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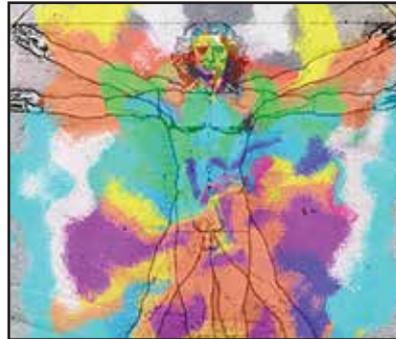
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Bobbi Rise

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Rev. Marcella Zinner. MMA, ChT.Th. M

Bio: Rev. Marcella Zinner, MMA, ChT., ThM, is a Professional Intuitive Counselor, Past Life Regression Therapist, Spiritual Educator, Certified Hypnotherapist and Panel Psychic for the Edgar Cayce Foundation. Marcella specializes in helping others heal emotional and karmic struggles blocks and fears. Marcella has studied at many national Intuitive Development centers including the famed Arthur Findley College for Psychic and Mediumship research in England. She holds a Masters Degree in Theology and is currently a Doctoral candidate for Transpersonal Psychology and Theology at Holos University in Springfield Missouri. Marcella and her husband Charlie are the founders of Pathways to Awakening. Marcella has developed a series of products to uplift your energy and vibration.



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WHO ARE?

Gene and Lisa Rosa



The owners of the ZEN ZONE EXPERIENCE, a new Metaphysical Center located at 3964 Tampa Road, Oldsmar Florida, Gene and Lisa Rosa, have brought their vision to life and want to share it with you. It is totally unique in that it combines a beautiful yoga studio with healing modalities, intuitive readers, holistic practitioners, and retail space all

A variety of classes are offered monthly from basic Intuitive Development, Guided Meditation, A Course in Miracles, Reiki I&II, Prosperity, Manifestation, Sound Healing with Singing Bowls and Stress Management just to name a few. The owners have been busy traveling extensively to purchase a wide variety of the most unique and exquisite crystals, stones and jewelry available for

where friend-ships form, bodies heal, spirits soar, and minds explore more of our world and us. A place for all the senses to delight in discovering we are more than flesh and bone alone. The ZEN ZONE EXPERIENCE offers a place for the mind, body, heart, and soul. Offering unique items and services that comfort, uplift, inspire, and heal the whole of us.

Meet and make a connection with the owners Gene & Lisa Rosa, Gene has been a collector of stones and part of the metaphys-

ical community since the mid 70's. He is a Reiki Master. Gene's professional background is in sales and marketing and is co-owner of a Drug and Alcohol Rehab Center in New Mexico. Lisa's background is informatics nursing and she retired last fall from Tampa General Hospital as a Director in Information Technology. Gene and Lisa decided to bring a unique and amazing all encompassing metaphysical center to the Tampa Bay area to help people with holistic offerings for the mind, body and spirit. Check out the ZenZoneExperience.com website for more information on classes, specials, events, and schedules and to book your appointment. The Zen Zone Experience phone is 727-798-3964.



under one roof! As their Mission Statement declares: the center is here to "assist in the Universal shift that is happening and to provide a safe place for people to heal, learn and share with others of like mind." The new ZEN ZONE EXPERIENCE offers: Yoga, Tai Chi, Guided Meditation, Aura Analysis & Photos, Singing Bowls, Bio-feedback Scio, Intuitive (Psychic) Readings, Angel Readings, Tarot Card Readings, AmpCoil, Jade & Tourmaline heated Biomats, Migun Jade heated roller Physiotherapy bed, Ionic Foot Detoxification Bath.



The Sentient Temple is pleased to announce the addition of Dr Jessica Barnes

Jessica Barnes, Doctor of Medical Qigong, is joining the staff of the Sentient Temple Healing Center. Dr Barnes received her Doctorate from the National College of Medical Qigong. She is also a Reiki Master and a Shaman at large of the Sentient Temple. She has been practicing in Orlando specializing in the treatment of Autism, ADHD, Learning Disabilities and other related disorders with adults and children. She brings her unique talents to the Sentient Temple as she joins Dr Dennis Alexander and Dr Terri Dluhy. Please call the Sentient Temple at 727-323-2793, if you have any questions for Dr Jessica.



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OUR INTEGRATIVE MEDICINE

Our approach combines conventional and complementary treatment options to achieve optimal health for the patient, and it is based on the research which demonstrates that the human body has an innate healing mechanism. Illness occurs when the regenerative processes in the body are disturbed and the body can no longer keep itself healthy.

Dr. Andreas Grossgold, MD

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How do we empower nonviolent direct action for justice? What can we do to adapt to "weather gone wild"?
What role does nature play in our healthy development? How are we engaged in the local good food movement?

June 22nd | Weather Gone Wild

Portrayed in this film are the ways in which communities all around the world (including Florida) are changing in order to survive a world of superstorms. It explores recent extreme weather events and the scientific projections of what we can expect over the next few decades.

July 20th | Mother Nature's Child

This film explores nature's powerful role in children's health and development. It asks compelling questions about what it means to educate the 'whole' child and depicts the latest breakthroughs related to our relationships within the natural world (also relevant to adults).

August 24th | Edible City

A fast-paced journey through the local Good Food Movement this film introduces us to extraordinary people who are challenging the paradigm of our broken food system with innovative approaches like edible education and grassroots activism building the local economies.

For more information,
contact@thebridgetampa.org
813-416-3069



www.thebridgetampa.org
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envisioning a life sustaining future

The BRIDGE is a non-profit organization that promotes eco-centric living, social justice, personal development, creativity and the vibrant interplay between these interdependent aspects of life.

WMNF Events



A View from the Bridge

June 1, 2018 -

June 17, 2018:00 pm - 10:00 pm
Arthur Miller's classic drama, A View from the Bridge, presented by the Tampa Repertory Theatre. Miller's powerful and passionate play is as relevant and as moving as ever. You can find more information at TampaRep.org/Bridge. Event Location: Studio 120 — Theatre Center (TAR) 3837 USF Holly Dr. TAMPA, FL 33604

General League of Women Voters SPA Membership Meeting

June 12, 2018:15 pm - 8:15 pm
Get Plugged Into the League's Work! As one of the most active advocacy and policy education groups in Pinellas County, the League's current issues include voter engagement, environmental sustainability, gun safety, campaign finance reform, immigration, education, healthcare access, international relations, and reproductive rights.

Community Expo

June 23, 2018:00 pm - 4:00 pm
FREE COMMUNITY EVENT! Meet representatives from local organizations to learn about their programs, services, and community resources. A Big Red Bus from OneBlood will be available for on-site blood donations. Bring the whole family and learn what the Carrollwood area has to offer! Event Location: 2902 W. Bearss Avenue Tampa, Florida 33618

Top 7 Legal Issues for Start Ups

June 25, 2018:30 pm - 7:00 pm
This FREE workshop will be presented by Brent C.J. Britton, Managing Partner (Tampa), de la Pena & Holiday LLP, a technology lawyer and entrepreneur. Brent will discuss seven major legal issues that can affect your startup company, and share some tips for navigating them smoothly. Event Location: 2902 W. Bearss Avenue Tampa, Florida 33618

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Pasco Extension Offers 'Herbs and Spices' Presentation

~~Free class will be held June 7, 2018~~



Spice up your culinary skills! The UF/IFAS Pasco County Cooperative Extension Service will offer a free Herbs and Spices Presentation Thursday, June 7, 2018.

Anyone interested in learning about the health benefits of herbs and spices, as well as ways to flavor common food items and dishes, is welcome to attend.

WHAT: Herbs and Spices Presentation

WHERE: Centennial Park Branch Library 5740 Moog Road Holiday, FL

WHEN: Thursday, June 7, 2018 2:00 p.m. – 3:00 p.m.

