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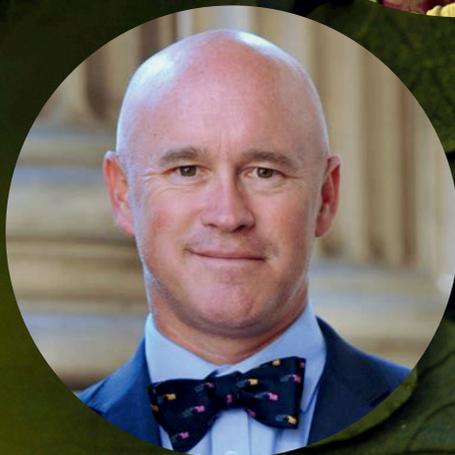
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The articles and resources offered by Pathways Magazine and its affiliated hosted events demonstrate a common belief on the part of local individuals, businesses and contributors that sharing ideas and expertise builds community and commerce in a spirit 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.

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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.

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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 \$20/year and direct-mailed. Order online at: www.PathwaysProductions.com, under the Magazine dropdown menu.

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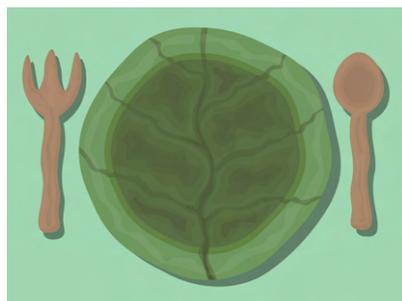
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By CeeJ Maples

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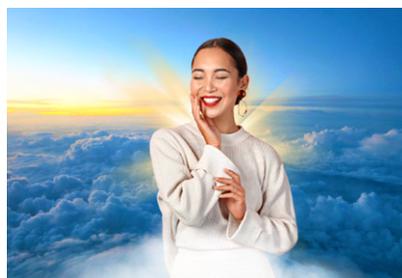
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Understanding the difference between 'biodegradable' and 'compostable' materials is key to making smarter choices for the planet. *Page 65*



Reinvention is a fresh start. Contributors within the Pathways Community — Trish Hall, Mariana Martinez and Emily Jennings — share their personal stories of reinvention, and the lessons we can take away from them. *Page 71*



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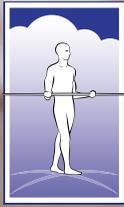
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PATHWAYS MAGAZINE CELEBRATES 50 YEARS IN PRINT!
PLUS AN INVITATION TO THE SPRING 2025 NATURAL LIVING EXPO
A Message From Publisher Erin Desabla and Your Pathways Team

Fifty years ago, Lou DeSabla started publishing Pathways Magazine. We are honored and humbled to have carried on this work all these years in the same spirit of sharing resources, supporting local businesses, and building community. As the world around us changes, we also continue to evolve and adapt in order to stay engaging, informative and relevant. Print is not dead, promoting regional commerce is more important than ever, and nurturing understanding, empathy and activism is essential. We love this work and our Pathways Community! As long as we have your support, we aren't going anywhere.

So celebrate our 50th Anniversary with us! Enjoy this latest issue of topical mind, body, spirit, and eco-focused content. Attend our upcoming Spring Natural Living Expo for a full day with a wonderfully diverse community of folks who want to shop, learn, network and explore. Check out our new Literary Salon, pick up some Pathways Anniversary merch, see old friends and make new ones. As Lou always used to say, "Come share in our joy."

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Reclaiming Our Deepest Roots: An Introduction to Nature Informed Therapy

BY HEIDI SCHREIBER-PAN, PHD, LCPC

I'll never forget trekking through the Dolomites in the Italian Alps one August. My family and I started early in the morning, the valley below basked in warm sunshine and a gentle breeze. We were confident, invigorated by the bright day. Yet, as soon as we began our ascent, the weather shifted rapidly — clouds gathered, rain turned to hail, and eventually it started snowing heavily. By the time we reached the mountain hut near the top, we could barely see the person walking right in front of us, let alone the breathtaking vista we knew was out there somewhere, lost in the swirling mist.

The next day, the skies cleared. After a short hike further up the trail, the panorama exploded into view — peak after jagged peak, shimmering in the early sun. Standing there, I felt the most intense sense of awe and transcendence, a moment of deep interconnectedness. This was more than just a pretty sight; it was a profound realization of nature's capacity to move us — body, mind and spirit — through challenge into renewal. That journey, braving the storm to be met by the mountain's unwavering beauty, is became the seed that blossomed into the work we now call Nature Informed Therapy (NIT)

What Is Nature Informed Therapy?

Nature Informed Therapy is grounded in the idea that we humans and the natural environment are deeply interwoven. When we experience disconnection from nature, we also experience distress, anxiety, or a generalized sense of unease. Conversely, as we mend our bond with the living world, we often see psychological and emotional healing unfold in a way that feels authentic and life-affirming.

Unlike purely indoor therapy models, Nature Informed Therapy integrates the therapeutic benefits of natural settings — forests, gardens, mountains, even simple urban green spaces — into the healing process. Rather than confining ourselves to an office chair, we might walk side by side with clients along a wooded trail, encourage mindful observation of a tree's bark, or guide gentle movement in a calming meadow. Nature itself becomes a partner in therapy, providing grounding sensory cues and a tangible sense of belonging.

Beyond Adventure and Wilderness Therapy

People often ask if Nature Informed Therapy is the same as adventure therapy or wilderness therapy. Although these modalities share similarities, they are not interchangeable. Adventure therapy tends to emphasize physical challenge and adrenaline-fueled activities — like rock climbing, white-water rafting or high-ropes courses — whereas wilderness therapy might involve extensive backcountry expeditions with an immersion in remote outdoor settings. Both offer wonderful

benefits for fostering confidence, teamwork, and experiential growth.

Nature Informed Therapy, however, focuses primarily on restoring a relational bond with nature. It can incorporate certain elements from adventure or wilderness therapy—indeed, our programs sometimes use rock climbing to help clients work through fear or hold backpacking retreats that tap into the somatic power of movement for processing trauma and grief. But one does not need to scale a cliff or trek into the backcountry to experience NIT. We teach practitioners and participants to draw nature into the counseling process in myriad ways: from bringing plants, natural sounds, or small outdoor rituals into a traditional office setting, to gentle “walk-and-talk” sessions along a local trail. The key is fostering a deep, authentic relationship with the earth, so clients not only heal but also rediscover their own resilience within the greater ecosystem we all share.



Moving Beyond Talk and Into the Body

One of the core principles of Nature Informed Therapy is embodied experience— healing that transcends intellectual analysis and roots itself in the wisdom of the body. Conventional talk therapy can, at times, remain in the realm of the mind, focusing on cognitive reframing or verbal exploration of emotions. While these approaches have enormous value, many individuals find themselves still feeling stuck or disconnected.

In a NIT session, the environment becomes an active co-therapist. For instance, you might sit with a client in a quiet clearing, encouraging them to notice the rustle of leaves overhead or the softness of moss underfoot. This multisensory engagement helps reduce stress hormones such as cortisol and supports a calmer nervous system. By inviting the body's sensory awareness into the healing process, we open the door to new insights and more profound emotional release.

Reciprocity: Healing Ourselves, Healing Our Planet

When we talk about the power of nature to heal, we also underscore our responsibility to care for the environment that sustains us. In Nature Informed Therapy, we emphasize **reciprocity** — the mutual exchange of support between humans and the more-than-human world. As nature helps us heal, we in turn commit to nurturing and protecting the planet that provides these transformative moments.

This sense of mutual care often emerges spontaneously. When someone experiences solace under a centuries-old oak, or finds renewed hope while gazing at a mountain sunrise, they frequently develop a deeper respect for the natural world. We see this in clients who come to us grappling with eco-anxiety, overwhelmed by the realities of cli-

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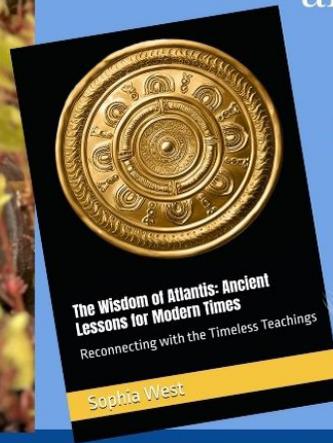
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Your Guide to Spirit Guides

BY ANNIE LARSON

Spirit guides are non-physical entities that assist you in your life's journey. They are unique to each person and are a part of one's spiritual team. These benevolent presences deeply attune themselves to your life's purpose, challenges, and growth. They offer wisdom, ignite inspiration, and provide support, all while subtly guiding you through life's various challenges. Your guides can be angels, ancestors, nature spirits, star beings, animal spirits, ascended masters, deities, or other beings who have a sincere desire to help you.

Until you decide to communicate with them, they are there, gently offering guidance. They come and go throughout your life. Some stay for specific events in your life; others are lifelong companions assigned at birth, such as guardian angels. However, you attract many more throughout your lifetime based on your needs.

Lifelong Guides

Lifelong guides are personal guides you don't have to connect with every time you need to work with them. You have at least three personal guides: a master guide, a guardian angel, and a gatekeeper guide.

Your master guide is interested in your soul's development or evolution in this incarnation. On your road to enlightenment, they help you reach the next level of incarnation or help you escape the cycle of birth and death.

Your guardian angel, as the name implies, is there to protect you. Think back to a time when you avoided something that saved your life or kept you from injury. Maybe you heard a voice in your head warning you, or maybe you had a strong feeling. Such is the work of your guardian angel — to keep you from harm.

Your gatekeeper guide is like a big burly bouncer. This guide decides who has access to you and your energy. Your gatekeeper doesn't offer guidance but rather offers protection. My gatekeeper guide keeps unwanted spirits away from me, so I'm not randomly reading people in the grocery store. They can feel quite heavy in your energy. If you haven't met your guide, you will if you develop your psychic or mediumship skills, as this guide is essential to offering professional readings.

Helper Guides

Unlike lifelong guides, helper guides are transient and designed for specific tasks, practices, and development. They may be called upon for help with psychic and mediumship work; trance and channeling; alternative healing; advanced learning; shamanic journeying; and land cleansing. They require you to connect with them for support and guidance, as the situations warrant. You need to set an intention to communicate with them and allow time to form a relationship.

Helper guides can manifest in diverse forms, each with unique characteristics and specialties, such as elementals, Reiki guides, elders, Akashic record guides, ascended masters, master teachers, light beings, gods and goddesses, spirit animals, otherworldly beings, and Earth angels.

Elementals are nature spirits connected to the elements (earth, water, air, fire). Earth elementals connect to the land. They are called elves, sprites, fairies, gnomes, etc. When engaging with the land for cleansing or making changes, it is wise to connect with these spirit guides.

Take, for instance, the special dispensation of [elves in Iceland](#). People hire elf arbitrators for construction projects to determine whether

construction or road plans will disturb the *huldufólk* (elves or "hidden people"). You can find elf arbitrators at Magnús Skarphéðinsson, the [Icelandic Elfschool](#) established over 30 years ago in Reykjavik. New roads are typically built to go around known elf dwellings instead of destroying them by bulldozing. In Kópavogur, the street takes a peculiar turn around rocks identified as an elf dwelling. Before mediation between the *huldufólk* and elf arbitrators, many bulldozers broke down during the road's construction.

Reiki Guides are spirits that assist in energy healing practices. One usually encounters them upon becoming a Reiki Master; then they remain with you in your healing practices.

Elders are wise entities offering profound insights. Elders may be deceased family members that had experienced lives. They offer wisdom, support, and guidance from beyond the physical realm. Hannah, my paternal great, great aunt, led me to the ship's passenger log on the vessel that brought my family to Ellis Island. She guided me to information about Scandinavian naming conventions when I was researching my family tree. From that, I could find my family by their Scandinavian names. She was instrumental in my research.

Akashic Record Guides are guardians of collective memory and knowledge of the universe. They act like librarians, giving you access to knowledge and information in the *Akash* (meaning 'ether' in Sanskrit). My Akashic guide is a queen ant. In connecting with this guide, I fully expected to meet a guide in human form. Much to my surprise, she was an ant, adorned with a cape and crown. In doing some research about my experience, I read about the [oral history of the Hopi Indians and the Ant People](#). The Hopi Indians claimed the wise Ant People took them underground twice to save them from two massive global cataclysms. The first by fire and the second by flood.

Ascended Masters are enlightened beings who once lived on Earth and now offer spiritual guidance. They include such figures as Jesus, Confucius, Mother Mary, Buddha, and many others.

Master teacher guides offer deep wisdom and learning. They direct you towards the information, teachers, books, classes and even other people needed for your spiritual evolution. My master teachers throw books on the floor in front of me to read while I'm in bookstores.

Light Beings are entities of pure energy and love. Light beings or angel guides clairvoyantly show me babies who never made it to this earthly plane or babies who are ready to be born. My guides symbolically wrap babies in blue blankets for boys or pink for girls.

Gods and goddesses are deities from various mythologies. They include Athena, Kuan Yin, Apollo, Lakshmi, Kali, Horus, Shiva, and so on. Kali appeared to me while I was on a spiritual retreat. She led me back to my yogic path to a deeper understanding of Yoga for my soul's growth.

