies that separate successful outcomes from those that fail.” Different circumstances demand different policies, and a practical consensus is emerging as to what works.

To ensure that policies will be effective, a policymaker should consider performance standards such as limits on power plant emissions; support for R&D “by creating an environment where private sector R&D can thrive;” and enabling policies that “enhance the functionality of the other policies often through direct government expenditures.” Discussions also cover Energy Policy Design; How to Prioritize Policies for Emission Reductions, The Power Sector, Renewable Portfolio Standards, The Transportation Sector, Vehicle Performance Standards, Electric Vehicle Policies, Carbon Pricing, Policies for a Post-2050 World, and much more.

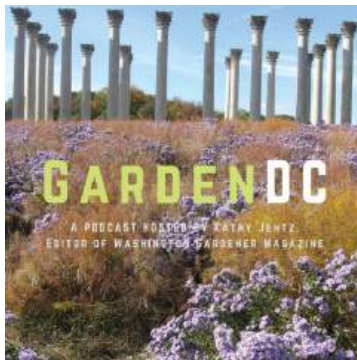
These authors argue that new technologies continue to demonstrate the feasibility of a low-carbon future within our reach, perhaps at an even lower cost than that of our current high-carbon lifestyle. Their research focusing on industrial processes and energy use demonstrates “the most potential for emission abatement using existing policies to reduce emissions from power plants, vehicles, buildings, and industrial manufacturing processes including steel and cement.” The failure to act quickly “could result in irreparable harms that include the loss of coastal lands to sea level rise and threatening more than a billion people with famines and extinctions.

Alyce Ortuzar is a freelance medical and social science researcher, writer, and editor living in Montgomery County, Maryland. She runs the Well Mind Association of Greater Washington, a holistic medicine information clearinghouse that focuses on environmental and nutritional influences on our mental and physical well-being. For five years, she edited the U.S. Surgeon General's smoking and health reports. She can be reached at (240) 531-2875; alyceortuzar@gmail.com.



**The Urban Garden: 101
Ways to Grow Food and
Beauty in the City**

By Kathy Jentz and
Teresa Speight
Published by Cool Springs
Press/Quarto Homes
Available Now
Order it today at:
<https://amzn.to/3yiLPKU>



The GardenDC podcast is all about gardening in the greater Washington, DC, and Mid-Atlantic area. The program is hosted by Kathy Jentz, editor of *Washington Gardener Magazine*, and features guest experts in local and national horticulture. The latest episodes include interviews with experts on boxwood, bay-wise landscapes, persimmon trees, and viburnum. You can listen online at <https://washingtongardener.blogspot.com/> or wherever you get your podcasts — Spotify, Apple, etc.

<https://washingtongardener.blogspot.com/>

Hypertension...

...continued from page 33

also use additional points based on the patient's symptoms and the practitioner's clinical experience. Some of the key acupuncture patterns and points used include: Liver-Kidney Disharmony Pattern; Qi and Blood Stagnation Pattern; Yang Hyperactivity Pattern; Yin Deficiency Pattern; and the Qi and Blood Deficiency Pattern.

With respect to TCM, there are some commonly used Chinese herbs for hypertension. These herbs are often combined in formulas based on the individual's specific pattern of imbalance and symptoms. Like supplements, they work to improve circulation, reduce fluid retention and oxidative stress, boost cardiovascular health, and assist with regulating blood pressure. Some of the most commonly administered herbs include: Salvia (Danshen); Uncaria (Gou Teng); Gastrodia (Tianma); Hawthorn (Shanzha); Chrysanthemum (Juhua); and Eucommia (Du Zhong). It's important to consult with a qualified Traditional Chinese Medicine practitioner who can provide a personalized herbal prescription.

The World Health Organization considers hypertension a major cause of premature death worldwide as of [their 2023 reporting](#); and as of the [Centers for Disease Control's 2020 reporting](#), as much as 48% of adults in the U.S. have hypertension. Considering this statistic doesn't take the pandemic years into account, that figure is likely higher. Therefore, it's imperative we increase our understanding of the condition, especially how to recognize and treat it.

The functional medicine approach emphasizes the individual's unique needs, genetics, and underlying imbalances to develop tailored treatment plans. And with the possible support of alternative methods such as acupuncture and TCM, sufferers of hypertension have many ways to turn for help with getting high blood pressure under control and/or eliminated.

Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist, European physician and Functional Medicine (FM) practitioner with 30+ years of clinical experience. She combines modern FM with Traditional

Oriental Medicine, as well as provides the BioSET protocols, Bio-meridian assessments, and treatments using natural, safe herbal and nutritional approaches for individualized care. She is Founder/Owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for free 20-minute in-office and telehealth consultations. Visit rockvilleacupuncturemd.com for appointments and to see her list of services offered and conditions treated.



Photo by CDC on Unsplash



Konstanza Morning Star

Certified Medium & Shaman

Author of *Medium: A Step-by-Step Guide to Communicating with the Spirit World*

Evidential Mediumship Readings
Mediumship Workshops, Circles, Teleclasses
Soul Retrieval, Shamanic Healing, Spirit Release
Available via phone, Zoom, Skype, Face-to-Face



www.mediumshamandc.com

240-543-9414



Intimacy Illumination: Sex & Relationship Coaching

Transform Your Relationship with Expert Coaching
Struggling with intimacy or communication in your relationships?
Discover the power of somatic and experience based practices
with Alisa, a dedicated sex and relationship coach.



*Empower yourself and your
relationship today!*

Services Offered

- Individual and Couples Coaching
- Somatic Practices
- Communication Strategies
- Intimacy Building

Contact Me

www.intimacyillumination.com

intimacyillumination@gmail.com





Jacqueline Marie Bates

Astrologer & Medical Tech Specialist

☎ 413-687-3268
✉ thesoulsblueprint@gmail.com
🌐 LumiVitae Medical Tech

www.jacquelinemariebates.com




The 7 Principles of Leave No Trace Camping

BY FALLON KEPLINGER

When I was younger, during summer break when most families went to the beach, mine went camping in the Shenandoah mountains. My dad had a shirt he always packed that read, "Take only memories, leave only footprints." To me that meant respect the land, nature is there for everyone to enjoy, so don't pick the flowers. I haven't been camping with my family in ages, but I always remembered the saying.

Fast forward to summer of 2024, the hottest summer on record. The scorching temperatures had me thinking about a respite in Maine. My husband and I decided to take three weeks to explore the northeast and attempt to escape the temperatures.

We booked our camping sites through the app Hipcamp. When booking camping sites, you are reminded to adhere to "The 7 Principles of Leave No Trace" Camping. I had never heard of it before. What is it and what does it mean?

Leave No Trace (<https://lnt.org/>) is a national educational program to inform visitors about reducing the damage caused by outdoor activities, particularly non-motorized recreation. Coincidentally, 2024 is their 30th anniversary of their mission to provide "innovative education, skills, research and science to help people care for the outdoors."

The 7 Leave No Trace Principles are:

1. Plan Ahead and Prepare. Know the regulations and special concerns for the area you'll visit.
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find



5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

With these principals in mind, we began our journey...

• Plan Ahead and Prepare

We brought our rescue pit bull with us on the trip, so planning the route as well as places to stay was important. We were tent camping, glamping, and cabining. We had to make sure the site was dog friendly with the non-negotiable amenities; not all campgrounds are dog friendly, but many are.

Since we were camping on privately-owned land, we had to check host rules as well before booking our stay. Most will allow campfires, however some properties do not have fire rings. If you plan on having s'mores or cooking over a fire, those details are important to look into before securing accommodation.

• Travel and Camp on Durable Surfaces

After our first night tent camping, we realized our tent's placement wouldn't work during the day because we were directly in the sun's path. Our first few days camping, temperatures peaked over 100 degrees and shade became our friend. We relocated our tent and later that night we encountered a thunderstorm. We inevitably learned the hard way that our tent was at the bottom of a small slope with water collecting around us. From that point on we looked for higher ground in case of rainstorms.

• Dispose of Waste Properly

In planning the camping trip, it had never occurred to me there would not be trash receptacles readily available. Pack it in, pack it out was the slogan repeated at many of the parks. Spoiled fruit and trash can seriously hurt animals. I also didn't realize how important the concept is until I happened upon a campsite with broken glass. It has made me appreciate everyone who does clean up properly.