To reserve your spot in this free class, please register here: <http://bit.ly/extensioncooking>

The Pasco County Cooperative Extension Service assists Pasco County residents by developing and delivering practical, educational programs in environmental horticulture; sustainable agriculture; 4-H and youth development; and family and consumer sciences. For more information, including volunteer opportunities, visit the website: <http://bit.ly/2iB6040> or call 352.518.0156.

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	Led by Tina Tricoche	
June 10 – Manifestation Workshop	1PM – 4PM	\$35
	Led by Lynnette Millus	
June 13 – Earth Bound Rescue Circle	7PM – 8PM	\$11
	Led by Marilyn Mackey	
June 24 – Tea Leaf Readings	2PM – 4PM	\$25

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The Magic of Herbs

By Destini Crosby



Destini Crosby



Herbs have been used for thousands of years to comfort and regenerate humans and animals. We are so fortunate to have this knowledge passed down from our Elders and Ancestors. Just ask your grandmother about “remedies” and she will probably respond with ‘oh honey that’s just the way we did things in my day.’ Today we are finding amazing resurgence of the grass-roots movement, bringing us back to the Earth and all she has to offer. At Roots of the Sun we believe herbs from our Mother Earth truly support the Body, Mind, and Spirit.

The body vessel is so important, as it provides us with everything the soul, intellectual mind, and spirit need to exist on this planet. There are many ways to support our bodies with herbs, by ingesting teas, infusions, decoctions, and tinctures; as well as an array of topical uses such as poultices, salves, oils, and liniments. Herbs can offer enormous comfort by supporting the body during times of dis-ease, by providing many beneficial constituents such as minerals, vitamins, antioxidants, and nutrients. Our Earth Mother is so intelligent and knows exactly how to care for us through the use of plants. According to the World Health Organization, an estimated 80% of developing countries continue to depend on medicinal plants as their primary care. For all of human history, ancient peoples the world over have depended on plant medicine for body care. It is through this historic relationship with plants, that our bodies have developed the ability to respond to and use herbs so

quickly and efficiently. We invite you to tune into your body and consider what kind of care and attention your vessel may need.....because there is a plant waiting to comfort you!

Living in this fast-paced modern age, it is



more important than ever to support and care for the mind as well as the body. Our plant allies may help us in this venture by stimulating cognitive abilities, enhancing memory, and may even help us calm down those noisy thoughts. The use of herbs may help us find some emotional balance and assist with

meditation. Certain botanicals have even been found to help stimulate neurotransmitters. So not only do herbs keep the body healthy...they can help keep the mind happy too!

In addition to all of the amazing mind-body benefits, there are incredible ways to support and nurture our Divine spirit with plants. Using herbs can first and foremost allow our spirit a deeper connection with our Earth Mother. Incorporating herbs into regular rituals and ceremonies helps one remain intentional and flowing with the cycles of nature. Some ways to incorporate herbs into our spiritual life include burning for meditation, infusing into a bath, creating a sacred space, and balancing the chakras (energy centers). By using herbs as a sacrament in spiritual ceremony, we are able to slip into the in-between place where our spirit thrives and awaits our love and attention.

When we begin to infuse our life by following the seasons, planting our herbs and using them as our allies, we feel the spiritual connection that we all have to All of Life. If you are reading this article, you probably already feel it...this invitation from Nature to explore, experience, and receive the love and comfort that Mother Earth has for you...body, mind, and spirit.

In Gratitude, Destini Crosby.

Destini will be opening a Tea & Herb shop in St. Petersburg soon.
destini.crosby@gmail.com

By C.L. OSBORN

Infidelity: To Tell or Not To Tell



“Out beyond ideas of wrongdoing and right-doing there is a field - I'll meet you there.” – Rumi

Infidelity, contrary to what most people assume, is neither rare nor exclusively male behavior nor is it certain to end the marriage. In fact, almost a third of all marriages may need to confront and deal with the aftermath of extramarital affairs and women's infidelity statistics are swiftly catching up to those of men. The good news is that extramarital affairs are survivable and marriages can even grow stronger when members of the couple deal constructively with the affair by facing it.

Infidelity is still the number one cause of divorce. And the divorce rate among those who marry their lovers is 75%. Learn how to get the result you want.

The marital infidelities of many famous people have been dealt with publicly. These include presidents, such as Franklin D. Roosevelt, John F. Kennedy, Bill Clinton, Thomas Jefferson and French President Francois Mitterrand (whose mistress stood beside his wife at his funeral) and other public figures, such as Prince Charles, Marion Barry, Gary Hart, Frank Gifford, Martin Luther King, television evangelist Jim Bakker.

Anthropologist Margaret Mead once suggested that monogamy is the most difficult of all human marital arrangements. Clinton's assertion that he did not have sex with Monica raised the question of not only what sex is but also how marital affairs are defined and whether sex or intercourse are the defining factors in infidelity.

To tell or not to tell the truth?

The truth is there is not one right answer to the question? There are many answers, Love is messy; infidelity more so. But it is also a window, like none other, into the many crevices of the human heart. If you are or think you may be on one side or the other of marital infidelity you do not have to deal with it alone. You need to know the facts, myths and what really works in order to make the decisions you need to get the love you want.

Each relationship is it's own story, each one has it's own answer. You can create the outcome you want rather than be face-to-face with the volatile and opposing forces of passion: the lure, the lust, the urgency, the love and its impossibility, the relief, the entrapment, the guilt, the heartbreak, the surveillance, the madness of suspicion, the murderous urge to get even.

I believe we need to have a new conversation about affairs in order to transform our relationships. Wouldn't it be better to give attention to the real cause of the marital problems rather than to the symptoms?

You do not have to do it alone. I have a step by step program that can clear the smoke, myth and misery. In addition to the initial 20 things to do and 20 things not to do followed by the support and strategy to rebuild trust and love.

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infidelity & affairs: facts, myths and what works

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Did you know that truth is Universal?

By Rasheedah Sharif



Regardless of where you are, what you say, or what you do, the fact remains that within each person, truth lives.

We have all heard the expressions, “you can’t hide from the truth”, “the truth will set you free”, “tell the whole truth and nothing but the truth”, and we’ve all heard our parents say “don’t lie to me, tell me the truth.” Those expressions were created to help us live a life based on keeping our spirits free from unhealthy thoughts and words. Truth is in the realm of what has happened, not what you want to happen.

An amazing healing takes place when truth is self-revealed.

The entire body relaxes, the mind is free from carrying the clutter of one lie after another and the spirit starts to heal. When an untruth is released from the spirit, the negative energy that was once there is replaced with self-love. You recognize the fact that one untruth could have contributed to the cause of a long-term headache, unexplained acne, over-eating or the lack of motivation. This does not immediately come to the surface, but with self-reflection, the pieces begin to come together.

Let us compare living a life based on truth, with living a healthy life of clean eating and exercise. The aspect of healthy and physical living is visible to the eye. The body looks and feels good and the refrigerator is filled with fruits, vegetables and other wholesome foods.

An untruth however, is not at all visible.

I refer to this as, “the silent spiritual killer.” Silent, because no one sees it. It is internalized and then falsely communicated as truth. The individual who lives with constantly sharing these untruths, eventually creates an unhealthy spirit within themselves and within others.

Learning to live your life based on truth should become a habit. Just as we eliminate toxic foods from our diet and engage in healthy physical activity, we should make the conscious effort to live our life based on truth.

One method to help guide us in achieving this is through meditation. Not just one day of meditation, but every day until it eventually becomes a way of life.

When your mind starts to focus on untruths, it is good practice to stop yourself in that moment, close your eyes and simply breathe. Become consciously aware of the breath flowing slowly in and out of your body. Create a unique image, visualize an affirmation based on truth. Imagine the truth by visualizing an image or words or a combination of both. Often, people will state an untruth based on fear. Once you are able to dissolve that fear and replace it with what actually is, your spirit will be free of the burden of carrying that rehearsed lie.