Spirit Animals embody particular qualities and teachings of the animals they represent. Spirit animals or power animal totems have specific functions. They embody the ideal characteristics of their form and come into our lives at various times. For example, in my Scandinavian culture, the bear, *Otso*, is king of the forest, sensitive to seasonal changes. *Otso* embodies strength. These characteristics can be comforting in our hour of need. During shamanic journeying, a white wolf who is adept and agile guides me through the three worlds.

Speaking of journeying, Ayahuasca acts as a **plant guide medicine**. Referred to as "the vine of the souls," it is common for all those taking



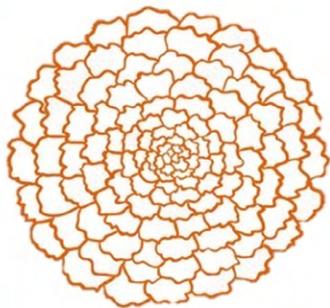
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Reinventing and Revisioning A Better World

BY LAURIE TIMMERMANN

As of the end 2021, the top 1% of households in the U.S held 30.9 % of the country's wealth, while the bottom 50% held only 2.6%. The wealthy few at the top of ownership and control of corporations and the ultra-wealthy billionaire class have amassed enormous power. Transnational corporations are dominating the process of financial globalization, undermining democracy, degrading Earth's living ecosystems, and exponentially widening the gap between the ultra-rich and poor worldwide. The multi-crisis state of U.S. and world affairs is extremely dire.

However, in the face of this juggernaut, a legion of many tens of millions of people globally are engaged every day to face off against the pervasive, progressive corruption of a rigged economic system and a rigged political system. They represent legitimate civil society groups, networks and actions that tackle the issues of social and economic justice, human rights, peace advocacy, community and humanitarian assistance, environmental protection, public legal defense, anti-corruption efforts, regenerative farming, and investigative media.

I'd like to take us on an armchair tour to explore some of the pivotal initiatives that crossed my life's path; but first, let's turn to learn from key thought leaders who dissect and diagnose the forces that humanity is facing.

Calling Out Corporate Influence

In his book *Captured: The Corporate Infiltration of American Democracy*, U.S. Senator and attorney Sheldon Whitehouse describes how corporate funding and dark money buys influence over our government and policies. In just one example, the pro-corporate Supreme Court decision in *Citizens United v. Federal Election Commission* ensured no limits on and no complete transparency of campaign funding sources, virtually guaranteeing the purchase of elected officials.

Corporations influence the very government agencies and regulators enforcing the laws that govern them. For far too long, Big Pharma has controlled the CDC, NIH, and FDA; Big Ag interests have held sway at the USDA; Industry Polluters have dominated the EPA and BLM (Bureau of Land Management); Big Tech has captured the FTC; while Wall Street controls the SEC.

Furthermore, corporate interests influence the placement of biased pro-corporate judges and prosecutors within the judicial system. In turn, these courts, who should be protecting the public interest and safety, instead assign and affirm to companies the rights of personhood that should be reserved for living human beings under the constitutional Bill of Rights. Let's call this merger of corporations and the state, and the related suppression of free speech and dissent, what it really is: authoritarian totalitarianism.

According to economist David Korten, author of *When Corporations Rule the World*, the financial system of Wall Street capitalism and its big financial institutions have gone completely rogue. Wall Street operates in the pursuit of maximizing financial returns, whose yields disproportionately benefit the rich. Wall Street actors engage in speculation, stripping company assets, predatory lending, leveraging, shifting risk, use of exotic financial instruments like derivatives, currency trading, externalizing production costs, and the like. Doesn't this sound like the pursuit of greed?

In Korten's book, *Agenda for a New Economy: From Phantom Wealth to Real Wealth*, he writes, "Wall Street's phantom-wealth machine has created prospective claims and related expectations far out of proportion to the real wealth." The international financial system has become a parasitic predator bent on extraction and concentration



Photo by Inga Gezalian on Unsplash

of wealth from the productive economy, while our fiat money used for sales transactions are mere numbers digitally stored in computers, divorced from any real value. (Chapter 7)

However, the economic worldview does have other options. Korten's alternative positive vision is "a Main Street economy based on locally owned, community-oriented 'living enterprises' whose success is measured as much by their positive impact on people and the environment as by their positive balance sheet," served by a system of decentralized community banking. Korten outlines an 8-point policy agenda to replace Wall Street. (See <https://davidkorten.org>.) At the local level, BALLE, or Business Alliance for Local Living Economies (livingeconomics.org), and AMIBA, the American Independent Business Alliance (amiba.net) are both committed to strengthening local sustainable businesses.

Additional progressive interim steps include measures like: legislatively defining that "a corporation is not a person", the model of business profit sharing and cooperative ownership, organizing businesses as cooperatives, workers' collective representation, ensuring full accountability for any business' harm, social and environmental investing; and, importantly, a cap on CEO and top staff salaries.

These musings bring to mind the [Awakening the Dreamer online video course by The Pachamama Alliance](#), where you are invited to "look at the challenging state of the world, reflect, and discover opportunities to create a new future where you have a key role to play." After viewing a short film on the degradation of the planet, viewers are asked: What are the assumptions being made for this to be the dire state of the world? (pachamama.org)

In a similar vein, Charles Eisenstein, author of *Sacred Economics*, articulates the perspective that the dominant reductionist worldview of separation and disconnection from each other and nature is driving many of our societal and ecological crises. He proposes adopting the "new and ancient" worldview of "interbeing," focusing on interconnection and interdependence. This more quantum and reverent understanding of our deep connections with each other and nature can generate more harmonious and sustainable societies. He advocates for a deeper appreciation of the intrinsic value of the natural world instead of valuing nature only for economic gain. (Some of my most beautiful experiences were the chances to enjoy the last three retreats with Charles in lovely Black Mountain, NC. I recommend his next one! Learn more at charleseisenstein.org.)

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The Rest Revolution

BY DR. AMA OLSON, DPT; EDITED BY CAM MACQUEEN

In these challenging times, we can feel overwhelmed and disempowered by the news and current events. However, we are in charge of the way we feel and think, not the influences of the external world. Carving out time for a rest practice — a repose from life's activities — can help realize our power over our thoughts and feelings. If we move deeper into these self awareness practices, we will begin to see the external world around us shift and change to reflect our internal state. The external world will become a reflection of the power we have taken back, and a reflection of our own comfort and ease. We will find this to be the most powerful act to make positive change in the world around us.

What is a Rest Practice, Yoga Nidra?

As a dedicated physical therapist, I immerse myself in my patients' stories and creatively tackle their challenges. Even after a few hours of work, my mind is buzzing from this constant stimulation. Every afternoon during lunch break, I slip away to my car, recline the seat, close my eyes and perform a rest practice called Yoga Nidra. In the late afternoon, I do the same practice except with blankets and pillows. I do not perform this ritual out of discipline; I perform it to realize a state of comfort and ease.

My introduction to Yoga Nidra came over a decade ago when I suffered from chronic pain and insomnia. By destiny I listened to a Yoga Nidra YouTube video. I laid down with a pillow under my knees, and fifteen minutes later I got up and noticed the nagging sharpness in my lower back had disappeared. What had happened? I had literally done nothing and now I feel better?

Yoga Nidra meaning “Yogic sleep” or “a state of awareness in deep sleep” has been referenced in the ancient yogic text, the Upanishads. The modern Yoga Nidra practice is a specific type of rest practice that surfaced in India around the 1970's, however it utilizes ancient yogic techniques that have been around for thousands of years.

Thanks to my own Yoga Nidra practice, my sleep quality and quantity have improved, physical tensions and pain have decreased and disappeared, and my sensitivity towards my body's needs has refined. Some years back, my three young cousins cracked open my bedroom door to find me lying on my Yoga mat with eyes closed. I heard one of them whisper, “What is she doing?” Another one asked, “Is she asleep?” And finally, the last one declared, “No, she is doing Yoga, I think!” For a moment they all became silent, as if taking it in, and then ran off giggling knowing they shouldn't have been peeping on me.

Their hypotheses were kind of right. My definition of a rest practice is when one ceases activity, draws their attention inward, and transitions from problem solving and doing to feeling and being. It's a moment in time when we give ourselves permission to let go of responsibility and rest the physical body. I have come to realize this respite from life's activities enhances my ability to be resilient in the face of constant stimulation in the clinic and in the ever changing drama we call life.

Rest is Protest

I look around me and see myself and others talking quickly, double tasking, speeding, and pushing and pushing. Our nervous systems are wound very tightly. We are told this is normal, and we won't make it in this world without keeping up. But it's a dangerous pace that can lead to health conditions, an inability to work, and/or low quality of life, which are common scenarios I see in my office as a physical therapist.

Utilizing human bodies and their physical and mental force as a



Reclaiming inner harmony: rest as a powerful agent for transformation. Pisgah Forest

means to acquire wealth is no foreign concept in the capitalistic world. Working more and harder is often equated with success. People work long hours, have high production standards, and push their mental and physical capacities in the workplace and at home. Burnout is considered a right of passage. This programming is ingrained deeply into our psyche and informs many of our life decisions, such as which jobs we take, how many hours we agree to work and how many responsibilities we undertake.

This is why I consider resting the body a radical act of protest in our capitalistic society. I am honoring this body that carries me through the world, creates beauty, and responds to its needs. I know on a deep level I will accomplish nothing in this world without the help of my body. With this acknowledgment, I choose to collaborate with my body instead of treating it like a slave as the collective consciousness has taught me. I also know no success will be sweet or enjoyed if I am unable to connect with the comfort and ease available in my body.

The Radical Act of Letting Go

Why is resting such a radical act? What is it about a rest practice that is so magical and healing? Beyond the definition, a rest practice teaches us to let go. Letting go is an unraveling of habits, expectations and past experiences; it is a defocus of attention, and deepens the relationship we have with ourselves.

As I stated, our nervous systems are ‘wound very tightly’ and letting go has become difficult for people in the modern world to do. But letting go is also difficult because we live in the past. Our bodies store memories, and as we encounter external and internal stimuli, they trigger us to relive past experiences. This can cause increased nervous system arousal, which affects the body by increasing heart rate and respiratory rate, and signaling changes in circulation and muscle tone, just to name a few. Oftentimes these responses to stimuli and thoughts are not conscious.

For example, suppose you are at work and your boss enters your office, raises his voice and gives you constructive criticism. If the last time someone walked through your door raising their voice you ended up losing your job, then when this happens, your nervous system can signal the fight or flight response, opening the floodgates of nervous system responses.

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Spring 2025: The Passion of Aries

BY MISTY KUCERIS

Astrologically speaking, there is so much occurring this spring of 2025. On March 1, 2025, Venus in Aries turns retrograde; and two weeks later on March 15, 2025, Mercury in Aries turns retrograde. The Spring Equinox, the start of the astrological year, occurs on March 20, 2025. Meanwhile the first eclipse of the year, a total lunar eclipse also known as a Blood Moon, occurs on March 14, 2025, and the second eclipse, a partial solar eclipse, occurs on March 29, 2025.

While these astrological occurrences are important, none are as important as the passage of Neptune from the sign of Pisces into the sign of Aries on March 30, 2025; and the passage of Saturn from the sign of Pisces into the sign of Aries on May 24, 2025. When planets change signs they indicate a shift of energy. You might say, the changing of signs indicates a changing of your perspective or attitude; or in some cases, the changing of signs indicates major societal shifts and trends where understanding past events helps you understand upcoming trends.

Saturn, which moves faster than Neptune, takes about 29 years to return to the same sign, while Neptune takes about 164 years to return to the same sign. Also, because Saturn moves faster than Neptune, Saturn will stay in the same sign for only about 2.5 years, while Neptune remains in the same sign for about 14 years. The last time Saturn was in the sign of Aries — the years 1996 to 1999 — Bill Clinton was President of the United States, his scandals surfaced, and he was impeached; and during this time, Ukraine instituted its current constitution, which it celebrates as Constitution Day on June 28th. Meanwhile there was increased emphasis from technology companies to promote email accounts and internet use and the public went for these promotions.



The last time Neptune was in the sign of Aries were the years 1861 to 1875. During this time, the Civil War occurred in the United States; President Abraham Lincoln was assassinated; the 13th and 14th Amendments to the Constitution were signed; and the Period of Reconstruction occurred. At the same time, major changes in the banking industry led to the establishment of the first national currency and the first national banking system; meanwhile, the First Transcontinental Railroad was completed.

To understand the potential impacts of these paradigm shifts in your personal life, it helps to understand the energy of Aries first, and

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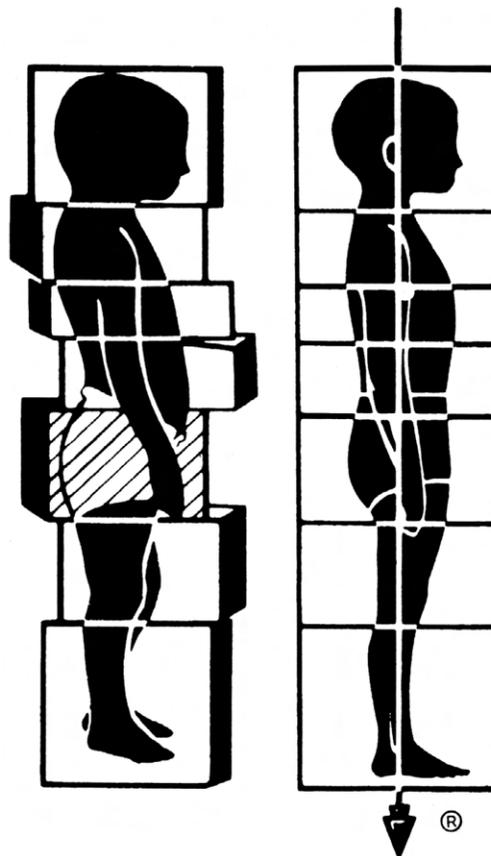
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Spring Astrology...