• Leave What You Find

We encountered beautiful meadows of wildflowers. Simply taking a picture is harmless and leaves the flowers for everyone to enjoy. A trend over the years has been to make rock cairns (stack of rocks).



Back to class means back to an immune boosting wellness routine!

The Helpful Herb has what you need!

- Elderberry Syrup Kits
- Be Well Tea Blends
- Loose Herbs, Flowers & Roots
- Herbal Oils
- Tincture Kits

Shop online at www.thehelpfulherb.com

or stop by if you're in the area and find a host of helpful herbs and so much more at Shenandoah Survival located at 7385 Wolfstown-Hood Road, Madison, Va!



A main intention of these is to mark trails in a way that stands out while using something natural. Sites have different regulations about creating cairns. Many we experienced asked people not to make them as they could disrupt and confuse people hiking, or disrupt smaller aspects of the ecosystem.

• **Minimize Campfire Impacts**

Areas where we were staying would have the Smokey Bear Fire Danger signs. Checking those daily helped us to decide if a fire was necessary. Due to the hot weather, lanterns and flashlights were used in lieu of a fire. A small butane stove was used for meals.

• **Respect Wildlife**

Give animals personal space, especially when eating, relieving themselves, and mating. Disposing of waste properly, and minimizing campfire impacts helps wildlife as well. Hosts also requested that we use all natural soaps so as not to hurt the environment, especially when using outdoor showers.

• **Be Considerate of Other Visitors**

Adhering to campground rules makes everything easier for everyone. Being in a new environment can make it difficult to settle into routines. Some basic universal campground rules to follow would be: respecting quiet time (usually 10pm-7am); respecting people's camping space; giving a friendly acknowledgement when passing other campers; and cleaning up after yourself, especially in communal spaces.

While these principles were new to me and my husband, it was easily embedded into our camping routine. Would I spend 3 weeks on the road again? Yeah, and I'll keep learning along the way.

Fallon Keplinger (she, her, hers) is a special education teacher, avid tea drinker, and recently certified in Mental Health First Aid. She received her Tea Sommelier Certification in 2018, and in 2019 she completed the Japanese Global Tea Master program in Kyoto, Japan. In 2020, her tea company Rose Glow Tea Room was a finalist at the World Tea Conference for «Best Campaign.» She is a Being Tea Teacher training graduate; and continues to give classes about tea.



WEBSITE: www.kennysvegetariankitchen.com

INSTAGRAM: [kennysvegkitchen](https://www.instagram.com/kennysvegkitchen)

EMAIL: kenny@kennysvegetariankitchen.com

OLIVIATSU ENERGY MASSAGE

is a blend of Shiatsu, Swedish, Reflexology, Thai Yoga, and Reiki

Together, they provide a holistic approach to health and wellness.



Olivia Rice • 410-215-0526

150 Kettle Ct., Windsor Mill, MD 21244



oliviatsuenergymassage.com

See me at the Natural Living Expo on October 6th to inquire about discounts on your next massage



Is it time to reestablish a connection with your inner self?

Enchanted Sessions offering reading and guidance are available for your exploration.

WWW.JENNIFER-ROSE-MEDIUM.COM

Art Classes at Retirement Communities Improve Quality of Life

BY MARTINA SESTAKOVA

“I don’t just wait around to die. The hour with you is one of my favorite times.”

A resident in a long-term nursing and rehab facility where I volunteer teaching art classes recently shared this with me. The walls and doors of his room are adorned with his paintings. How did I react to this proclamation? First with a tear or two, and then with a deep appreciation for how the arts profoundly impact our lives, regardless of age or circumstances.

In a classroom setting, when greeted by individuals in their 80s or 90s, I am filled with joy at the opportunities that lie ahead. As we age, our bodies and minds may not function as they once did, leading some to feel disengaged or discouraged. I focus on watercolor classes because they cater to various skill levels. Any of my students can pick up a brush and bring their creativity to life. So, why is art so important? It celebrates our life experiences and creates a space for new possibilities. A painting of a vase of flowers is not just about the vase of flowers.