Create a phrase, sentence or word that will aid in keeping other distracting thoughts away. The phrase can be as simple as, “I am living my life based on truth”, or “I am

thankful for my truthfulness.” A little soft music and breathing in the scent of natural essential oils will also help.

Develop the habit!

An important question to ask: Is everyone’s truth the same?

Individually, everyone holds their own personal truth. That personal truth is based on the life journey of each and every person. When all of our truths are put together, our collective truth forms. The collective truth circles the entire world; good or “evil”, light or dark. When we collectively focus on living a life based on truth, an amazing revolution of balance and peace will arise.

We were taught that telling the truth is good and right but truth is universal and does not discriminate based on what society thinks or claims as right or wrong. If a person harms another, creates chaos, or systematically destroys society, that is their truth and unfortunately the truth for those injured or destroyed in the process.

Strive to live a truth that is created from a life of peace and love!

Rasheedah Sharif, MS,

Wholistic Artist

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Unlock the Mystery of the Goddess

By Arielle Giordano

The “yang” of the world follows the sun and action, a masculine model; the “yin” follows the mystery of the moon, a feminine model, the dark and deep inner femi-nine flow. The famous psychologist and psychiatrist Carl Jung coined the terms “Anima” and “Animus”. Both refer to the unconscious masculine energies (Animus) present within the female and the unconscious feminine energies (Anima) present with the male.

Busy schedules and active lifestyles move people away from an inner focus and in-to being consumed by the outer world. The sunlight represents the outer world offering all that is obvious and a radiant view. The moonlight presents what is un-obvious. In the moonlight, you see what is just beneath the surface. As you re-pond to the moonlight, pure deeper levels within open. A new subtle seeing be-gins to appear and you find yourself no longer depending on yourself to be your guiding light. Gently and little by little, you begin to see your being coming to light. When this happens, it changes how and what you see.

Women generally are a little closer to their beings than men. Woman are being “more

feminine” when they resonate with their hearts. A woman earns being a real woman as she becomes more like her being. A woman’s deeper “womaness” is based on her being having presence thru her heart and into herself. The move-ment of that in her is the movement of her mystery. The surface levels of the be-ing are feminine and the deeper levels of the being are masculine.

When a man is really in his heart, he can be close to a woman’s mystery. Then her mystery has entrance into him. It is easier for a man to realize a woman’s mystery then for him to realize his because she is a little closer to it. As a man realizes her mystery, and moves toward it, he is not just moving in his levels of being towards her but at the same time, he is moving in his own mystery.

A woman’s mystery is how her being, her inner goddess, moves through her hu-man-ness. She may not even realize her own mys-tery but when a man is at rest and being open and soft in his heart, she gets her mystery because it moves to him and neither one may understand it.

When a woman dances in the moonlight, she realizes that she is delicately reading with more levels in the moonlight than in the

sunlight. The moonlight highlights the depth beneath and the depth above. As a wom-an moves in her mystery, she awakens to a deeper knowing and a deeper sexuality. This awakening profoundly relaxes her awareness of the sexuality she is used to in her accus-tomed self.

A deeper sexuality is the capacity to meet and commune. An awareness of the deeper levels of being and moving in those levels changes yourself. You as a self are no longer your center. You are now being what you know in your heart which is the door to your center. When a woman is being in her heart and in the truth of what she knows; she dances in the moonlight and mystery of the goddess.

Arielle Giordano Contact Arielle for a Counseling session, Essentrics consultation, Dance, Classes and Workshops. Website: www.dancingfromtheinsideout.com Email: agbeautifuldance@gmail.com Phone contact: 813-545-7173



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Truth

By Dr. Chris Jackson, PhD, DOM

The Mind Body Connection

In my recent articles entitled “Our Society’s Distorted Perception: Normal Physical Function” and “Mindfulness through Meditation” I explored the roots of psychological and behavioral disorders found in physical dysfunction. The topics discussed in these and many of my other articles reflect knowledge being derived as a huge transition is occurring in medicine and the human experience as we know it.

The mind-body connection is under exploration as various fields of medical science are transitioning toward a more integrative model. To the benefit of patients and the var-

ious fields of medicine, the transition we are experiencing is a move toward integration of conventional (allopathic) medicine with natural medical disciplines, including functional, orthomolecular, homeopathic, naturopathic, and traditional Eastern medical practices.

In the practice of this new paradigm I have seen many individuals face their own personal truths. People who have come to my practice having been told they were needing dialysis, insulin, statins, pain killers, operations, anti-depressive and anti-anxiety drugs were often on a path from rather than to wellness. Many of these patients have seen the true roots of their disorders when they have used natural approaches directed toward the underlying causes, instead of symptomatic treatment that would simply cover up and subdue the true core issues.

Assisted by the biopsychosocial model of health psychology, a deeper understanding of mind-body-spirit emerges as we explore the psychological, neurological, endocrine (hormonal), and immunological functions of our bodies. The breadth of understanding offered by this holistic approach to wellness helps us target the more fundamental determinants of health. Our awareness through this larger paradigm is now that health is not simply a lack of illness, but a true state of wellness on many levels.

As we move toward a state of overall wellness that takes us to deeper levels of understanding of ourselves, we uncover the truths within ourselves that open us to a greater awareness, health, and wellness. A true path to wellness is traversed as the underlying physiological and psychological causes of health issues are addressed. The symptoms abate not through targeted symptomatic medicine, but through a transition that occurs as a natural consequence of truly addressing the underlying causes of disorders, rather than just the symptoms.



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The Sky is the Limit

What is Your Truth?

By Meridith Hankenson Alexander



Photo by: Cedric Angeles

We are a society enraptured with Greatness and yet Greatness is a term that we frequently associate with celebrities, athletes and influencers along the lines of Nelson Mandela and Oprah Winfrey. So what about the rest of us — the ones who lead the more “normal” lives? Would we be stretching “the Truth” to imply that we too have a Greatness to share?

We’re not Hollywood’s heroes or the stuff that legends are made of. Our “superhero” days can feel more like George of the Jungle than Guardians of the Galaxy. All too often, we find ourselves listening to that little voice that tells us that we can’t. We retreat. We doubt. We dodge bullets and at some point, we potentially stop trying. Where’s our sense of Greatness then? Probably buried deep in a basket filled with the dirty laundry of low self-worth and impoverished self-esteem.

And then out of nowhere, it happens....

That one life-changing moment when one small twist in eternity transforms your life forever. Greatness not only becomes your mantra. It becomes your TRUTH.

For me, that moment came on February 19, 2016 when a group of tourists pulled into a small grotto in South America far away from the office in Tampa where I sat sifting through a string of emails. It

was a spectacular day in Colombia, South America. The tourists had just completed a rigorous whitewater adventure. The mood was festive and light. Most of the tourists were in their 20’s, visitors from around the world. They took turns jumping off the ledge above the grotto and splashing each other in their new-found camaraderie.

As the break time came to a close, one of the guides climbed up onto the ledge to take a group photo before hitting the final leg of the river. As the swimmers began to get back into the rafts, a frantic cry came from the guide, “Boulder! Watch out!” The river below erupted in chaos. In a mad frenzy, the kids scrambled for safety. All but one made it -- a young woman from the States who was in South America on a Yale fellowship. That was my daughter, Schuyler.