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especially since both Venus and Mercury are also about to begin their retrograde journey in the sign of Aries.

Aries represents your passion. In spiritual astrology, Aries represents the way your body utilizes the first breath your soul takes on this earth plane. It's your physical nature and your desire to stay alive, no matter what challenges you go through. In the negative, Aries represents where your passion takes over and you act without regard to the consequences of your actions. You push yourself beyond the normal limits and care little for what others think about you. As a matter of fact, if you feel someone stands in your way, you'd rather ram them down and do it alone. In the positive, Aries represents where your passion enables you to experience life so fully you can grow and also inspire others to grow with you, following your lead. The risks you are willing to take can also lead to the rewards you experience.

As Neptune enters the sign of Aries on March 30, 2025, you'll feel this shift that's starting to occur around you. This shift of energy won't be immediate. It'll be slow because Neptune will be in the sign of Aries from March 30, 2025, until October 22, 2025; from January 26, 2026 to May 21, 2038; and finally from October 21, 2038 to March 23, 2039. Specifically what you'll feel is a sense that boundaries that once defined you are now dissolving around you. You're no longer willing to let others characterize you. You want to live your own identity, whether that's in an extroverted or introverted fashion. The passion of Aries may put you into a position where you will stand up for your rights and won't back down from your belief system no matter what — you're willing to go to war for it.

Another manifestation of Neptune in Aries may be the passionate drive to bring your dreams into reality. Just be a little cautious when you feel that fugue state of Neptune. Neptune also represents those

who fool you; you want to believe in them so much you only hear or see what you want to hear and see.

When Saturn enters the sign of Aries on May 24, 2025, you'll feel another energetic shift. Saturn represents where you establish rules in your life so you can create a firm foundation for your future. It's where you feel the need to establish your presence in the world, especially in your local social structure. Its energy is polar opposite to that of Neptune. Now you want to take the passion of Aries and put it into projects that can bring success to your life. This is where you can take the dreams you wanted to put into reality a few months ago and actually do them, and understand you don't need to do that all at once.

Saturn is considered the father of time, moving slowly from learned experiences to building that new future. Saturn will be in the sign of Aries from May 24, 2025, to September 1, 2025; also from February 13, 2026, to April 12, 2028. Saturn is also the sign that represents honoring our elders as they have much to teach us. In this way, Saturn in Aries represents where you, as an individual, need to take time to honor the other individuals who have so much knowledge to share as you create that unique foundation that supports your goals.

Both Saturn and Neptune will be in the sign of Aries from May 24, 2025, until around April 12, 2028. There is a special energy these two disparate signs convey. While Neptune dissolves boundaries and Saturn establishes foundations, you'll see a lot of inventions during these next two-and-a-half years that focus on health research, quantum computing, and other areas where those dreams can be put into reality. In addition, the old rules of governance may dissolve to the point where new rules need to be created in this global environment. With the energy of Aries, the focus is on how you determine your place in this changing world.

Here are other important astrological energies occurring this Spring 2025 season:

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Spring Astrology...

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- Venus in Aries turns retrograde on March 1, 2025, and re-enters the sign of Pisces in retrograde motion on March 27, 2025. It will turn direct in the sign of Pisces on April 12, 2025. During the time period that Venus is retrograde you may run into some people you haven't seen for quite a while. Be very cautious with any contracts you need to sign as they could contain hidden costs. This is a good time to review your relationships to see if your needs are being met. This is also a good time to review your financial plans to see if they are on target with your goals
- Total Lunar Eclipse, a Blood Moon, with Sun in Pisces and Moon in Virgo occurs on March 14, 2025. You'll be able to see it here in the DMV if you're awake. It begins at 2:26 am EDT with the maximum eclipse occurring at 2:58 am EDT. Totality will end at 3:31 am EDT. Unlike Solar Eclipses, it is safe to view a Total Lunar Eclipse without protective eyewear if the weather is cooperating. With this total lunar eclipse in the signs of Pisces and Virgo you want to reflect on whether your routines in life help ease your daily burdens or increase those burdens by creating too many responsibilities.
- Mercury in Aries turns retrograde on March 15, 2025, and re-enters the sign of Pisces on March 29, 2025. It will turn direct in the sign of Pisces on April 7, 2025. When Mercury is retrograde in Aries, be careful not to say things without considering their consequences. As Mercury retrograde moves into the sign of Pisces, you want to keep more of your thoughts to yourself and reflect on the actions you'll need to take when both Mercury and Venus turn direct.
- The Spring Equinox occurs on March 20, 2025. This is the start of spring arriving here in the DMV. With both Venus and Mercury retrograde in the sign of Aries at this time, and with both Saturn and Neptune still in the sign of Pisces, you want to take time to understand your needs, your dreams, and how those two come together to create your reality.
- The second eclipse of the year occurs on March 29, 2025, and is a partial solar eclipse with both the Sun and Moon in Aries. It may be difficult to take any action because information is obscured...meaning: You don't have all the facts. If you have to take action, make certain you have a fallback if you need to change your direction. This is an eclipse you may see here in the DMV; and as this is a solar eclipse, it's critical you wear protective eye gear if you want to view it. The eclipse begins at 6:56 am EDT and ends at 7:01 am EDT with the maximum occurrence being at 6:59:28 am EDT. Since sunrise on that day occurs at 6:56:59 am EDT, you may actually have difficulty seeing the eclipse.

© 2025 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.

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Supporting Liver Detox With Functional Medicine and TCM

BY HELENA AMOS, M.A.C., L.A.C., EURO. PHYSICIAN

The need to cleanse in Spring is natural. After a long winter of hibernation, stagnation and overindulgence in holiday and comfort foods, snow days, and nights bingeing your favorite entertainment, the body is ready for a thorough detoxing and reset. It does this naturally every day with your liver, the body's primary filtration system, with much assistance from your gallbladder. Together, the liver and gallbladder represent the dynamic duo of detoxification. As such, it's critical to understand how they work, and what healthcare approaches are available to keep them balanced and healthy.

In the most basic understanding, the liver converts toxins into waste products, cleanses your blood, and metabolizes nutrients and medications to provide the body with some of its most important proteins. It does this by regulating most chemical levels in the blood and excreting bile — a digestive fluid crucial for the digestion and absorption of fats. Bile helps carry away waste products from the liver. All the blood leaving the stomach and intestines passes through the liver, which is then processed, broken down, balanced, and used to create many nutrients and proteins for the rest of the body; and it excretes toxic metabolites from prescription drugs, food additives and more. More than 500 vital functions have been identified with the liver.

The gallbladder, the liver's greatest partner, plays a significant role in the detoxification process, primarily by storing and releasing bile. Bile is the ultimate conduit for waste elimination, including for cholesterol, environmental toxins and heavy metal, which therefore supports nutrient absorption and a healthy gut microbiome, while also preventing toxic substances from being reabsorbed from the intestine

into the bloodstream. Conditions like gallstones or biliary sludge can impede gallbladder function, reducing bile flow and, consequently, affecting fat digestion and toxin elimination.

Because the liver is such a fundamental part of the body's overall regulation, there are many factors that can affect its ability to process and eliminate toxins efficiently. Of course the presence of certain medical conditions such as hepatitis, cirrhosis, or fatty liver disease directly impair the liver's ability to detoxify. Here are some of the other more common causes of liver dysfunction and detox disruption.

• **Poor Diet & Hydration and Overconsumption:** High intake of processed foods — refined sugars, unhealthy fats, and additives — combined with a diet lacking essential nutrients (e.g., vitamins, minerals, antioxidants) can impair liver function. The other side of this equation is that not consuming enough detox-supporting foods, e.g., cruciferous vegetables, garlic, and various herbs, can hinder the liver's natural detox processes. Excessive alcohol intake can lead to liver damage and decreased detoxification capacity. Meanwhile, inadequate proper hydration can affect blood volume and circulation, which are essential for transporting toxins to the liver for processing. The kidneys also play a crucial role in detoxification, and dehydration can impede their functioning.

• **Chronic Stress & Sedentary Lifestyle:** Chronic stress leads to elevated cortisol levels, which can negatively impact liver function and result in inflammation. Stress also often leads to unhealthy coping

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Supporting Liver Detox...

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mechanisms, such as poor sleep quality, inadequate diet and inactivity. Sedentary habits and lack of physical activity can slow down blood circulation and lymphatic flow, and contribute to metabolic slowing, all of which hinder toxin removal and liver health.

• **Hormonal Imbalances:** An underactive thyroid (hypothyroidism) can slow metabolism, impacting the liver's ability to detoxify. Additionally, insulin-resistant conditions like metabolic syndrome and diabetes can lead to fatty liver, and further impairment. And as individuals age, metabolic processes can slow down, including liver detoxification.

• **Chronic Inflammation:** Inflammation often leads to an accumulation of cellular debris, which the liver may struggle to process. Conditions like autoimmune diseases, fatty liver disease, or other chronic inflammatory states can compromise liver function and slow detoxification.

• **Gut Health:** Many of the causes listed above also impact gut health. An imbalance of gut bacteria can lead to increased toxin production and absorption, putting additional stress on the liver. "Leaky Gut", or increased intestinal permeability, can allow toxins to enter the bloodstream, making detoxification a heavier burden on the liver.

• **Environmental Toxins and Genetics:** Continued exposure to heavy metals, pesticides, industrial chemicals, and pollutants can overload the liver's detox capacity. Certain medications can also cause liver stress or toxicity. And finally, variations in genes responsible for detoxification enzymes, along with a family history of liver-related issues, might indicate a genetic predisposition to poorer detoxification rates. Although these are less common factors, they are worth noting.

Liver Detox in TCM: The Wood Element and Spring

In Traditional Chinese Medicine (TCM), the liver and gallbladder are associated with the Wood element. This association has significant implications for understanding seasonal changes, particularly in spring, when the Wood element is thought to be most active and in harmony with nature.

The Wood element symbolizes growth, expansion, and renewal, mirroring the qualities of spring. It encourages taking on new challenges and pursuing personal growth. During springtime, it is also vital to keep the liver and gallbladder balanced; practices like Qi Gong, Tai Chi, or Yoga promote the free flow of Qi throughout these meridians. Finally, pay attention to diet. Incorporate fresh, seasonal vegetables, especially greens, herbs, and sprouts. Avoid heavy, greasy foods to reduce the burden on the liver and gallbladder.

Here is a better understanding of what a TCM approach looks like.

Liver Meridian

- **Function:** Crucial for the smooth flow of Qi (life energy) and blood throughout the body. It is also involved in the regulation of emotions and stress response.
- **Emotional Aspect:** Linked to emotions such as anger and frustration. During spring, with the flourishing of nature and the awakening of life, individuals may find themselves experiencing heightened emotions. Supporting liver health ensures emotional balance during this time.
- **Physical Health:** Affects digestion, detoxification, and the

menstrual cycle. Spring is a good time to focus on liver health through dietary choices that promote detoxification.

Gallbladder Meridian

- **Function:** Responsible for the storage and excretion of bile, which aids in digestion. It also plays a role in decision-making and courage.
- **Emotional Aspect:** Linked to the emotion of decisiveness. In spring, as new projects and ideas begin to take root, supporting the gallbladder can help individuals feel empowered to make choices and take action.
- **Physical Health:** Promote healthy bile flow and function during this season by supporting dietary choices that promote fat metabolism and digestion, as well as incorporating sour foods that stimulate bile production.

Acupuncture, a TCM practice, involves stimulating specific points on the body to promote healing and balance. In the context of detoxifying the liver and gallbladder, certain acupuncture points can be particularly beneficial. Here are some key acupuncture points commonly used to support liver and gallbladder detoxification:

Acupuncture Points for Liver Detoxification

1. Liver 3 (LIV 3) - Tai Chong: This point is known for promoting the smooth flow of liver Qi, calming the mind, and helping with emotional balance, which is crucial for liver health. Point Location: On the top of the foot, in the web between the first and second toes.

2. Liver 14 (LIV 14) - Qi Men: This point is located under the liver on the edge of both sides of the rib cage. It can be useful for alleviating liver Qi stagnation and supporting liver function.

Acupuncture Points for Gallbladder Detoxification

1. Gallbladder 34 (GB 34) - Yang Ling Quan: This point is located in the depression in front of and below the head of the calf bone (fibula), at the knee. It helps with liver and gallbladder function, supporting digestion and detoxification.

2. Gallbladder 20 (GB 20) - Feng Chi: This point helps relieve tension in the neck and head and can promote overall liver health, assisting in the smooth flow of Qi. Location: At the base of the skull, in the hollows between the neck muscle and the back's trapezius muscle.