Entering an art room requires courage and self-knowledge. Our life experiences reflect the reasons for entering the art room. Some students may not have touched a brush in 70 or more years, and they come to learn something new, or simply to relearn. Others recall a negative art experience and want to turn it around. Once, a 99-year-old woman asked me not to judge her painting too harshly: “I just took up this hobby last week.” Indeed, there is never any judgment in our time together. When people put themselves first and show up for an activity new to them, they create a positive structure in their day. They have something to look forward to — a sense of community and belonging.

While we focus on the task at hand, new experiences emerge. People sing, hum, and whistle in the workshops. They recall childhood memories, or share details of a future family trip. They recite poems and share book recommendations. As the popular sign says: “Live, Laugh, Love, Repeat”. Indeed, that is what’s underway — bonding over both our unique and shared experiences. And while someone’s hands may shake, and another person may not see well anymore, the class participants feel heard and valued. They are shaping their present well-being with their fellow peers.

Sometimes, when I am cleaning up the classroom, I overhear my students admiring each other’s work and joking about selling their artwork at exorbitant prices. They are so kind to each other and go off to their next activity feeling encouraged. Their comments are heartwarming: “I didn’t know I could do this!” or “Wow, that’s beautiful,” as a note from the person sitting next to them. To me, that’s the real magic of art classes.

Martina Sestakova has a B.A. in Communication from the University of Maryland, and holds an M.F.A. in Fashion Design from the Academy of Arts University in San Francisco. She has more than 9 years of experience in intercultural communications, in particular in multinational clinical trials, and has volunteered in a variety of health-care settings. Today, she is a wearable art designer who runs RADOST, LLC (www.radostbymartinasestakova.com/), and an artist featured at the Smithsonian American Art Museum in Washington, D.C. Martina teaches art at various institutions and communities across Maryland.



A resident’s room is covered in his artworks.



Participants work on their floral paintings in a watercolor class.

A Blink Before Breaching

BY SCOTT THOMAS OUTLAR

We are balanced now
between the breath of a tipping point
for five more seconds

and the choice is simple

Sovereignty
or world government

Freedom
or censorship

Justice
or lawfare

Renaissance culture
or death cult pop

Natural foods
or synthetic poison

Journalism
or intelligentsia propaganda

Raised arms in a V
or black boots upon throat

Truth pierced through the veil
or occultic hidden agenda

Life lived to the hilt
or debt slave servitude

Time spent with the ocean and trees
or digitized algorithmic mind warp data

We have three seconds remaining
before the divergent streams
become self-apparent



Scott Thomas Outlar is originally from Atlanta, Georgia. He now lives and writes in Frederick, Maryland. His work has been nominated multiple times for both the Pushcart Prize and Best of the Net. His essay “Daydreaming Dystopia” placed second in the 2023 Bellarmine Goes Gonzo Writing Contest. He guest-edited the Hope Anthology of Poetry from CultureCult Press as well as the 2019-2023 Western Voices editions of Setu Mag. Selections of his poetry have been translated and published in 15 languages. He has been a weekly contributor at Dissident Voice for the past nine years. More about Outlar’s work can be found at 17Numa.com.

IN BLOOM

BY TARAH SINGH

"In Bloom" is about how women are often seen and not heard, how we rebel against this, and that our voices must be heard as the flowers wilt.

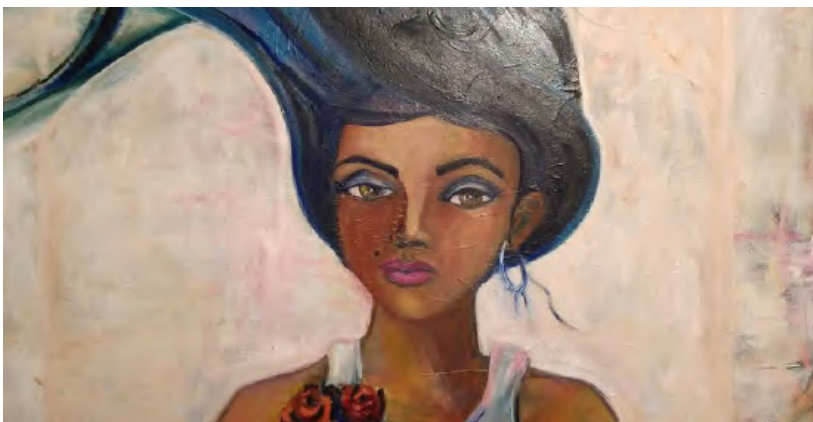
Artist Statement:

Singh's work is a conscious integration of her feminine energy, encounters and heritage. She strives to create an amalgam of her experiences and dreams, providing a visual dichotomy between the raw emotions of her reality and her tender compassion towards humanity. Her goal as an artist isn't to make pretty pictures, but instead to have the viewer get a glimpse through her eyes as she documents the world around her. Energy is but raw materials in which to create realities and intentions.