My phone rang at about 3:15 PM on that Friday afternoon and the walls of my world as I had known it just moments before, came suddenly and permanently crashing in. The “truth” was that the damage from the boulder had been extensive. The “truth” was that there was massive damage to her brain, skull, face and eye areas. Her lungs were crushed. Her spine was fractured. Both scapulas were broken. Her right thigh had been snapped. Her left ankle had been shattered. The “truth” was that the daughter who had spoken to me on Skype the night before was now in a

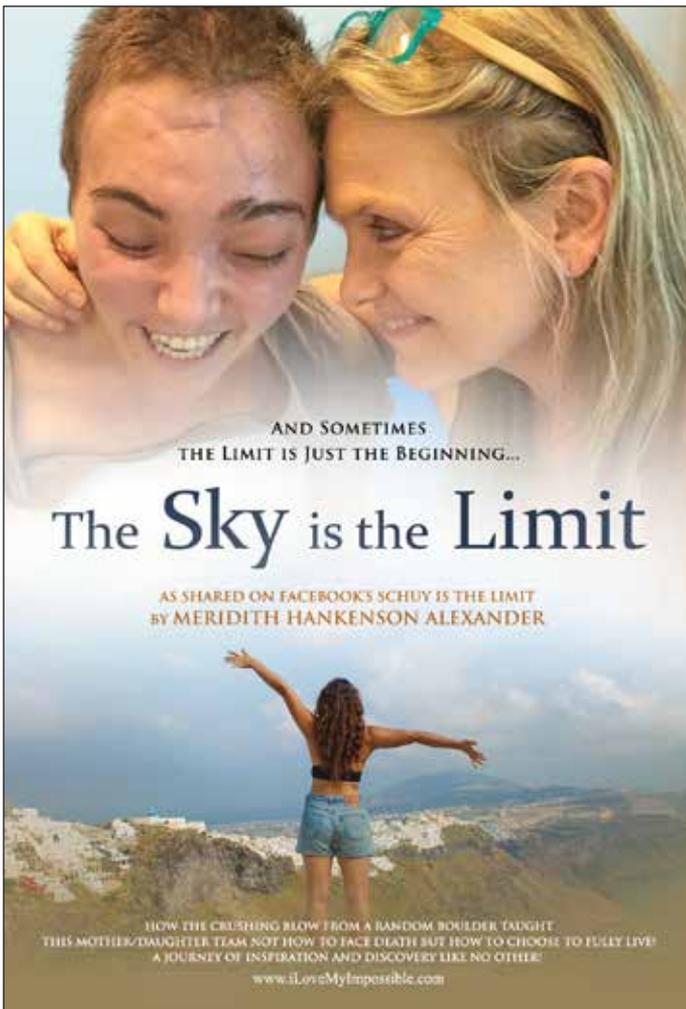
tiny ICU in a land thousands of miles away, fighting for her life. Her chances of survival based on medical precedent were minimal. For the time being, the doctors hoped to simply keep her alive long enough for me to get down there to say my goodbyes.

It was a horrible moment when my heart was swept away in a deluge of tears. Reality — the “truth” about the situation — was grim. I think that I felt crushed by every possible negative emotion — fear, doubt, pain.... Probably the worst of all was the feeling of disempowerment. What on Earth could I do to help my sweet child? And yet things are not always what they seem, are they?

Sometimes “TRUTH” can surprise us.

As I pushed my way through the negativity, I looked for any glimmer of hope — any crack in this formidable wall of doom. Now was the time to create miracles. If I was going to have a prayer of helping my daughter, I had to find within myself some semblance of Greatness. I had to be the catalyst that would inspire Life to deliver up the “impossible”.

As I sat in the plane barreling through the skies at 30,000 feet, I began to reflect on my own life, my daughter’s life... If she did not survive, what would I make this mean? Would the outcome of her life simply be that I would live the rest of my own



life declaring that I was the mother of a child who had been killed by a boulder? Absolutely not. To even think that was absurd. Schuyler's life was about love and joy and positivity. No matter what transpired, this HAD to be the legacy that I carried with me. And yet, I couldn't truly believe that her life was over — that her mission was complete, that we had reached the end of her story.

I have always had tremendous faith in the laws of deliberate mindset. I have seen them achieve "miracles" time and time again. They could not be true in one arena and not be true for my daughter. I realized that I could not do anything about the outer game of circumstances, but I most definitely could choose how to play the inner game. One soothing thought at a time, I began to inch my way out of despair. As we flew through the night sky, I found my way from sorrow to hope, from hope to belief and from belief to expectation.

By the time that I arrived hours later at that tiny ICU, I was a force to be reckoned with. So "true" was my faith in the power of expectation that I felt no need to fight. I was (yes) happy. I was calm. I was confident. I would hear the words of concern but I would not listen. I continued to say that my daughter would be "fine" — whatever our new "fine" might be. As I found this place of such "knowing" that Schuyler would be fine, it began to look like Life did indeed feel compelled to conform to my vision.

"Miracles" began to happen — first one then another ... then more...

Schuyler was flown to Miami. More miracles. The neurosurgeons began to refer to us as the "miracle" family because in our case, the "impossible" seemed to become the "I'm Possible", regardless of what the medical textbooks said.

It has now been more than two years since that fateful boulder fell on sweet Schuyler. I can genuinely tell you that the blessings have far outweighed the challenges. Schuyler continues to blossom. She is in the process of re-learning everything from standing to speaking. I am her 24/7 caregiver. Together, we laugh. We play. We savor our life together.

So what is your TRUTH?

I believe that the TRUTH is that we all have a Greatness within us — powerfully and profoundly. And it's not in spite of the boulders in our lives that we succeed. It's precisely thanks to these boulders that we learn just how high we can soar!

Meridith Hankenson Alexander
Author, Speaker, Life Enthusiast



Greenhouse Gas Concentration Reaches Highest Level in Human History

The Earth's atmosphere is more saturated with greenhouse gases now than at any other time in human history. For the first time on record, the average amount of carbon dioxide — the main long-lived gas responsible for global warming — in the air passed 410 parts per million (ppm) for an entire month.

Data collected at the Mauna Loa Observatory in Hawaii had already shown carbon dioxide readings that temporarily exceeded that threshold for a time in 2017 but not for a whole month. The new data collected for the month of April and released on May 2, underscore how quickly carbon dioxide levels continue to rise despite global attempts to reduce emissions.

The new record demonstrates that despite gains made in renewable energy and energy efficiency, heat-trapping greenhouse gases continue to build in the atmosphere, altering the odds and intensity of many extreme weather events, causing sea levels to rise, and a myriad of other effects.

"We know exactly where that CO2 is coming from, and we're pretty clear on what it does," said Kate Marvel, a climate scientist at NASA's Goddard Institute for Space Studies, in an email.

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June, 2018

What to Plant

ANNUALS: Annuals that can take full sun during the increasingly hot summer months include celosia, portulaca, vinca, and some coleus.

PALMS: Summer's warm, rainy months are the perfect time to plant palms. Make sure not to cover the trunk with soil.

HERBS: Plant heat-loving herbs, including basil, Mexican tarragon, and rosemary. Pinch back regularly to prevent flowering and enhance branching.

VEGETABLES: Plant okra, southern pea, calabaza, Malabar spinach, and sweet potato. It is too late to plant tomatoes.



What to Do

PESTS: Monitor the landscape and garden weekly for harmful insects. Knowing which insects attack a plant can aid in identification and treatment.

IRRIGATION: Watch for drought stress and water as needed if rainfall has been spotty. Focus on new plantings and follow watering restrictions. When rains begin, shut down the irrigation system.

PROPAGATION: Produce more plants by air layering, grafting, division, or cuttings.

PALMS AND CYCADS: Watch for nutrient deficiencies or other problems and use an appropriate treatment. Keep lawn fertilizers away from the root zone.

PRUNING: Lightly prune summer-flowering shrubs, like hibiscus, oleander, and crapemyrtle, during the warmer months because they bloom on new growth. Azaleas can still be pruned until the middle of next month without harming next spring's buds.

FERTILIZER BANS: Some municipalities in central Florida prohibit the application of fertilizer to lawns and/or landscape plants during the summer rainy season (June–September). See if such an ordinance exists in your area.

SOIL SOLARIZATION: Clean up your vegetable garden and solarize the soil to kill pests and disease.