Functional Medicine for Detoxification

In Functional Medicine (FM), the core principle is an individualized approach for every treatment plan. With regard to detoxification, protocols are tailored to the person's unique health history, lifestyle, genetics, and environmental exposures. This is typically done through comprehensive testing, including Biomeridian testing, lab assessments for liver and metabolic functions, digestive and food sensitivities testing, and more.

Functional medicine emphasizes the importance of supporting the body's natural detox processes, and the key organs involved — the liver, gallbladder, colon, kidneys, small intestine, and lymph system. FM practitioners assess various factors, including medical history, symptoms, nutrient status, and toxin exposure, to create a personalized detox plan. Optimizing the body's natural cleansing abilities through nutritional planning, lifestyle modifications, and supplements as needed is key.

Here are many of the elements a plan would include.

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TO YOUR HEALTH

Supporting Liver Detox...

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Nutrition-Focused Strategies

Emphasis is put on a diet rich in whole, organic foods that are naturally detoxifying and nutrient-dense, and are high in fiber and low sodium. This includes fruits, vegetables, whole grains, lean proteins, healthy fats, and herbs. Bitter greens like dandelion greens, arugula and artichokes stimulate bile production and aid digestion. Food sensitivity testing helps identify and eliminate triggering foods that exacerbate inflammation, assisting detox processes and improving overall health.

Proper hydration is also critical. Drink plenty of water to maintain kidney function to flush out toxins. Certain herbal teas (like dandelion or nettle tea) may support kidney health and encourage increased urine production. Adding electrolytes can help regulate fluid balance and ensure proper function of other bodily processes. And in general, avoid excessive consumption of alcohol and caffeine.

Gut Health Optimization

Promoting a healthy gut microbiome plays a crucial role in the detox process, starting with probiotics and prebiotics for microbiome support. Probiotics are in foods like yogurt, kefir, and sauerkraut; they keep the gut healthy, prevent the reabsorption of toxins and boost total liver function. Prebiotics, found in foods like garlic, onions, and fibrous fruits and vegetables provide nourishment for beneficial gut bacteria. FM will also address conditions such as leaky gut, or dysbiosis, which may hinder detoxification and overall health.

Supportive Supplements and Nutraceuticals

If needed, the use of supplements — vitamins, minerals, antioxidants, and herbal remedies — can be an effective complement to a customized diet to support the liver and overall detoxification processes. Micronutrient optimization ensures patients receive essential nutrients, including B vitamins, magnesium, glutathione, and other antioxidants. Because supplementation can be used to target specific concerns or achieve any number of goals, any plan will be highly individualized.

Before beginning any supplement use, it's essential to consult with a healthcare provider, particularly if you have underlying health con-

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Rachel Carson (Part Four): Reinvention, Naturally

BY REBECCA HENSON

Rachel Carson passed away 60 years ago this past year, 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 wonder and wisdom 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 fourth and final installment focusing on regeneration of materials and life on Earth.

Spring is a welcome season for many of us, bringing much-missed light and warmth, not to mention a more expansive color palette to a previously dulled world. Spring offers unique smells and sounds, proof that life has yet again returned, not merely reawakened but renewed. It feels miraculous.

Renewal, though, is not a once-a-year phenomenon. If we look deep enough, or widen our lens to the periphery, we see that life and the Earth itself are in a constant state of motion, transforming and reinventing over millions of years, a subject Rachel Carson wrote about throughout the entirety of her literary career, and in clear-eyed, often profound letters to loved ones in the months and years before her death in 1964.

Materials of the Sea

"The Enduring Sea," the final chapter of her final sea book, *The Edge of the Sea*, is quintessential Carson.

Once this rocky coast beneath me was a plain of sand; then the sea rose and found a new shore line. And again in some shadowy future the surf will have ground these rocks to sand and will have returned the coast to its earlier state... On all of these shores there are echoes of past and future: of the flow of time, obliterating yet containing all that has gone before... As the shore configuration changes in the flow of time, the pattern of life changes, never static, never quite the same from year to year...

It was from this chapter that some of Carson's closest friends read at a small memorial service they held for her at All Souls Unitarian Church in Washington, DC. As Carson saw it, Earth and her parts were continuously shapeshifting in entirely minute and monumental ways.

Carson wrote again and again about "material immortality," first naming the concept in her debut magazine piece, "Undersea," published in the *Atlantic Monthly* in 1937. The 30-year-old aquatic biologist had recently and suddenly lost her father and was quickly demonstrating her immense value as the family's primary, ever-resourceful breadwinner. The final paragraph summarized a perspective that would prove fundamental to her life and career, an ecological recycling of all things.

Thus we see the parts of the plan fall into place: the water receiving from earth and air the simple materials, storing them up until the gathering energy of the spring sun awakens the sleeping plants to a burst of dynamic activity, hungry swarms of planktonic animals growing and multiplying upon the abundant, plants, and themselves falling prey to the shoals of fish; all, in the end, to be redissolved into their component substances when the inexorable laws of the sea demand it. In-



Rachel Carson on the coast near her cottage in Southport, Maine, in 1955. Photo courtesy of Martha Freeman via PBS.

dividual elements are lost to view, only to reappear again and again in different incarnations in a kind of material immortality. Kindred forces to those which, in some period inconceivably remote, gave birth to that primeval bit of protoplasm tossing on the ancient seas continue their mighty and incomprehensible work. Against this cosmic background the life

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Rachel Carson...

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span of a particular plant or animal appears, not as a drama complete in itself, but only as a brief interlude in a panorama of endless change.

Each of her sea books — *Under the Sea-Wind* (1941/1951), *The Sea Around Us* (1951), and *The Edge of the Sea* (1955) — included a backdrop of change, fluidity, and re-creation, and together brought her the highest literary accolades, popularity, and eventually, a sense of financial stability for herself and her family.

Different Subjects, Same Material

When Rachel Carson wrote what would be her final book, *Silent Spring*, here in Silver Spring, she departed from the sea to the topic of synthetic chemical pesticides. In the post-World War II era, government and industry were engaged in a destructive and short-sighted attempt to control nature's unwanted pests through modern technological advancements — by indiscriminately spraying cheap chlorinated hydrocarbons and organophosphates, which had limited long-term success against their insect targets and extensive, harmful impacts on their ecosystems, and possibly on human beings as well.

In *Silent Spring*, as Carson carefully presented evidence against this systemic attack on the natural world, the ecological basis of her argument was that of interconnection, including material recycling. The vital components of an ecosystem were all subject to continuous reuse and reinvention.

The soil exists in a state of constant change, taking part in cycles that have no beginning and no end. New materials are constantly being contributed as rocks disintegrate, as organic matter decays and as nitrogen and other gases are brought down in rain from the skies. At the same time other materials are being taken away, borrowed for temporary use by living creatures. (Chapter 5)

And in another chapter of *Silent Spring*:

Water must also be thought of in terms of the chains of life it supports—from the small-as-dust green cells of the drifting plant plankton, through the minute water fleas to the fishes that strain plankton from the water and are in turn eaten by other fishes or by birds, mink, racoons—in an endless cyclic transfer of materials from life to life... Can we suppose that poisons we introduce into water will not also enter into these cycles of nature? (Chapter 4)

Interconnection through recycled and shared material was a core element of Carson's understanding of ecology. It also proved important on a more personal level. Nearly a year before she would die at age 56 from complications from breast cancer, Rachel Carson explained her beliefs on her own mortality in a letter to her dearest friend, Dorothy Freeman. She felt there is much one cannot know about death and its aftermath, but there were other elements about which she felt "certain." She knew that, at least in the short term, one can live on in the memory of loved ones, and those who, in Carson's case, knew her through her writing. But the other, she says, with a more infinite timeline, "is the kind of 'material immortality' I wrote about in the

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Rachel Carson...

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concluding paragraphs of “Undersea,” and which is expressed in one of Charles Alldredge’s poems which I am sending you.”

[Note: Springsong’s planning phase includes in-depth research that will inform our interpretation of Rachel Carson’s life and legacy. As part of this research, a volunteer recently discovered what we believe to be the ‘material immortality’ poem by friend Charles Alldredge to which Carson refers in her letter to Dorothy Freeman. See image here, Alldredge’s unpublished work.]

Change Continues

As we have always known, change is constant. The seasons help us reckon with this truth on an annual basis, spring being the most wonder-filled reminder. But change is much more pervasive and prolific than this: it is not just a given, it is *essential*. Our blood, bones, and breath are of the rock, sea, and plants. Continuous cycles of re-invention — and the immortality they represent — connect us in the most basic, elemental way to the Earth, to her myriad creatures, and to one another.

As my team and I continue to work to create a community museum in Silver Spring, we look forward to sharing Carson’s deepest messages of interdependence and connection. These themes lie at the center of her writing, her ecological philosophy, and even her deepest personal beliefs. Springsong Museum will invite visitors from near and far to appreciate both the noticeable rhythms of the earth, like its seasons, as well as its less perceptible but continuous cycles of life and material throughout deep time, all changes that help us recognize the awesome and fundamental connections that make our species who we are.

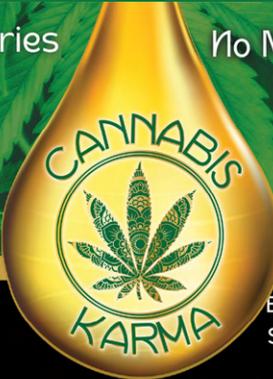
Poems Charles Alldredge

TO WRITE A NAME IN WATER

I wrote my name in water
and each letter was drunk by the thirsty air;
I wrote my name in the sand
and the waves scoured away each jot of it;
I shouted my name into the wind
and the trees and grasses shredded it;
I wrote my name in stone
and the lichens devoured it syllable by syllable.
Who shall know me when the ages pass?
Not you. Your memory will vanish with the wind and wave.
No one will name me;
but I will be there,
a part of something,
breathed, spoken,
spit out, discarded,
buried,
born again;
eternal as the sun,
immortal as the farthest star.

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/>.

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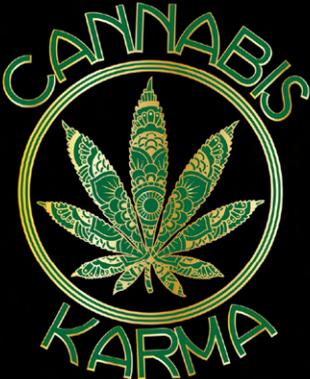
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Embodying Joy: The Hidden Power of Intentional Play

BY MONISHA MITTAL

Have you ever felt a whisper in your heart asking you to leap — into the unknown, into possibility, or into an opportunity you weren't sure you were ready for? When I left a 20-year organizational consulting career and stood at the edge of a new chapter, I faced this exact moment. On the one hand, I was leaving behind trusted colleagues, a sense of purpose, and systems I had helped shape. I knew finding such a wonderful team environment was rare, but deep down I knew I had stopped growing. It felt gut-wrenching — my next move was undefined and I suffered from anxiety and self-doubt. How was I going to land my next step?

For me, the answer has been unconventional: I found my way forward through play! In a time of uncertainty, play became a glidepath, bypassing self-doubt and fear, opening me to possibility, and revealing a new way of being. Instead of forcing a plan, I learned to trust my internal compass and attune to life's possibilities. Though I stepped into a specific type of physical improvisational play, I discovered having intentional play spaces is an essential practice for all adults, not just to navigate uncertainty and growth but also to realize their Higher Dimensional potential. From four years of a weekly play practice, I gleaned these insights and lessons.

Play Gives You the Safety to Be.

Stepping into the void, I felt small, anxious and lost. At the time, all I had was this whisper in my heart, involving a deeper awareness around my body I couldn't quite name. This whisper took me to an improvisational practice based in the performing arts (called Interplay)

where once a month I played with physical movement, improvisational storytelling, and vocalizing with others.

In this playful world, there was nothing to get wrong or right. I expressed myself moment-to-moment making physical choices. The world of judgement and fear of failing went flying out the window. In this wise, physical play, I felt safe to express my whole self honestly, verbally and non-verbally.

Play gave me the emotional safety to be free from other people's judgments as well as my own. More parts of me came out to play because they didn't feel judged. I found physical expression for entire states of being — the anxiety, the sadness side-by-side with my hopes and desires. These parts of myself finally had some equal time and expression in the outer world. Noticing their expression, I got to have more of my human experience without a negative story. Ultimately I learned these intense emotions simply had information to share with me. Once I made non-judgmental space to "hear" them, they dissipated on their own.

Play is not interested in judging, evaluating or leaving a legacy; it is simply interested in having its joy. I discovered other parts of me that enjoyed wordplay, absurdist forms of humor, and poetry. I realized I was in recovery — from overachieving. Recovering more pieces of me that could have joy meant learning to relate to myself and others with more lightness and compassion.

Lesson: Play makes room for the diversity of our choices, and those of our playmates. It creates Safety and Freedom for individuals to be themselves in the collective.

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Embodying Joy...

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Play Lets You be OK with the Unknown.

At the start of the pandemic, I was invited to lead a weekly online spiritual support group using the Interplay forms. I was touched by the trust in me, but had never done this before. The thought of stepping in front of real people and providing inspiration felt daunting. From necessity, I created a weekly playdate practice — this time with myself and my Spirit team.