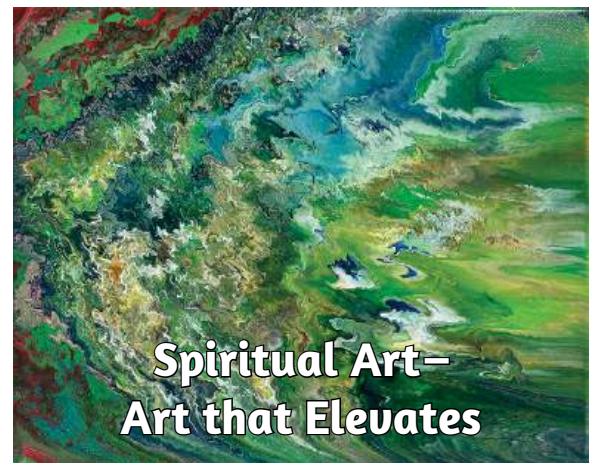
Tarah Singh is a Guyanese-American artist who was born in Washington DC, although raised between Teaneck, NJ, and Western North Carolina where she currently resides. Singh spent her high school summer years with her aunt at Howard University.

Tarah is a multi-faceted artist, clothing designer of the #Human brand, stylist, consultant, chef, and experience creator and painter through her primary business, Tarah Singh (www.tarahsingh.com). As a visionary creative, she works in various media to communicate with the world around her. She often states that "words are NOT her medium"; rather, she relies on brushstrokes, color, and textures in paintings or sculpture to initiate conversations with her audience. Currently, Tarah is working on a new somatic artistic experience for strengthening interpersonal exchanges and shifting one's lens of reality.

She is also the founder of Imprint Artists, a non-profit created to support artists in their creative process (www.imprintartists.org). Tarah is dedicated to evaluating the human experience, improving the condition of youth across the globe, and to uplifting other creatives. She strongly believes artists are historians, creative problem solvers and experienced curators. Without a creator, nothing comes into existence. Tarah also offers classes and critiques. Contact her directly for additional information at create@tarahsingh.com. Instagram: @tarahsingh_art



Sandra Chaloux



**Spiritual Art—
Art that Elevates**

**Contemporary & Universal
Limited-Edition**

Flow Art Paintings on Canvas

Inspired by Angels, Archangels & Ascended Masters

These channeled paintings support chakra balancing, enhance divine connection, bring inspiration and healing and higher vibrations from the Ascended Masters, Archangels, and my Angels and Guides. Create or enhance your vibration and the vibration of your sacred space in your home or work space. Harmonize within and around.