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- 6/15 • Taste of Hand Building
- 6/15 • Food Truck Rally ^{FREE!}
- 6/16 • Princess Ball
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Arielle

Dancing in the Depths of Truth

As children we are told to always tell the truth. We learn to tell the truth no matter what the consequences. And sometimes telling the truth means getting in trouble and being punished. As a child I remember doing something inappropriate and then coming home. I was in the kitchen with my father standing over me. I sat at the kitchen table with a window behind me. He asked me if I did what someone told him I did. At that moment, I went deep inside myself to decide if I would tell the truth. I knew if I told the truth I would get in trouble. I was a scared child that had to make an important decision in an instant whether or not to tell the truth. I said “yes”, I did the inappropriate behavior. He slapped me across the face two times. I got up from the chair and went to my bedroom holding back my tears. That was the first and last time my father ever punished me. This was my first life lesson to tell the truth at any price. I know now that everything in life has a cost. - even telling the truth.

What is truth? Truth is what you are knowing deep within deeper than yourself and not understanding and not needing to be understood. Truth is the deeper level of connectivity within that touches you and moves you. Truth touches your heart and moves your heart. I remember knowing the truth inside me- I gave it a voice by telling the truth regardless of the cost.

Truth is stillness within when it does not move. When truth moves even a tiny little bit it is the movement of love. Truth moving is love. Truth within is still and in the deepest within is a thick rich black darkness. As soon as the truth moves even just a touch there is light. It is that movement and that light of truth that is responded to. The light within interrupts and disturbs a sense of self of everything that seems to hold it together in yourself. That interruption offers you a depth of knowing within that is so much richer than anything in your familiar self and your life.

As the truth moves within you, its movement moves your being. The movement of your being makes deep sense within you without any relatedness to your familiar self. This touch of truth that moves your being does not resonate with your thinking life or your past. What it does address so deeply is the real you. It aligns you to your inner depths. This is your invitation to align with what is aligning in you.

As the touch of the beyond opens in you, it makes yourself still while profoundly activating you, drawing you in and answering your whole sense of what is real- shifts. And, then it is not yourself and your life that is real to you and opening in you but instead it is the tiny touch of the beyond that is real to you. As you let the truth within have you,



there is the deepest most quiet “yes”.

Everything that appeals to yourself does not appeal to this, within. As you remain in this knowing of the truth within, you in the midst of yourself and your life will change into belonging to this which is higher. As you allow what you are apprehending to apprehend your shift. In this shift, yourself and your life will deeply change. An inner alignment with the truth within follows through because of your response that is aligning to everything that is yours and to the truth within. This is like cosmic love calling you higher than all of this world in a most lovely way.

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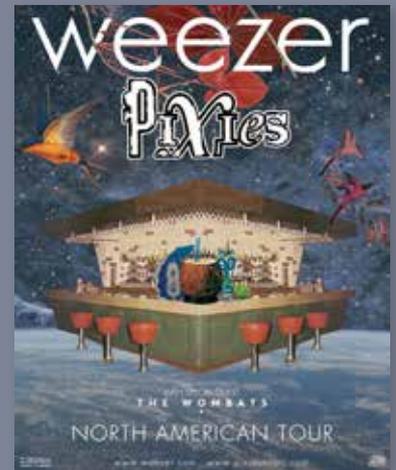
Luke Bryan: What Makes You Country Tour 2018
WITH: Sam Hunt, Jon Pardi, Morgan Wallen, DJ Rock
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Sat, 06/23/18, 4:00 PM



Halftime Music Festival
DETAILS: Snoop Dogg, T.I., KaRoL G, Baby Rasta, Gringo, Brytiago
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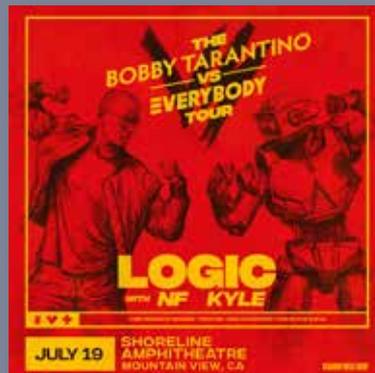
Daryl Hall & John Oates and Train
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TRUTH

By Bobbi Rise

Just as beauty is in the eye of the beholder, truth is in the mind of the perceiver. Certainly, we can concede that people see and think differently about what is, and it's not hard to understand why. First of all, we have different sets of beliefs that comprise the perceptual windows for our common experiences. Then, we interpret these perceptions using our judgements which are based on our characters and personal life experiences. Finally, we massage these unique determinations into place in our lives by the needs of our egos. Bottom line, we each have our unique version of "the truth." That means there are 8 and a half billion people living together with 8 and a half billion versions of "the truth." That would make it hard to believe that any random group of people could even have an agreeable conversation!

It's also interesting how these obvious differences in everyone's personal realities, are validated so easily by the number of people that agree with them. That validation comes from many sources including from others in our homes, in our villages, in our cultures, or in our religious followings. Aren't these differing "group truths" the very making of political and religious arguments? and certainly the making of wars? Just think back to all the people on this earth hundreds of years ago who all absolutely agreed the world was flat. Now that was a truly powerful and long-lasting "group truth."

So, how does one ever really get to the truth with the determiners being so individualized? I decided to start with the simple definitions of "truth" from such resources such as Merriam Webster, Oxford, Collins English, and Wikipedia. Unfortunately, we get the typical definitions that say "truth is conformity to fact or actuality," or "the quality or state of being true." Then you have your theorists, such as those of the Congruent Theory (in which truth is in relation to reality). If we go more deeply to understand this concept, we get into the Biblical ("a quality when describing utterances of the Lord") and philosophical

discussions that go back centuries including those (such as those of Kant) who believed no man can get to what is true.

I have lived a good number of years, and I've had enough occasions where "known truths" have been debunked, and old scientific principles taught to everyone in school were thrown out due to new discoveries. My mindfulness practice includes reminders as to who is doing the thinking in my own mind. Byron Katie, author of Loving What Is, reminds us to challenge our own thoughts through what she calls The Work, because our egos have a hard time accepting that our truths just might not be true. And, after a lifetime of studying the mind in careers as a counselor and a clinical hypnotherapist, I am aware of how easily we all buy into "our truths" without question.

With this in mind, I have now reached a new conclusion about what I need to know to be comfortable with the concept of truth. I go within. I find "my truth" to be what feels real to me as an inner knowing, or that which feels authentic, aligning with my whole being - my essence - my soul, if that makes sense to you. I think of Truth, with a capital "T", as that which can never change - the eternal... that of a Higher or Divine power to which I feel directly connected. The truest connection to Truth for me is from that oneness with that Loving Energy with its derivatives of kindness and compassion. Anything else, all agreements with others as to what is true, are subject to change. All "facts and realities" are conclusions based only on what we know at the time. They come from the mind and not from the soul. When I relax into the present moment and reach inside to connect with that beautiful and peaceful place, I find Truth, and that's all I need to know.

Author Bobbi Rise is a Clinical, Transpersonal, and Interpersonal Hypnotherapist, having completed the 500+ hour program of study at the State -Licensed Florida Institute of Hypnotherapy, and is a member of the International Association of Interpersonal Hypnotherapists. In addition, she is a Nationally Certified Life Purpose Coach, following her 35-year career as an educator and school counselor with a Master's Degree. She has written a book for adults to use to help children called Behind the Counselor's Door: Solutions to the Most Common Middle Schooler's Problems, and she has recorded A Guided Meditation for Peaceful Power - Embracing Your Authentic Tapestry to help people seek their inner resources. Bobbi is available to work with clients at The Zen Zone Experience, 3964 Tampa Rd., Oldsmar, 727-798-3964.



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Higher Truth and Wisdom

To link with higher truth and wisdom, learn about the chakras, energy centers, practice working on them and meditate daily, connecting to your Higher Self.