These playdates began with a blank drawing page and pastels. Within the 'not knowing', I started doodling while wondering about that week's theme in the back of my mind. As lines, curves, and shapes began covering the page, snippets surfaced — a memory, a word, a phrase, a song lyric. I jotted them on the side and let my fingers keep moving. Instead of anxiety, I found ease. I continued being with the not knowing, on walks, simply following whatever got my attention and carrying my questions with me. Eventually, the trickle of information became a flow.

This willingness to be with the unknown has seeped into everyday life. Rather than react to uncertainty, I am more willing to allow my next professional identity to unfold, to follow the ebbs and flow of money, and be available for the possibilities that open up for me.

Lesson: You don't know where play will take you, but you let it take you.

You Choose What Makes You Feel Alive.

In Play, you respond to what calls to you. Follow the colors and lines that feel alive in the moment. On walks, notice a stone in the shape of a heart, or the way the light hits a tree at a certain angle. Choosing what feels alive is the essence of what makes intentional play spaces valuable for adults. You make choices that turn you on, light you up, unfettered. These choices are physical. You operate instinctually, responding to sensory feedback. Immersed in this feedback, eyes, fingers, and legs move on their own, totally engaged in something you can't fully explain except to call it a physical sense of joy.

With no effort, my heart fills. On the page, it's from the colors and forms taking shape. Outside, it's from an ineffable moment when I take a photo of what catches my eye which turns out to hold something essential for pulling together the week's theme. Back at my desk, my vibe leads me to discover poems, quotes, and songs. Choice by choice, I followed my instinct into a flow that became a theme and a message for others.

In these intentional play spaces, instead of hesitancy or terror, I feel like myself. Tuned into my natural vibe, my energetic presence grows. Choice by choice, more of my unique frequency fills the room. Following my instinct, a paragraph and photo go out to the group. Whatever it is, it is authentic and alive. People embrace and feel supported by the messages.

Remember, Einstein says, "Play is the highest form of research." What calls you is unique to you. Your aliveness is actually your own sentience, the unique Being that resides in your Body guiding you. In Play you are willing to be in sync with your life force and its unique vibrational frequency. You make choices from this vibe, and as you do, you go from the familiar to the unfamiliar with ease and joy, rather than discomfort or fear. Eventually, I realize I hear unspoken frequencies — I feel them in my body. I learn to trust my particular operating system.

Lesson: In Play, you choose what makes you feel Alive. Whatever draws you and why it draws you is unique to you. You tap into your unique inner verve.

With Play, You Co-Create with the Universe.

Step-by-step on these walks, as I let go of goals and outcomes, my Spirit team swooped in to play with me. The more I follow my curiosity, the more connections form between my metaphysical and physical flows. Wisdom revealed itself as the physical details on my walk began informing the questions I carried. Here I notice a ring of trees forming a natural sanctuary, or color on a leaf aging into its essence. Now I am buzzing with story. There is texture, detail and a vibrational message I can feel in my body. I step into my co-creative powers as a human in a body.

Play is a shortcut to a higher vibrational reality because you are choosing for your Joy. Without effort, your body and mind align with what your soul and heart desire for you. Following your physical feedback, you move as One with your Higher Self — heart, mind, body, soul from choice-to-choice, in a call and response. In alignment, your Higher dimensional Self glides into your body instead of hovering in other dimensions. Not only do you play for your own joy, you now vibrate at a higher frequency than before in this physical reality. Magic happens because now the Universe meets you in this frequency. You choose your authentic expression over and over again and the world hollers back.

In flow, my play practice led to a writing practice — first a paragraph, then love letters composed of tiny stories, even my own poetry. What began as personal exploration became something others wanted to follow. Instead of feeling alone, I stumbled onto a tribe of people who share a sense of kinesthetic speech, deepening connection and community through the world. Now I enjoy many “synchronicities” each week and know I am here to bring people into their bodies through playful, lively experiences.

Lesson: The more you trust your unique expression, the more the Universe plays back—revealing possibilities you couldn’t have planned but were always meant for you.

A regular practice of intentionally playing has served as the perfect incubator for my growth in a period of high uncertainty. Play moved me beyond the limitations (and fear) of rigid mental strategies into a place where my natural wisdom and creativity emerge naturally. My new professional identity unfolds on stronger scaffolding.

Without forcing outcomes, you can tap into your unique vitality, verve and confidence for your next undertaking. When you allow yourself to tune in with your body, you cultivate an embodied way of navigating the unknown with ease, joy and profound alignment.

Monisha Mittal is a Play Architect, Somatic Coach and writer, who helps build authenticity and vitality for leaders and their communities. She serves as a Life Practice Program leader for the DC region’s InterPlay community. She teaches classes to tap your somatic intelligence through improvisational play locally and nationally. She is envisioning a new Center for Somatic Leadership and Communications. monishamittal.com

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mate change. Through guided time outdoors and reflective practices, they find personal grounding and also discover renewed motivation to take environmentally responsible actions in their daily lives.

Reciprocity in NIT is not a mere afterthought or side benefit — it's a foundational principle. Our planet's well-being is intricately tied to our own, and as that awareness blossoms, it fuels both individual healing and broader environmental stewardship.

Evidence-Based Practices

Although our ancestors understood the healing value of nature intuitively, modern science has only recently begun to catch up. Today, a strong and growing body of research supports the efficacy of nature-based therapy:

- **Stress Reduction:** Studies show even brief exposures to natural settings can lower cortisol levels, reduce blood pressure, and calm the body's stress response.
- **Enhanced Mood and Focus:** Interacting with green spaces contributes to elevated mood, reduced symptoms of depression, and increased attention span — particularly in children.
- **Trauma Recovery:** Nature's gentle presence can help individuals process traumatic experiences in a contained, soothing environment. Research suggests that combining talk-based modalities with physical experiences in nature often yields better outcomes than either method alone.

At the Center for Nature Informed Therapy, we stay on the cutting edge of this research, integrating new findings into our training programs and clinical services. This approach ensures that NIT remains both evidence-based and flexible, able to adapt to the unique challenges each client or community faces.

Introducing the Center for Nature Informed Therapy (CNIT)

With the growing realization that humanity needs to restore its bond with the natural world, we established the Center for Nature Informed Therapy (CNIT). Our overarching goal is to promote healing — both for individuals and for the planet.

The Center for Nature Informed Therapy Inc. is dedicated to promoting mental health and well-being through the innovative approach of Nature Informed Therapy. Our mission is to train and certify professionals, educate the public and policymakers, and provide accessible nature-based therapeutic services. We strive to foster resilience, connection, and holistic healing while restoring the bond between humans and the natural world, making these therapies accessible to diverse communities and promoting environmental stewardship. (www.natureinformedtherapy.org)

Key Services and Programs

1. Training and Certification

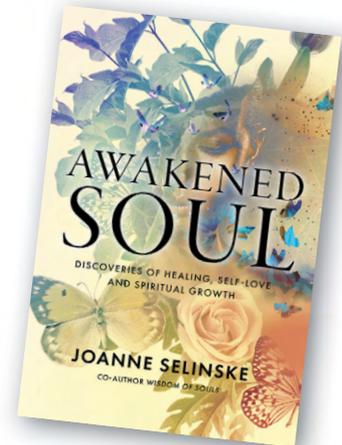
We equip mental health professionals as well as other front-line service providers, educators, and community leaders with the knowledge and skills to integrate NIT into their work. From licensed therapists to

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Author: *Awakened Soul*
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park rangers and botanical garden staff, we believe anyone dedicated to facilitating well-being can harness nature’s healing power. For example, we’re currently training staff in Ukraine’s National Parks and Botanic Gardens to help individuals cope with war-related trauma using nature-based techniques.

Our training programs fill quickly, and we offer scholarships for those who need financial support. These scholarships are funded by donations and a share of our program fees. We aim to grow our scholarship fund so every eligible professional or community leader can access this specialized training.

2. Educational Programs for the Public and Policymakers

Through community workshops, public seminars, and advocacy efforts, we raise awareness of how nature can serve as a buffer against stress, a tool for emotional healing, and a catalyst for community resilience. These programs often target policymakers to highlight how legislation and resource allocation can nurture healthy human–nature relationships.

3. Providing Accessible Therapy to Underserved Populations

We believe the transformative power of nature should be available to everyone, regardless of income. CNIT receives grants to provide free or low-cost Nature Informed Therapy sessions to uninsured or under-insured individuals. We offer these sessions in a variety of formats – outdoor group walks, one-on-one sessions in local parks, even telehealth with guided nature-based practices – ensuring even those with limited mobility or in remote areas can benefit.

4. Research and Evidence-Based Practices

Our commitment to rigorous research is what sets us apart. In partnership with universities and research institutions, CNIT investigates how and why nature-informed interventions work. We gather data on topics ranging from the reduction of PTSD symptoms in veterans to the impact of green spaces on children’s behavioral health. These insights inform our programs, helping us refine best practices and maintain a science-backed approach to healing.

5. Community Nature Programs

Initiatives like our “Peace in the Wild” retreat invite individuals to embark on guided outdoor experiences where they can process emotional challenges in a supportive environment. Using practices that tap into the somatic power of movement, these programs help participants navigate fear, grief, or trauma in the presence of the natural world. While these offerings typically have a fee, scholarships are available so financial constraints do not stand in the way of someone’s path to healing.

Why We Do This Work

On my Dolomites trek, witnessing nature’s unpredictable fury one day and its profound beauty the next awakened a powerful truth: our inner journeys mirror the landscapes we traverse. The storms of life – depression, anxiety, trauma – can feel overwhelming and isolating. Yet, when we remain open to the natural world’s lessons, we discover resilience and hope waiting to greet us, as constant as the mountains themselves.

As more people seek alternatives to tech-saturated, fragmented

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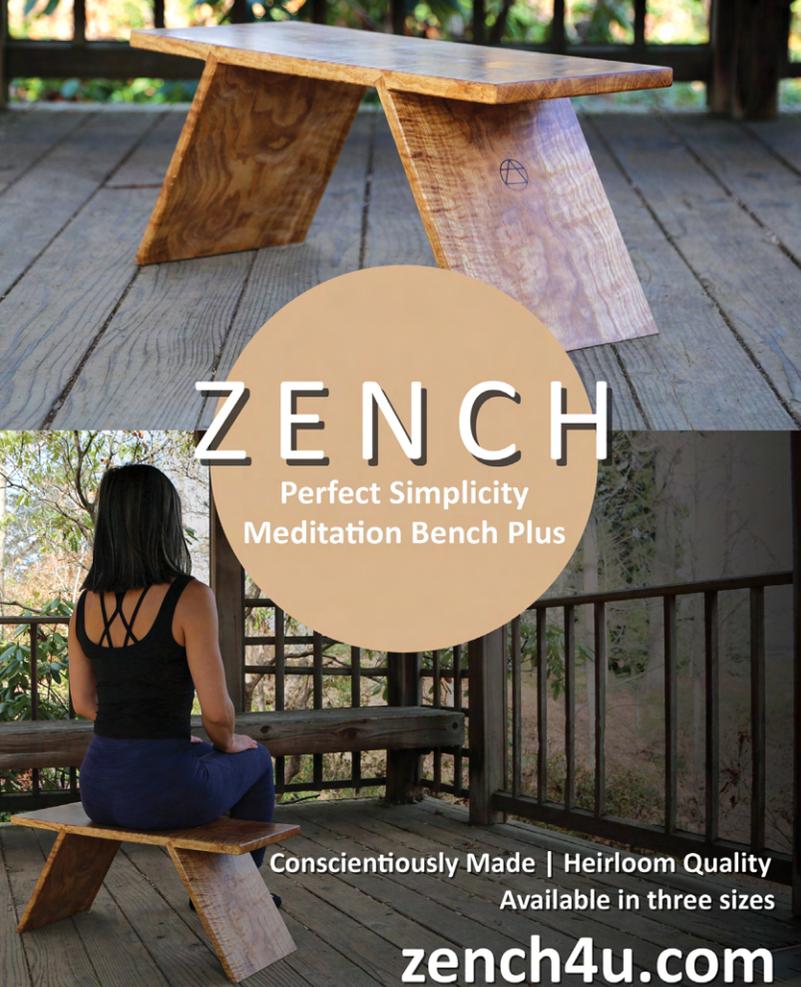
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Body, Mind, and Spirit Psychotherapy: A Synergistic Approach



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

Nature Informed Therapy...

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lifestyles, Nature Informed Therapy offers an accessible path back to wholeness. We embrace a holistic view that considers the individual's mental health and also underscores our shared responsibility to care for the earth. By engaging in NIT, clients often develop a renewed sense of environmental stewardship, recognizing their personal well-being is intertwined with the health of our planet.

Looking Ahead

Humanity stands at a critical juncture. Our mental health crises continue to deepen alongside escalating ecological challenges. It's clear we need solutions that honor our psychological needs and foster a sustainable relationship with nature. By weaving evidence-based therapy with the profound power of the living world, Nature Informed Therapy contributes to both individual healing and environmental well-being.

At the Center for Nature Informed Therapy, we continue to push the boundaries of research, outreach, and training. From local community garden projects to international collaborations — such as our Ukraine initiatives — we're committed to making NIT accessible to a diverse array of practitioners and communities. This broad scope ensures we meet current mental health needs as well as cultivate future generations who understand the reciprocity of healing: as nature helps us, we, in turn, must help nature.