www.sandrachaloux.com/art

25th Annual Festival of Light, Psychic Fair	57	New Spiritual Horizons	56
A Pivotal Shift	65	Oliviatsu Energy Massage	79
Alice Jones	37	Pathways Expos Save the Dates	49
Amos Acupuncture & Natural Medicine	37	Pathways Fall Natural Living Expo	40
Angelic Wisdom 111	23	Pathways Retreat House	60
Animal Rights/Human Rights	27	Potomac Massage Training Institute (PMTI)	50
Avillion Aura Imaging Photography	38	Reflexology And Beyond.....	71
BrandArtYoga (BAY)	72	Relax Saunas.....	83
Cannabis Karma	25	Remnants of Magic.....	84
Celebration Center for Spiritual Living.....	30	Rolfers.....	16
Center for Health & Wellness.....	20	Sandra Chaloux Spiritual Art	81
Center for Spiritual Living Metro.....	53	Smile Herb Shop.....	10
Del Ray Psych and Wellness.....	18	Spotted Dog Agency.....	35
Dr. Philip Appel Book.....	75	Springsong Museum Story Project.....	62
Dynamic Dental Wellness	20	Storyweaving Retreat Center.....	65
Earth Addictions.....	27	Susan Lynne - Mediumlink	39
Eckankar of Northern Virginia.....	55	Takoma Metaphysical Chapel	14
Eckankar, Maryland Satsang Society.....	36	Tammy Batcha Photography.....	39
Energy and Wellness Place.....	53	The Aquarian Team	52
Enhance Oneself Astrology - Misty Kuceris.....	29	The Aquarian Team	70
Exalt Pro Wellness.....	66	The Crystal Fox.....	65
Feng Shui for the Soul, Joy Andrews, L.Ac.....	73	The Helpful Herb/Shenandoah Survival	78
Fish Feel.....	38	The Lotus and The Light	22
Frequense	33	The Shamanic Way	71
Glen Echo Tai Chi.....	57	The Soul Shepherd	59
Glut Food Co-op	68	The Soul Source	28
Good Luck.....	24	The World Needs Your Book - Carol Burbank	75
Grail Foundation Press.....	74	Tim's Tarot.....	70
Haven 101 Wellness Studio	19	TransitionTALKS / The Arlington Institute	4
Healing Light Center, LLC	31	Travel Berkeley Springs.....	5
Healing Through Your Akashic Records.....	71	Village Life Wellness - New Zealand Retreat.....	58
Hemali Vora LLC.....	63	Voice of the Gatekeepers	57
Illuminate Festivals	51	Warrenton Wellness.....	3
Inner Traditions Bear & Co.- Spirit Speak Bk.....	73	Washington Gardener Magazine.....	76
Inner Traditions Bear & Co.	75	Washington Metaphysical Church (WMC).....	69
Institute for Spiritual Development (ISD).....	56	Willow Street Yoga	54
Integrative Medicine of Northern VA	67	Written by Ciara	63
Integrity Research Institute	64	Your-True-Self.org with Jena Morrison	39
Intimacy Illumination	77		
It's Not Therapy - Eric Weinstein	21		
Jacqueline Marie Bates	77		
Jennifer Rose - Medium.....	79		
Kathi Aminah Barber - Nonprofit Consultant	72		
Kenny's Raw Vegetarian Kitchen	79		
Knowles Apothecary.....	2		
Konstanza Morning Star	77		
Light the Fire - Kerry Davis.....	73		
Margaret Gennaro, MD	32		
Marie-Claire Euro Intuitive Consultant.....	12		
Marigold Healing Center (Charles Town, WV).....	8		
Mariposa Spa	30		
Massage By Mary Kay.....	67		
Modern Smile Dental	34		
Mountain Mystic Trading Co.	26		
My Best Mid-Life.....	36		
My Tibet Shop.....	24		
New Future Society Healing & Yoga Center	62		



EXPERIENCE THE DIFFERENCE RELAX FAR INFRARED SAUNAS

Relax Sauna along with two other portable saunas were measured for power output and effectiveness in a Harvard & MIT health science technology report

The \$1200 competitor generated only 8% far infrared light while the \$300 sauna produced 0% far infrared light

Relax Sauna was reported to emit 100% 7 to 14 micron far infrared light which is 3.5 times more effective than the other saunas

The higher the far infrared energy emitted by a sauna, the quicker it raises your core temperature. Unlike traditional saunas that heat the air around you, far infrared saunas warm you from within.

Add years onto your life with far infrared therapy. Far infrared reduces inflammation, alleviates chronic pain, speeds recovery, and detoxifies the body. Your wellness program would be greatly enhanced with a Relax Far Infrared Sauna.



Use Discount Code
PATHWAYS
For **\$100 Off**



Phillip Wilson 626-200-8454

relaxsaunas.com/superior

REMNANTS OF MAGIC

CRYSTAL GALLERY AND GIFTS

LOUDOUN COUNTY'S PREMIER
METAPHYSICAL STORE

GEMSTONE JEWELRY
CRYSTALS
CANDLES, BOOKS
SAGE, SINGING BOWLS
& MUCH MORE!

"Largest selection of crystals and gemstone bracelets in the NOVA area"

44 PIDGEON HILL DRIVE SUITE 150

STERLING VA 20165

703-956-9629



REMNANTSOFMAGIC.COM