This is a New Age, the Aquarian Age that began on 11-11-2011. Prior to the beginning of the Aquarian Age, it was prophesied that this time would bring an overload of information, technologies and chaos of energies. Thus, it was known by the gurus how important it would be to have a daily practice of yoga and meditation to connect to—in order to center, ground, elevate, know higher truth, wisdom, discernment and receive daily spiritual guidance from the Higher Self and God.

The highest level of truth, knowledge, understanding and wisdom can be known and discerned when you have achieved, mastered through daily practice – moving energy in the body, clearing the energy blockages, balancing the chakra energies, meditating by connecting to your Higher Self for spiritual guidance. There is much to know about the energy body, including the chakras, and how the state they are in affect your thinking, feeling, functioning



and consciousness level.

The fifth chakra is the throat chakra. It represents the projective power of the word. This chakra is located in the throat, neck, thyroid and trachea. The qualities of the fifth chakra are truth, knowledge, the ability to communicate effectively, inspiring and teaching. When the chakra is blocked and unbalanced, there can be shyness, insecurity, fear of other people's opinions and judgment, lethargy, problems with the voice, throat, neck or thyroid.

Some yoga exercises that focus energy to this area are cat-cow, plow pose, camel pose, shoulder stand and neck rolls. All forms of chanting help to restore and balance energies in the throat chakra.

In order to have optimal physical functioning, mental and emotional wellbeing and expanded qualities of a fine tuned human being, all of the chakras need to be examined and worked on to clear blocks, the chakras balanced and the Kundalini Energy flowing through all chakras via the Sushmuna, the central energy channel. In this state, you have a strong sense of self-esteem, well-being, health, vitality and presence. Negative influences, including illnesses do not penetrate and you have the ability to manifest easily your needs and desires.

Carolyn Puckett is an Expert Myofascial Release Therapist, Spiritual Response Therapy Practitioner, Kundalini Yoga Teacher, Teacher of Meditation. www.BlissMyofascialRelease.com. Facebook- Bliss Myofascial Release.



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By Dr. Imsara



ARIES
March 21st – April 19th

Trust-the point to living life is to experience it. When in doubt step back and take another approach. Stay of good cheer. Give out the vibes you would like to receive. A new world is forming. Reflect on the signals. Correct your path where necessary.



TAURUS
April 20th – May 20th

Minuscule details will just serve to slow you down. Over the next seven years you will note an accelerated pace of growth and awareness is now available to you. First and foremost, stay flexible. Seek stability in simple things with simple people.



GEMINI
May 21st– June 20th

Slow down, count your blessings and sharpen your focus. You will need more rest over the coming months and clear any chaos out of your environment. Be flexible. Do not discount what you are feeling. Instead validate them with action. You radar will be going into overdrive.



CANCER
June 21st – July 22nd

Creativity is at the forefront. So leave behind managing others while you step away and step out to explore new aspects of yourself. This can refresh and revitalize your spirit. It's about giving to yourself what you need. That is the secret of true self-sufficiency.



LEO
July 23 – August 22

Mind your p's and q's by staying out of affairs that do not concern you. Most of all, it does not matter what others think of you. Start practicing detachment with flair. This means you look at events with a dash of bemusement. Freedom will surely follow.



VIRGO
August 23 to September 22

It is time to turn the dial down on stress and sweep all secondary elements aside. In a nutshell, it is time to give yourself a good strong and consistent dose of tenderness. Realize that all the things that urge you to hurry and fret are basically non-important in the long overview of your life. Release, rest and carry-on.



LIBRA
Sept. 23rd – Oct. 22nd

Start contemplating some creative projects. Let yourself fly by exploring some new ways to both express and learn what you can do. Take yourself beyond current boundaries. It is time you turned up the wattage and let your light shine just a bit brighter.



SCORPIO
October 23 to November 21

Exploration is the key. There are greater depths within you to explore Now. The emotions within you have a message. Take this time to quietly perceive what that might be. The True Self tends to speak in a whisper. If not heeded it gradually begins to fade. Respect it.



SAGITTARIUS
Nov. 22nd – Dec. 21st

Quietly take stock of any unfinished business. Make amends where necessary and bury the ghosts of yesteryear with no regrets. With a strong dose of openness and wisdom gather what you have learned and begin to form new strategies, methods and routines both in your work and personal life. Be the experience.



CAPRICORN
Dec. 22nd – Jan. 19th

Beauty is always in the eye of the beholder. You need more beauty in your life. Look beneath appearances and begin to listen to the heartbeat of those around you. Making that a habit would go far in helping your progress in your own evolution. Eventually it can produce contentment and wisdom.



AQUARIUS
Jan. 20th – Feb. 18th

Resilience is your friend. Instead of others acting as mirrors to you, hold the mirror to yourself. Begin to question thoughts, actions, decisions and re-cent outcomes. Leave the fussy times to others. Hold yourself accountable. Claim the richness within your life.



PISCES
Feb. 19th – March 20th

You are growing stronger within yourself. Old self images are fading away as your True Self begins to grow in both strength and vigor. If this is mystifying to you, you are not paying attention. Old habits kept in place will be useless to you in the times ahead. Be fresh, be open and be direct when and where necessary.



Dr. Imsara is an evolutionary astrologist, acupuncture physician, teacher and facilitator of journeys to expand and support your evolution. She holds a Doctor of Oriental Medicine and a Master's in Public Health. Imsara is offering a series of exciting new classes in St. Petersburg and at Wings Bookstore in St Petersburg. Dr. Imsara also teaches classes at the Temple of the Living God and in Bradenton. Retreats are planned for 2018 and will be posted on my website and by signing up for my newsletter at: www.imsara.com. Dr. Imsara sees clients and patients at her home of-ice and also does phone consults. Call for an appointment at: 727. 821.8300

Does “Good Try” Really Mean “Good Try” Or Does It Mean “No Success”?

“Good try”. Ever heard those words and thought “Aww, how cute. They tried hard but didn’t accomplish the objective?”

I remember as a child, stamps in my books from the teacher saying ‘Good try’. These were the ultimate recognition that you really didn’t understand the work. As a teacher myself, often I would start a comment with ‘Good try’ when I was really struggling for something positive to say about the output, but knew that the child had dedicated at least some time in an attempt to complete the work.

Publicly recognizing achievements in assemblies or at awards ceremonies, ‘trying hard’ was often used as a descriptor to acknowledge those children who weren’t academically high achievers, but did work hard each day. Rarely did you hear stories regarding effort from within the classroom if the child was also deemed highly intelligent; academic attainment typically took precedent.

From a young age, we are conditioned to believe that academic success is the ultimate achievement and that exuding effort is secondary. Those children who can effortlessly achieve anything (and realize it) are seldom taught to value effort, as, well, ‘they don’t need to’. I have delivered many parent/teacher conferences and whenever I told the parents that their child lacked effort, (rarely was any parent surprised at this information) but did well in school, most parents laughed it off, because, again...why does their child need to exert effort if they are over-achieving? Isn’t that a waste of energy?

Millennials receive a lot of negative press about being entitled and expecting opportunities to arrive in their laps and, arguably, lots of this is due to societal conditioning where effort is regarded as inferior to attainment. Ironically, beyond the structured world of academia, rarely does society value effort in the same way. Very few people can successfully contribute to society based solely on their success, and those who do, are often stigmatized as being arrogant. Think world class soccer players, for example. Those players who rely

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solely on their elite talents are rarely in the media for how much ‘team spirit’ they contributed to, or for the fact they are celebrating their 10th wedding anniversary.

In both the working and recreational world, as adults, effort takes precedence more frequently. People would rather devote time to someone who tries rather than someone who clearly grasps concepts easily with an air of arrogance. In fact, it is one of the things I love most about fitness. You can buy yourself boobs, pretty nails or a sun tan. But you cannot buy your physique anything like as easily. Sure, you can get liposuction or take drugs, but, for most people, the results are so unpredictable, and, for such an expense, most people simply do not bother.