An Invitation

The next time you feel stress or disconnection, I invite you to step outside. Notice the smallest details — a dewdrop on a leaf, a bird perched on a fence, the distinct texture of a tree's bark. Pause for a moment, breathe deeply, and see if you can sense the natural world returning your attention, offering its grounding presence. This act of intentional noticing is the seed of Nature Informed Therapy.

If this resonates with you — whether you're a mental health professional looking to expand your toolkit, a policymaker rethinking public spaces, or someone simply yearning for a deeper sense of belonging — know that the Center for Nature Informed Therapy is here to support your journey. Together, we can foster a world where humanity and the earth heal and flourish as one.

Dr. Heidi Schreiber-Pan is the founder of The Center for Nature Informed Therapy, a clinician, author, and advocate for integrating the healing power of the natural world into mental health care. She passionately believes in rekindling the age-old relationship between humans and nature to foster well-being, resilience, and reciprocal care for our planet.



Spring Bling: Early Charmers From the Herb World

BY SARA AUCKENTHALER

Living in the Blue Ridge Mountains in Virginia, I look for the first signs of spring each year with the slow emergence of life from the ground — the first glimmers of greens in the cleavers and plantain, to the delicate flowers and leaves of chickweed and yarrow, to the abundance of purple dead nettle and yellow dandelions. Spring's riot of color bursts out full of early herbal charms, aligning perfectly with our tendency to renew and detoxify.

These herbs — Yarrow (*Achillea millefolium*), Cleavers (*Galium aparine*), Chickweed (*Stellaria media*) (Star Chickweed; *Stellaria pubera*), Purple Dead Nettle (*Lamium purpureum*), Dandelion (*Taraxacum officinale*), and Plantain (*Plantago spp.*) — are my favorite spring herbs to wild-craft. Each can be harvested from the mountains and lands around us and can be cultivated in a medicinal herb garden. Plus each can be made into teas, tinctures, salves and poultices! It's only fitting to revisit these herbs that return during this season to explore the ways they restore and purify the body's natural rhythms.



Chickweed and Cleavers

Chickweed is a low growing, succulent plant with light green leaves and small white flowers with five petals that are split into two lobes. It is touted as one of nature's best blood and lymphatic purifiers along with being a potent skin healer. Its herbal actions would best be described as cooling, laxative, purifying and anti-inflammatory. Known as the 'spinach' of the woods, chickweed stems, leaves and flowers can be used in garden salads and smoothies, poultices, oil, teas and tinctures! It is packed with vitamins and nutrients and grows virtually everywhere on the continent! Star chickweed is a

variety native to Virginia that is often found in the woods but can be grown almost anywhere.

Cleavers are a common native plant to Virginia and can be found in fields, meadows, and wooded areas. Cleavers come by the name naturally as the plant literally cleaves to your clothes, attaching itself like Velcro, by hooked bristles on its leaves and stems. Its herbal actions would be described as cooling, diuretic, anti-inflammatory, antispasmodic, immune boosting, lymphatic, laxative, anti-fungal and detoxifying. This spring green can also be used in a variety of herbal recipes from salads, smoothies, salves, oils, teas and tinctures!

Pairing both chickweed and cleavers together make for a powerful lymphatic and purifying duo perfect for an early spring detox!

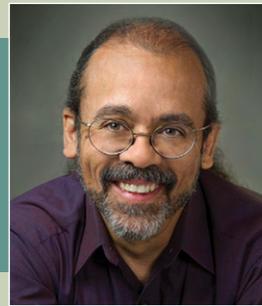
Blood Purifying Tea

- 2 tsp Cleavers
- 2 tsp Chickweed
- 1 tsp Dandelion Root
- Honey (optional)

Boil water and pour over dried herbal ingredients. Steep for 5 minutes, adding honey to taste.

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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?



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HERB CORNER



Plantain

Native to North America, this broad-leafed plant is ubiquitous and grows most anywhere, especially high traffic areas! The best time to harvest plantain is throughout the spring and into the early fall months by cutting the leaves at the base of the stem.

Plantain is highly astringent and thus a wonderful remedy to draw out toxins and reduce inflammation. The leaves, and even the seeds, of this very helpful herb can be consumed in teas and tinctures to aid in coughs, urinary tract infections, fatigue, and an immunity boost.

Typically, plantain can be used in poultices, oils and salves to treat a variety of skin conditions from cuts and insect bites to eczema, and it's outstanding on burns! I have found great success in applying pure plantain oil immediately to any burns to reduce inflammation and speed healing.



Purple Dead Nettle

Purple dead nettle is found in most of the U.S. in fields, pastures, gardens, and orchards. It is abundant and packed full of herbal actions. Dead nettle is anti-inflammatory, antibacterial, antifungal, astringent, diuretic and even laxative. Tea, oil, salves, poultices and tinctures can be used to treat

a variety of health complaints from joint pain to wound care. The leaves and purple tops of purple dead nettle make for an earthy and delicious spring tonic.



Dandelion

Dandelions are a very common spring favorite in Virginia — they were introduced to North America as early as the 1600s! Not only can dandelions be entirely consumed, each part — roots, leaves and flowers — has been used to treat an immense variety of conditions for centuries. Dandelion root is a powerful

detoxifier, diuretic and digestive aid. The leaves and flowers contain compounds that are anti-inflammatory while being rich in antioxidants, decreasing cellular damage and aiding the liver.

You can harvest dandelion leaves in early spring, the flowers in mid-spring to summer, and the roots anytime, but best in the late fall or early spring when the medicinal energy is concentrated in the roots. You will not have to look long for this early spring charmer!



Yarrow

Yarrow's creamy white flowers and feather-like leaves along with their stems can be made into salves, oils, teas and poultices! Multifaceted, like most herbs, this early spring gem helps topically treat skin conditions and wounds. Yarrow's tannins and astringent properties help the

clotting of blood and promote healing. Yarrow is found throughout North America and was named after Achilles, who used plants to treat the wounds of soldiers in the battle of Troy.

Yarrow's anti-inflammatory, diaphoretic, anti-microbial, and antispasmodic properties help with digestion, fevers, insomnia, toothaches, anxiety, arthritis and flu symptoms!

Spring is the perfect time to get excited about planting and digging in the earth. We can always look at the seasons to inspire a natural flow and rhythm, not only in the herbs and plants around us, but in ourselves as well. There are so many helpful herbs to aid in this journey, we just need to take a walk in the spring!

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. 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! www.thehelpfulherb.com



Dead Nettle Salve

1. Add dried dead nettle to a jar filling half way. Fill jar with olive oil and let sit 4 weeks, shaking daily.
2. Afterwards, strain out your herbs and add 1 cup of oil to a double boiler.
3. Add 1/4 cup beeswax and heat on low until wax is melted.
4. Pour into jars and let cool.

Use as an antiseptic ointment for cuts, scrapes and wounds

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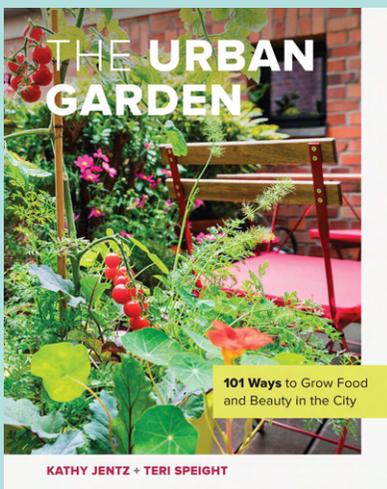
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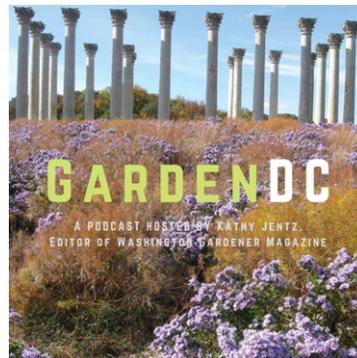
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Your Guide to Spirit Guides...

..continued from page 11

it to feel guided by the plant into realms of other planes of reality. Other plant medicines such as psilocybin mushrooms, peyote, and mescaline offer benefits much like Ayahuasca.

Otherworldly beings are entities from other dimensions or realities. They may take an alien or non-human form. My Ant People Akashic record guide might be an otherworldly being rather than an actual ant.

Earth Angels are benevolent spirits that nurture and protect humanity. Earth angels are usually living people whose spirit guides either knowingly or unknowingly offer guidance, healing, or support to others. Their energy acts like a beacon for the wayward. They counsel others towards compassion and kindness to align with universal truths.

Spirit Guide Speak

By recognizing your guides' distinctive energy and respecting their areas of expertise, you can enhance your spiritual journey and personal development to fully embrace the wisdom and support they offer. They present themselves in various ways, depending on the guide and the connection you share with them.

For instance, guides may speak to you or just transmit a feeling. The hairs on the back of your neck or arms may stand on end, or a flood of warmth might fill your chest. They can offer solace in times of emotional healing or motivation as you pursue your aspirations. Certain guides might feel protective to shield you from negative influences. Others exude vibrant energy to motivate you to step out of your comfort zone and seize fresh possibilities. And there are even instances where a guide's intervention can save your life, just as one did for me years ago.

While I was traveling on Route 28, my intention was to exit right onto Old Ox Road. However, I had to be cautious of the other vehicles merging onto 28

as well. At that moment, a large white truck emerged from the merge ramp, ready to enter the highway. My guides, who are familiar with my tendencies, pointed out the truck and advised me not to outrun it. They know me so well! Instead, they instructed me to slow down and let the truck pass me first. I heeded their advice and exited the highway behind the truck. While doing so, I witnessed the truck losing control and it ended up veering onto the grass and halting next to the highway. If I hadn't listened to my guides, that out-of-control truck might have collided with me, potentially resulting in a fatal accident. By tuning into guides, in this case listening to them, one can become familiar with them to feel more connected and supported.

Is Connecting to Spirit Guides Part of a Traditional Mediumship Session?

Mediums communicate with the spirit world. Their key role is to act as a bridge between the living and the deceased, offering valuable insights, conveying messages, and providing comfort to their clients. This process often involves interpreting signs, symbols, and emotions that are conveyed by the spirits. Clients typically seek mediums to find closure, receive guidance, or simply to maintain a sense of connection with someone they have lost. While the work of mediums can be mysterious and deeply spiritual, it is important to understand the intricacies of what they do.

The mediumship community does not universally accept the practice of mediums communicating on behalf of your spirit guides during sessions. While a medium can perceive your guides, it is important to note a medium's primary role involves connecting you with deceased loved ones, which is a separate task entirely from contacting your guides. The problem is authenticity. How can you authenticate your spirit guides if you're not familiar with them? From my many years of experience, most clients lack this ability.

It is generally understood that mediums focus on providing evidentiary proof of the continuation of a departed loved one's consciousness after bodily death. Evidentiary proof of spirit is required as part of a reading session, so

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the client recognizes who they are communicating with to be open to receiving the messages. During a mediumship session, it's almost impossible for clients to confirm whether a spirit guide coming through the veil is for them. For example, telling a client their spirit guide's name is Balthazar may or may not resonate with them and it would not be mediumship. Clients would have to be aware of all the nuances of their guides to give proper validation. The lack of client awareness of their own spirit guides prevents the establishment of this crucial aspect of mediumship—evidentiary proof. Since it is unverifiable, professional mediums don't provide information on spirit guides without evidence.

A more common practice for a medium is to rely on their own personal spirit guides to assist them during sessions. In my experience, my dad was a helpful guide for me on my mediumship journey. Interestingly, he had served in the military during his time on Earth. As my guide, he would show me details about the military service of my clients departed loved ones, such as their uniforms, colors, ranks, branches, injuries, wars, and locations served. It is important to note that each person's spirit guides are unique to them, so a medium's guide may not directly communicate with your own guides. Think about it. Why would your spirit guides talk to my spirit guides? If you hear this while you're in a mediumship reading, it is worth pondering why your guides would not communicate with you directly.

Calling On Your Guides

This begs the question: Do our guides pick us, or do we pick them? Spirit guide communication is subtle and personal, often experienced through one's intuition or inner knowing. Encountering one of your guides can mark a point of transformation. You can build a relationship with your guides to foster a sense of empowerment and self-awareness.

How we witness and channel guides depends on our stage of intuitive development and our understanding of inter-dimensional realms. Fortunately, you can connect to your guides without a medium's help. Through attention and

practice, you can learn to hone your sensitivity skills in communicating with guides. Spend time in quiet reflection (meditation) to open communication channels to receive messages. Trust your instincts and inner voice to allow guides to communicate.

Here are some exercises to help you begin:

- Write any messages or feelings you receive during meditation. Pay attention to signs, symbols, dreams, and synchronicities that might be guidance from your spirit guides.
- Pay attention to repetitive numbers like 111, 222, etc. Through repetitive numbers, your guides are signaling to pay attention. These often carry important messages.
- Finally, ask for help from your guides. They are waiting for you.

The role of spirit guides is distinct from the guidance of a mediumship session. Mediums focus on connecting with the souls of the deceased, while spirit guides remain unique, personal entities that individuals engage with throughout their life's journey. You can cultivate a deeper relationship with your guides and benefit from their wisdom. Understanding these roles can enhance one's spiritual experience and provide clarity on what to expect when seeking spiritual insights.