A toned physique requires continuous

effort and maintenance, almost every day. Again, sure, you can have days here and there where you don’t exercise or eat ice-cream for dinner, but unless these episodes form the minority of your habits, you cannot (literally and figuratively) have your cake and eat it. Ironically, people often look towards those with good figures as being self-obsessed and vain (both, arguably, sharing similarities with arrogance), yet, actually, having such a physique is testament to relentless effort. People seek quick fixes, but seldom do these pay off.

A “good try” is often the driving force behind us getting results. A “good try” at work shows loyalty, dedication and passion. A “good try” in a relationship shows commitment, trust and care. A “good try” in fitness shows determination, resilience and pride. A “good try” at anything encompasses all these descriptors and more. We want people to be triers, yet to break this ever-strengthening stereotype that younger people don’t try, I suggest we first frame how we project ‘trying’ to the littlest of people.

NIA KAYE is a 28 year old British expat living in Tampa, Florida. she is a fitness fanatic, loves lifting weights; cooking (and eating) good food and listening to fitness and nutrition podcasts.



She has competed in two bodybuilding competitions and has her first powerlifting competition in February 2018. She fully believes in ‘embracing the grey’ and that fitness, life and everything else is never simply black and white.

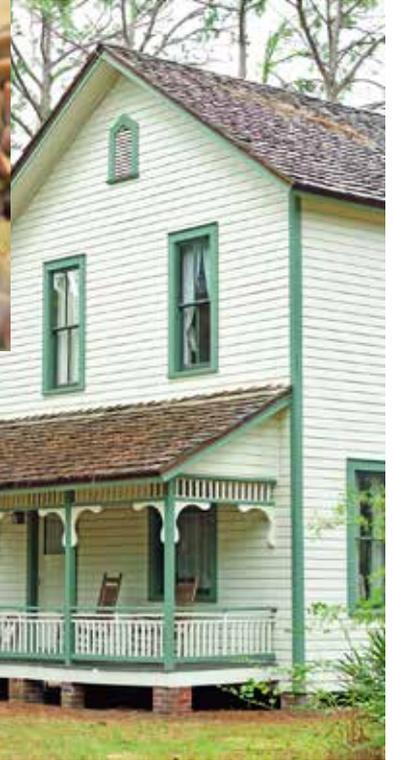
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By Danni Matter

Although there are many fun and exciting attractions and sources of entertainment in the Wesley Chapel and Tampa Bay Area, it is not often that you come across one that is beautiful, expansive, and doesn't require any kind of admission fee. The Pinellas County Florida Botanical Gardens is one such gem, located off of Ulmerton Road in Largo. It's about a 45 minute drive out from Wesley Chapel, but definitely makes the trip worth your while. The garden itself spans 182 acres in its current state, divided into different areas such as the Children's Trail, Tropical Garden, Aquatic Habitat, Herb Garden, and many more. Having visited twice now, I can tell you from experience that it takes up to 2 hours or more to fully experience everything the Botanical Gardens have to offer, so sunscreen and a good pair of walking shoes are recommended. Picnic tables dot the trail throughout the Tropical and Palm Gardens, offering visitors a place to rest and have a snack while surrounded by beautiful foliage. In addition, friendly dogs are welcomed in the park, so your furry friends can join you on your trek as well.



Operated by the Cooperative Extension Service, the idea to open the Botanical Gardens was first proposed in 1991. The original site was a mere 10 acres, on which they hoped to open a new outdoor learning center. The first concept was called Pinewood Cultural Park, which was meant to combine art, history and the environment. It was eventually scrapped due to the closing of the Gulf Coast Museum of Art, among other difficulties. However, the plan continued to adapt and expand, changing from a learning center to a full-fledged botanical garden that would replace the Suncoast Botanical Garden, which opened in 1962 and is no longer in operation. Assistance with the planning came from all over, including Tampa Bay citizens, horticulturists, and plant societies. Preparation and construction of the gardens were hindered by many factors, including invasive plants, a creek running through the site, and accommodations being made for a bald eagle which had decided to nest on the property. Eventually, however, the gardens opened to the public on December 2, 2000. Since then, its 10 gardens have been drawing visitors from all over Florida, providing education about horticulture and ecosystems to the public. Employees of the Gardens are tasked with the important responsibility of maintaining the health of the natural sites and wetlands located

within the grounds, which preserve a piece of Florida's natural habitat that has been lost in so many other areas. It is asked that visitors stick to the trail, since many of these areas are sensitive, but observe and appreciate the organic state of the land we live on. If you look closely, many animals can be heard and spotted as well, from different kinds of birds to fish living in the creek beneath the bridges. It is an all-around refreshing experience, and a great place for kids to explore as well.

Personally, however, I think one of my favorite things about Florida Botanical Gardens is that they are within walking distance of Heritage Village, another free attraction located right across the parking lot. Heritage Village is a stunning accumulation of restored historical buildings from all over Pinellas County, including a general store, railroad depot, two schools, and a variety of historic homes. A total of 33 historic structures reside within the village, which takes at least another hour to peruse. Volunteers are present throughout different locations, recounting the historical value of many of the sites. Signs are posted in front of each location, recounting the people who lived and worked in them throughout history. It is also an ongoing project, with new homes still in the process of being restored. Many of the homes displayed belonged to pioneer families

of Pinellas County, such as a two story log cabin which has been refurbished with antique furniture relevant to the time period. It is truly like taking a trip back in history, and provides entertainment along with educational value for attendees of all ages. Sponsored events are held throughout the year in the village, with all donations supporting the continued restoration of the buildings and upkeep of the park. Tours are also available at certain times throughout the day, information for which can be found on Heritage Village's website.

There are not many similar places to Heritage Village or the Florida Botanical Gardens which do not require any admission fee, but rather are free to the public and provide so many opportunities to learn about our state's past and present. Additionally, the Gardens and Village are open almost every weekday throughout the year, so it's never a bad time to make the short trip out to Pinellas County and learn something new. If you're planning a spring wedding, both locations are available for weddings, and the Botanical Gardens even have a beautiful Wedding Garden that provides an idyllic setting to tie the knot. So whatever your reason, if you're looking for a day trip, give Pinellas County Florida Botanical Gardens and Heritage Village a visit. You won't regret it!

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Crystal Bowl Healing Concert with Renee Dollar Saturday June 9th, from 1-3 \$20 Come relax, enjoy and experience the healing energy of Renee's magical bowls. Zen Zone Experience, 3964 Tampa Road, Oldsmar Fl 34677, or book online at zenzoneexperience.com

Reiki II with Howard Minton Sunday June 10th from 12-5 \$150.00 Includes Certificate. At the Zen Zone Experience, 3964 Tampa Rd Oldsmar, Fl 34677 #727-251-7849 or book online at zenzoneexperience.com

Circle of Tampa Bay Drawing in the Wealth with Tina Tricoche Thursday June 7th from 7-830 \$15 Zen Zone Experience, 3964 Tampa Rd Oldsmar Fl 34677 727-798-3964 or book online at zenzoneexperience.com

JUNE 15-21

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TEA LEAF READING: June 24 from 2 PM-4 PM. Let's have a Tea Party. Enjoy sitting around a table on a Sunday afternoon sipping tea with friends while receiving messages from Marilyn Mackey as she reads your tea leaves. Cost \$25. Held at Spiritual Guidance & Learning 11580 Oakhurst Rd. #1 Largo, Florida 33774. RSVP: Carla at (727) 460-7656 or email carla.beetar@gmail.com.

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Can Hypnotherapy Reveal the Truth?

Understanding Hypnosis and Universal Experience

By Matthew Brownstein, CCHt

Can truth be known by mere human beings? Our religions offer us one perspective on truth, yet for many people these systems of thought fail to offer a satisfactory explanation of our origins and of who we really are. Science has helped greatly, yet many still feel that something is missing based upon the limitations of scientific inquiry. The question then could be, “What does it take for a human being to know truth and what does it take to convince us that we have indeed found something that is consistent, reliable and trustworthy, that has practical application in our lives, and in our relationships with others?”