Annie Larson, a psychic medium, is a sought-after speaker, reader, teacher, and healer who has been featured in TV, radio, podcasts, magazines, and newspapers, including The Washington Post. She meets clients in-person in her office in Sterling, Virginia, via phone, and online. To help navigate communication with spirit guides, she teaches a workshop, "Spirit Guides, Angels, and Helper Guides". MediumAnnieLarson.com

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Revisoning A Better World...

...continued from page 13

Championing a Better World

Reinvention cannot happen without either breaking down and replacing existing rigged systems that don't work, or helping to reform and shape them so they evolve to meet current situations, demands and crises. Here are some organizations who are champions for revisioning.

Coalition for Environmentally Responsible Economies and Societies (CERES)

One way to shape business culture is enforceable environmental, social, and ethical business codes of conduct. For 35 years, the Coalition for Environmentally Responsible Economies and Societies has developed and operated the CERES Principles, a code of environmental conduct voluntarily adopted by many dozens of top U.S. companies and investor networks, addressing the protection of communities and Earth's living systems, to be scaled up and spread widely. (www.ceres.org)

Community Environmental Legal Defense Fund (CELDF)

The Community Environmental Legal Defense Fund provides legal services and education, as well as organizes support to communities facing threats from corporate raiders to their local environment, livelihoods, and quality of life. CELDF works to build movements for the adoption of Community Bills of Rights and for the Rights of Nature, helping communities confront government and corporate control. I first learned of CELDF's methods at its Democracy School in fall of 2017 in Asheville where I attended training regarding the legal environment, people's right of local self-governance and Rights of Nature — a [training now available online](#).

One of the issues CELDF addresses is banning chemical trespass by harmful chemicals from industry, extraction, and agriculture. Communities face huge barriers stemming from the unsustainable structure of law involving corporate "rights" and the unilateral preemptive authority of state governments focused on growth, extraction, and development, too often at the expense of or in complete disregard for real community decision-making. To date, over 200 communities have adopted Community Bills of Rights co-drafted with CELDF that stopped corporate harm. Around 200 towns and cities have advanced

laws to establish Rights of Nature, rights to water, and/or rights to a livable climate. (celdf.org)

Institute for Integrative Regenerative Design (IIRD)

Founded by engineer and visionary Alan Booker, the Institute for Integrative Regenerative Design is at the forefront of among the best bioremediation and place-based building practices, including projects at scale or any human activity. Booker, who is also IIRD's executive director, has over 30 years' experience in engineering and 20 years in sustainable and regenerative design. The IIRD team continues to develop and refine its Integrated Regenerative Design framework and website. See <https://i2rd.co>.

IIRD offers a 100-hour course on regenerative permaculture design for engineers, architects and urban planners to help trans-disciplinary teams create outcomes that are ecologically sound, biocompatible, regenerative, and lucrative, as well as just and equitable for all stakeholders. Booker also provides consulting and workshops on earthworks, watershed management, soil remediation, composting, forest gardening, holistic management of pastureland, keyline design, aquaculture and aquaponics, Net Zero buildings and off-grid energy systems, and natural building systems.

In the last year, I took two of Booker's weekend courses on The Process of Regeneration and on Regenerative Food Security, plus a class on Remediation 101 in the mountains of Asheville, NC. The holistic design approach of Permaculture works closely with living ecosystems — the only working model of regenerative dynamics — creating successful regenerative project outcomes in a wide range of ecosystems.

RepresentUs

A leading bi-partisan anti-corruption organization, RepresentUs seeks to join people together across the political spectrum to "unrig" the corrupted, broken political system in the U.S. RepresentUs points to a seminal [study by professors from Princeton and Northwestern University](#) that reviewed over 20 years of research data showing that for 90% of Americans, their views in favor of or against any idea have no impact on whether Congress will make it law. Let that sink in that — essentially, the US government is not a representative democracy. The high cost of campaigns causes members of Congress to turn to the wealthiest donors. As revealed, the 200 top politically active companies spent \$5.8 billion for lobbying and campaign contributions, resulting in their receiving \$4.4 trillion in taxpayer funds. Can you say,



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“Corporate welfare”?

In early 2019, I participated in their high-powered, high-energy bi-partisan Unrig Summit, now renamed the America Democracy Summit, held in Nashville TN. It brought together inspirational speakers, business and congressional leaders, celebrities and 1,700 dedicated democracy activists from all political parties. Their aims are to pass legislation at the state level to: strengthen campaign finance, ethics, and lobbying laws; rid special interest dark money from elections; end biased gerrymandering; ensure election integrity; and enact voting reform like ranked choice voting. The outpouring of RepresentUs’ grassroots activism has won 197 victories in enacting state laws that help to prioritize the needs of the citizens. (represent.us)

Braver Angels

Deserving special mention in this arena is Braver Angels, a leading bi-partisan, volunteer movement to foster respectful interactions with people that have different opinions and bridge divides. Braver Angels coordinates connecting people from different backgrounds in facilitated one-on-one discussions, so as to better understand contrasting views and find common ground. Check out braverangels.org.

The Cause of Peace

With a \$1.8 trillion budget deficit in 2024, the U.S. is a bankrupt military superpower — a contradiction in terms — with a record of conducting failed wars of occupation and proxy wars, amidst the hollowing out of the U.S. economy, infrastructure and cities, and the impoverishment of Americans. The FY 2024 defense budget stands at \$846 billion, representing over 55% of the U.S. discretionary budget. The U.S. military maintains around 750 overseas military bases across the world. The Jan. 11, 2024, article in Review magazine titled “The Pentagon Fails Another Audit” reported that an audit of the Pentagon costing \$187 million found that “only 7 of the 29 sub-audits passed.” The article went on to say: “HALF of the claimed assets were nowhere to be found. ... Trillions have gone missing since pre-9/11...,” with no on-going investigation of the missing funds. This level of military financial fraud, waste and bloat siphons resources better used in revitalizing America.

Featured below is just one of the groups working valiantly on the frontlines to tip the scales in favor of peace.

World BEYOND War

Among the many peace groups, World BEYOND War (WBW) is a global nonviolent movement seeking the global demilitarization of security, closure of U.S. overseas bases, and creation of a just and enduring culture of peace, among some of its ambitious aims. WBW conducts education, advocacy, and nonviolent direct-action campaigns to end all wars. It coordinates activities to wage peace among its 46 chapters and 107 affiliates globally, as well as hosting an impressive array of resources on its website. I felt privileged to participate in the first two hard-hitting in-person WBW #NoWar conferences in 2016 and 2017, another one online, plus several courses and webinars on War Abolition and other topics.

WBW also publishes the visionary report *A Global Security System: An Alternative to War*, presenting brilliant analyses of demilitarizing security, the need for common security, managing conflicts, peace-building operations, multi-track diplomacy, peace economics and military spending, the role of global civil society, and critiques of current U.S. foreign policy — a vital handbook for policy makers and citizens alike. See www.worldbeyondwar.org.

Ensuring World Class Development Aid

Billions among humanity live in subsistence conditions on \$5 - \$20

per day, with 733 million experiencing food insecurity weekly or seasonally. Bi-lateral aid donor agencies emerged to fund aid programs to meet basic needs in developing countries. The future is uncertain for many of these aid organizations, making awareness about their humanitarian missions and programs that much more vital.

InterAction

InterAction is the largest U.S.-based alliance of global NGOs and partners, with 170 non-profit members. Together, these non-profit members implement \$15 billion per year in development and relief programs for the most poor and vulnerable people in 130 developing countries. All members abide by an InterAction code of conduct. Among contributing donors, many receive a large percentage of their funding from the U.S Agency for International Development Assistance (USAID). (www.interaction.org)

U.S. Agency for International Development (USAID)

USAID, its mission and independence were established by Congress in 1961 at the initiative of President John F. Kennedy. USAID operates in 100 countries, including the U.S., with a budget of nearly \$40 billion and around 10,000 employees. The main track for programming USAID funding in its core humanitarian and development sectors is by the USAID staff in field offices that conduct strategic planning exercises to identify priority impact areas, award project grant or contract funding to implementing partners on a competitive basis, and oversee their implementation based on rigorous monitoring and evaluation systems. At the same time, the activities of USAID and its partners are subject to oversight by regional inspector generals and Congress.

USAID and its partners comprise a repository of decades’ worth of good sectoral practices adapted to working in low resource and income areas, as well as provide vital humanitarian management capabilities, that if lost cannot be regained except over decades. U.S. country-focused aid programs have served to create a legacy of a fraternal relationship of trust and goodwill toward the U.S. in recipient countries. USAID is a key part of a cadre of 38 aid agencies in Europe and other regions, with the total aid assistance adding up to \$223.7 billion in 2023.

Having worked in global development finance and aid over a period of 30 years, I’ve witnessed countless worthy projects programmed and funded by USAID serving basic needs of the poorest, such as: the launch and support of the microcredit movement aimed at providing banking for the poorest worldwide; promotion of micro-irrigation, best practices and marketing committees for horticulture producers in Nepal; and the restoration of basic health services in war torn Liberia. In USAID nutrition programs alone, more than 39 million women and children were reached globally with critical nutrition assistance in 2023.

As of this writing, the state of USAID is still in flux. The current administration had frozen USAID funds Jan. 20th, then issued USAID stop work orders, and subsequently laid off a large majority of USAID staff. These unprecedented actions dismantling USAID were not based on a transparent, professional, independent review of USAID’s full portfolio. The stop work orders and subsequent haphazard waiv-



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Revisoning A Better World...

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ers from closure issued by the State Department put USAID partners and the whole development aid sector in turmoil, hemorrhaging staff, causing illegal breaches of contracts and huge waste globally.

USAID supplies \$2 billion per year in rice, wheat, lentils and peas as part of its food aid programs, with 40% procured from U.S. farmers. Due to the freeze, \$489 million in food aid is stranded in ports, in transit, and in warehouses. Though granted a waiver to buy food for existing food aid agreements, the uncertainty of the future of food aid programs leaves farmers planting and growing crops unsure of the markets in the next cycle.

By all means, investigate and hold accountable the specific USAID divisions and staff that programmed the identified misused funds, but fully restore *all* of the carefully programmed, well-performing humanitarian and development projects and the corresponding USAID staff. Congress holds the legislative and funding authority for this work. They need to be the ones setting the priorities for the future of global aid. Lifesaving global health and development programs — home and abroad — have deep, longstanding bipartisan support. Congress must defend them.

An agency with such an important global mission, which in its humanitarian portfolio is one the largest funders of legitimate local civil society actors globally, deserves to be fully restored and reorganized around its portfolio of well-performing, development-focused programs and to work to repair and undo such disastrous damage. For their taxpayer dollars, Americans deserve an independent, best practice, high standard, world class global development and humanitarian agency, led by an experienced leader in the aid field.

So as we complete our tour, I call on readers to speak out with your voice and invest your sacred time and labor, your dollars and savings for a peaceful, regenerative, living real society and economy — the sacred economy based on reverence for life that is people- and planet-worthy. Reject and opt out of the dystopian corporatocracy and technocracy future being broadcast and executed by a supranational predatory elite class hell bent on a domination agenda.

Laurie Timmermann has lived life as a lifelong spiritual seeker, and a global citizen and adventurer studying, travelling, living and working in many multicultural and multilingual settings. She is a retired global development specialist with prior experience managing food aid and livelihood programs for 3 years in 4 African countries. As an Africare program manager in DC for 3.5 years, she assisted coordinating rural, health, and water project activities in Africa, among her many other assignments. To email: planetarycitizen@protonmail.com.

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Spring Garden Tasks

BY KATHY JENTZ

Spring is in the air! The sap is rising in the trees. The birds are singing. We are ready to charge outside and get that new garden planted. But pace yourself and do a little at a time, lest you pull a muscle or exhaust yourself. Treat this list as just a guideline — suggestions and not “must dos.” Select a few tasks to tackle each spring weekend, and by the time summer gets here you’ll have a bountiful and beautiful garden.



SPRING GARDEN TO-DO LIST

Seasonal Preparation and Planting:

- Get a soil test.
- Do soil preparation — add lime, compost, etc., as needed. Avoid walking on and compacting wet soil in the garden.
- Prune grapevines.
- Mulch beds with a light hand.
- Clean out any old debris from last season from your growing beds.
- Turn your compost pile.
- Repot root-bound houseplants and start fertilizing them.
- Clean leaves and debris from your water garden.
- Cut back ornamental grasses.
- Weed by hand to avoid disturbing newly forming roots.
- Plant and prune roses.
- Transplant small trees and shrubs.
- Buy or check on your stored summer bulbs (such as dahlias and calladiums). Pot them and start to water to give them an early start on the season.
- If you started seeds last month, thin them and start the hardening-off process.
- Start some more seeds — try flowering annuals like impatiens and petunias.
- Cut back and clear out the last of your perennial beds.