ENTER HYPNOSIS

Generally, in the field of Clinical Hypnotherapy, we acknowledge that the subconscious mind does not know fact from fiction. Therefore, the mere state of hypnosis (a natural yet altered state marked by responsiveness with the subconscious mind), when it is used to ask questions of the deep inner mind, cannot be said to show us a reliable source of truth regarding understanding who we truly are, what the universe truly is and what our place is within the whole. We might find subjective truths, yet Truth with a capital T, may still allude us without deeper inner work.

ENTER HYPNOTHERAPY

Unlike simple hypnosis, hypnotherapy uses powerful transformational modalities to transform subconscious content in ways that benefit the person, the hypnotherapist and everyone else that these two encounter. The process transforms fear into love, anger into peace, and hurt into joy. Through many powerful techniques, whose basis are all rooted in

forgiveness, we tap into an inner experience that tends to be universal. At the core of every human being, hypnotherapy shows us that there is peace, love and joy just waiting to be found. This inner experience is a truth that is available for all. When negative beliefs and painful emotions drop away then the truth of who we really are begins to shine through. This experience has proven to be trustworthy, reliable, dependable, and most importantly, it is consistently there to be experienced directly.

DISCOVERING INTERPERSONAL HYPNOTHERAPY

A return to peace, love and joy is beautiful for the client and certainly for the hypnotherapist who facilitates such shifts, yet truth does not exist in isolation. Truth, for it to be true, must be true everywhere and for every person. If truth is not practical and transferable to our other relationships, then it cannot be said to be truly valuable in the deepest sense of the word. In the Interpersonal Hypnotherapy model, we honor that there is something sacred within each transformational relationship and that what the client and the hypnotherapist are tapping into is a universal source of healing, which does indeed lead to more peace, love and joy for relationships that exist way beyond the hypnotherapy office.

IS TRUTH ATTAINABLE THROUGH INNER PEACE?

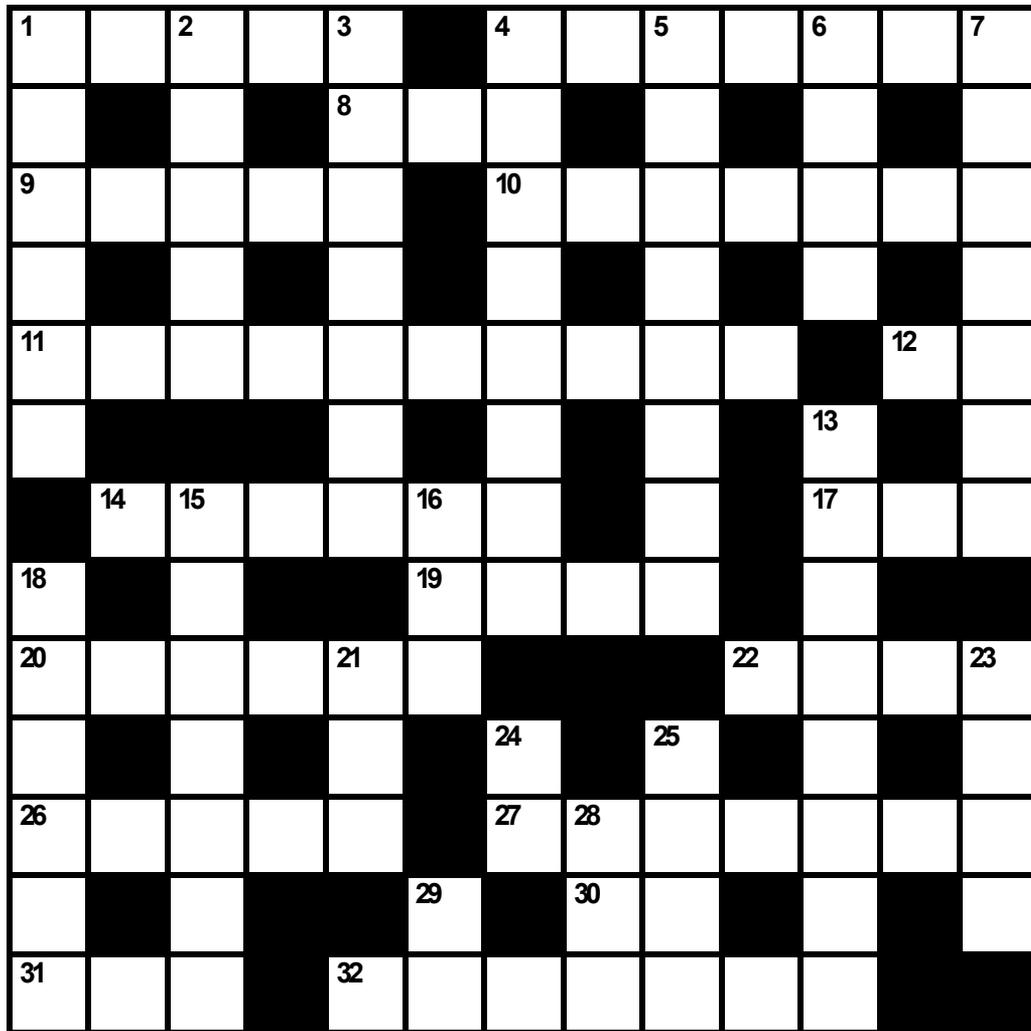
If truth is what is, then we need to see clearly without our internal filters, which

cloud our experience of what is. So many of these filters come about from negative childhood experiences that are stored in the subconscious mind as memories, beliefs and emotions. Interpersonal Hypnotherapy very effectively clears the blocks to the awareness of our own inner truth. This truth then is meant to be extended out to others in a way that gives our lives more purpose and meaning. With a quiet peaceful mind, and a joyful and loving heart, we find a view of reality that not only is immensely satisfying, but one that seems to speak of an ancient truth which can be deeply experienced again and again. We have learned through consistency that there is one truth residing at the very core of our being and any chance to express and to live this truth is always worth our kind acknowledgement.

Matthew Brownstein is the founder of the Institute of Interpersonal Hypnotherapy, Florida's first and after 12 years only State-Licensed postsecondary vocational institute which provides career diplomas in professional hypnotherapy that are backed by the Florida Department of Education. Matthew has been in the field for over 25 years and has taught and practiced hypnotherapy around the world. He currently teaches and travels extensively as he raises the standards of hypnotherapy training, while working to maintain high spiritual and ethical standards within this exciting field of study and occupation. For more information about Interpersonal Hypnotherapy training, visit www.InstituteofHypnotherapy.com or call 800-551-9247.



Crossword



Across

- 1 An ____ a day keeps the doctor away
- 4 Condition where the skin is red
- 8 "Fancy that!"
- 9 Sugary cake topper
- 10 Color of some plums
- 11 Caused by a medical practitioner
- 12 Volume measurement
- 14 Dieter's equipment
- 17 Cancels, with "out"
- 19 Arrival times, for short
- 20 Bone density measurement (2 words)
- 22 French cheese
- 26 Sharp-tasting
- 27 Sickness that often accompanies pregnancy
- 30 State famous for apples, abbr.
- 31 Pecan, for one
- 32 Born early

Down

- 1 This kind of environment in your mouth can cause erosion of dental enamel
- 2 Copy, a recipe perhaps
- 3 Chinese appetizer (2 words)
- 4 Dietary supplement that may lower cholesterol (2 words)
- 5 Healthy fish which have high levels of Omega 3
- 6 Medical breakthrough
- 7 People who are physiologically compelled to take drugs
- 13 Key factor in any health regimen
- 15 Fruit that provides milk
- 16 Wide shoe fitting
- 18 Cholesterol lowering drug
- 21 TV cook
- 23 Breakfast protein sources
- 24 Dawn time
- 25 Measure of weight
- 28 Be in debt to
- 29 Medical professional

answers



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