Reminders and Recommendations:

- Put up trellises and teepees for peas, climbing beans, etc.
- Plant peas, potatoes, beets, turnips, radishes, cabbage, mustard greens, onion sets, carrots, and kale.
- Set out traps for mice, moles, and voles.
- Do not be alarmed if your pond turns green from algae bloom — this is natural until your water plants fill the surface area. Add a barley ball to combat it for now.
- Water during dry spells.
- Walk your garden to look for early signs of fungal disease.
- Divide perennials and herbs.
- Fertilize new growth.
- Prune fruit trees as their buds are swelling. Check for dead and diseased wood to prune out. Cut a few branches for indoor forcing, if desired.
- Build a raised bed for vegetables. Add lots of manure and compost.





Education, Inspiration, and Recreation:

- Start or update your garden journals.
- Buy an indoor plant to liven up your office space. Try an orchid or African violet.
- Cut your daffodils for indoor bouquets. Do NOT combine daffodils with other flowers in one vase; they give off a toxic substance that may kill off your other blooms prematurely.
- Feed birds and provide nesting

materials (try dryer lint), as well as houses, for the start of their family season.

- Plant a tree for Arbor Day, which falls on different dates in different states. In our area, it is the first Wednesday in April for Maryland, second Friday in April for Virginia, and last Friday in April for DC. In addition, many local groups and towns have their own celebrations.
- Cut some branches (Forsythia, Quince, Bittersweet, Redbud, etc.) for forcing into bloom and enjoying indoors.
- Read a good gardening book or magazine.

Kathy Jentz is editor/publisher of Washington Gardener magazine. She is also the host of the popular GardenDC Podcast. All photos by Kathy Jentz.

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.Washington-Gardener.com.

Supporting Liver Detox...

...continued from page 24

ditions or are taking medications. The effectiveness of these supplements can vary based on an individual's health status, genetics, and lifestyle, so personalized approaches must be guided by a health specialist as the best way to avoid a healing crisis.

Lifestyle Modifications

This multi-pronged approach is a very important part of any detoxing program. First, address and manage chronic stress through mindfulness, meditation, Yoga, or other relaxation techniques. Next, regular exercise enhances circulation and supports the elimination of toxins through sweating and improved metabolic function. Additionally, physical activity like walking and dancing stimulates the bowels and can help prevent constipation. Finally, prioritize sufficient and quality sleep, as most detoxification occurs during sleep.

Elimination of Toxic Exposures

Part of the detox process involves identifying and minimizing exposure to environmental toxins, such as heavy metals, pollutants, chemicals in personal care products, and harmful food additives. Create a toxin-free environment through use of non-toxic products in the home, office, and personal care routines.

Be sure your spring cleaning includes your own interior! If you're unsure where to start, work with a healthcare professional who uses TCM and FM approaches to develop an individualized, holistic detoxing plan. When you keep your liver and all the supporting organs of detoxification healthy and high-functioning, your entire body benefits.

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, Biomeridian 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.

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My name is Mariana.

I'm an intuitive psychic and Reiki practitioner. One of my life's purposes is to share my abilities to help others.



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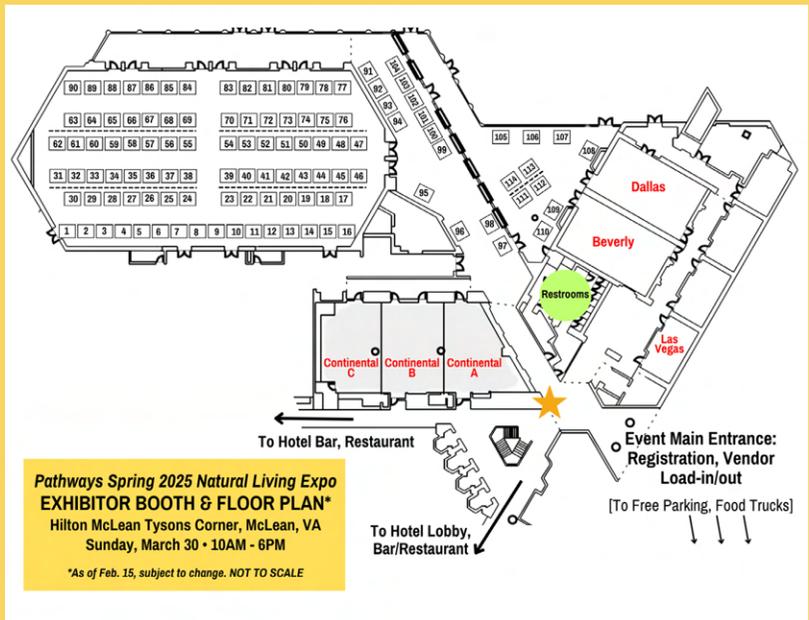
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The following mind-body-spirit-eco businesses are participating in our Spring Expo. This is subject to change. Visit our Spring Expo page online for the final Expo program: www.PathwaysProductions.com.

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

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Angel Writing through Dorothy Blagrove

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Jacqueline Marie Bates is 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

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. Dr. Ikenze is a holistic physician practicing homeopathy in Marin County, California for 33 years. She received her medical degree from Albert Einstein College of Medicine and

her homeopathic diploma from the British Institute of Homeopathy. Her care always addresses the total health of the individual – mental, emotional, and physical. www.grailmessage.com

Hartke Health, LLC - LifeWave Light Therapy

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*

Explore a sanctuary where tranquility meets transformation. Offering Yoga, energy work, stretch therapy, creative workshops, and more. We're here to support your journey to balance and vitality. Embrace wellness in an inclusive space dedicated to mind, body, and spirit. haven101.com

Healthy, Joyful Longevity*

Explore how ancient wild foods can help you have a healthy, joyful, long life. See for yourself what healthy aging can look like when you incorporate these foods into your wellness regimen. The sooner you start, the better, no matter your current age or health status! tinyurl.com/algae4health

Healthy Vibes with Christie

Hi, I'm Coach Christie, I'm a certified food as medicine and raw food chef. I'm passionate about empowering women 40+ to take control of their weight and overall wellness through nutrient dense delicious dishes and simple daily habits. I do this through virtual courses and unique 6 week challenges. www.healthyvibeswchristie.com

Hemali Vora LLC*

Providing intuitive healing, Reiki, channeling, holistic health & wellness. www.hemalivora.com

Holistic Concepts*

Healing with sound thru ancient Solfeggio tuning fork frequencies. We'll be offering 10-minute tune-ups and BioMat sessions. 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*

We will discuss and demonstrate hypnosis and self-hypnosis, including relieving pain, "The Zone" and "Power Self". Participants will have a wonderful and enlightening experience! www.hypnosissilverspring.com

IEMT with Rose: Integrative Hypnotherapy*

Traumatic memories fade over time, but unresolved emotional imprints from past experiences remain as a brain mechanism to ensure safety. While normal, these imprints may no longer align with your current goals, making it crucial to address and process them effectively for personal growth and well-being. integrativehypnotherapyva.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 Chinese Medicine, Homeopathy, and Nutrition to treat and prevent acute and chronic disease. www.imednova.com

International Society of Spiritual Sciences*

I.S.S.S. founder Swami Manjuland 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. manjuland.org

Irogenics® Ancestral Eye Reading*

Come experience ancestral eye reading. Free demonstrations on the hour of how to use your cell phone to get your ancestral eye reading with my new app. Sneak peek readings will be available as time allows between the free demonstrations. Explore the world of your ancestors today! irogenics.com

Kindred Nature*

Restorative, empowering experiences with nature for inner radiance, resilience, and belonging. Return to

your senses and rekindle your nature connection journey at our sensory spring nature station. Explore mindful and bodyful forest bathing (nature therapy) benefits with founder and certified forest bathing guide Ilana Rubin. Because you're nature, too! kindrednature.carrd.co/

Lari Pops

Lari Pops Inc is a Small Latina Women Veteran-Owned Business established in 2023. Specializing in vending high-quality skincare, hygiene and self-care products. lari pops.com

Lemuria Inc.

Superfood Products that empower your health naturally! Moringa energy bars, seeds, powder, hot chocolate, soap, herbal pads, and mushroom chocolate. Sustainably sourced, nutrient-packed products crafted for vitality and balance! thelemuria.com

Lotus Soul Healing Arts

Angelic Reiki Healings and Readings in the Akashic Records, 15- & 30-minute healing sessions offered for each. Holy Fire Reiki Infused Crystals for sale, including jewelry. Books for sale on Manifestation, Transformation/Trauma & a Poem Collection with Diane Bovolino, International Best Selling Author present. www.lotussoulhealingarts.com/

Magnetude Jewelry*

Magnetude Jewelry is an interchangeable wearable wellness fashion jewelry. Made with healthy bio-magnets and healthy frequencies. Wear beautiful jewelry that's actually good for you! Our jewelry helps increase blood flow, decrease pain, assist with better sleep and counteract the harmful effects of EMFs from cell phones, wifi, and computers. www.magnetudejewelry.com

MIVIA Stress Relief Spa*

Visit to learn about our rejuvenating head spa treatments, Reiki healing, stress-relief modalities. Discover how we can help you restore balance and relaxation in your life, mind, body and spirit. Stop by for information, exclusive offers, and a touch of tranquility! www.miviaheadspa.com

Mother Earth Book

In despair that her Earth is out of balance, Mother Earth travels to 6 habitable continents to seek help from children, ages 7 to 14. Young readers learn about environmental issues as

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well each of the six continents. They will learn about issues with insects, animals and birds; oceans, rainforests and floods. Mother Earth's song (with a QR code) at the end of the story leaves readers with hope in their hearts that people can solve these environmental problems and restore balance on the Earth again.

My Tibet Shop

Tibet Shop brings you handmade authentic Tibetan singing bowls and Meditation supplies unique handmade gifts and silver Jewelry from the hands of Himalayan artisans in Fair Trade Manner since 2003
www.mytibetshop.com

National Integrated Health Associates (NIHA)*

Integrative and Functional Medicine and Holistic Dentistry all in one convenient location. Meet Dr. Kalva, Functional Medicine Physician, & get your health questions answered!
Nihadc.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.

Nekhbets Niche

Nekhbets Niche is a custom creative solution... you dream it and I do my best to create it! I specialize in handmade healing crystal jewelry, organic body care products and services ranging from Tarot readings to doula and lactation.
www.nekhhbetsniche.com

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.
www.NewSpiritualHorizons.com

Nicole the Divine Oracle, LLC

Nicole illuminates your path with her amazing insights, whether she's channeling Angelic Spirits, connecting with beloved ones and animals, or tapping into the wisdom of Oracle & Tarot. Her transformative guidance and energizing healing services are designed to uplift and empower you on your unique journey.
www.nicoledivineoracle.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

Om Divine Healing

Sharing with you my 14 years experience in these fields: Reiki Practitioner, Angel & Angel Card Reading, Guided Meditation, Hypnotherapist, Access Bar Practitioner, Forensic Healing Practitioner, Past Life Regression Practitioner as well as Present Life Practitioner, Ho' Oponono Practitioner, Akashic Record Practitioner, Life Coach (Spirituality, Holistic, Relationship).
www.omdivinehealing.com

Pathways Productions & Retreat Center

Magazine. Events. Retreats. Marketing. Stop by for: information about advertising & marketing options through our quarterly publication and events; to learn more about upcoming Pathways Retreats and how to host your own retreat at our beautiful mountain house; to find out how you can submit articles for future issues; and to pick up your complimentary EXPO TOTE BAG (*limited quantity, while supplies last*).
www.pathwaysmagazineonline.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

Psychic Readings By

Mara Berman*

Psychic information is derived from, Aura colors, light sources using twelve dimensional rings, and star seed energy, and meditating with the energy flow with the earth vortex. Readings involve tuning in your aura colors and images., Tarot cards, timing, palmistry, and understanding life questions to provide answers.
www.maraberman.net

Psychic Spiritual Healer & Advisor Maddem Mary

Psychic Mary offers palm readings, Tarot card, crystal and love readings, past life regression and meditation.
psychicanna301.wixsite.com/psychichop

Red Carpet Remodeling

Windows, roofing, siding and doors.
www.redcarpetremodeling.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

Salvaged Suncatchers

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

She Talks To Rocks

Tarot can be as detailed and mysterious as you want to make it. Our approach is one of simplicity and common sense. Rather than "fortune telling", a good reading should give the client a clear course of direction toward the desired outcome.
shetalkstorocks.com

Shining Vitality Aura Reading and Energy Infusion

My client can view their aura and see how the energy infusion can change it. 20 minute session, \$45.
shiningvitality.com/

Sole Healing

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

Spiritual Pathways Holistic Healing

Spiritual Pathways empowers individuals on their journey toward optimal well-being. We specialize in integrative health practices, combining the power of herbal and nutritional therapy to address the root causes of health imbalances. Our approach focuses on healing the body, mind, and spirit, offering personalized care tailored to each client's needs.
www.sphh.org

Stella Wilde

Tarot & Oracle Readings. Receive personalized guidance through intuitive tarot and oracle readings. Explore your path with the wisdom of the cards. Oracle decks available for purchase, along with other spiritual items to enhance your journey. Visit for clarity, empowerment, and inspiration!
stellawilde.com

Sukyo Mahikari*

Sukyo Mahikari provides free 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.

Sundrop Aromatherapy*

Organic aromatherapy and essential oil blends and products for a variety of wellness needs to support your mind, body, and spirit. We also offer aromatherapy consults with custom blends as unique as you are!
www.sundroparomatherapy.com

Susan Lynne's Mediumlink*

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

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Takoma Metaphysical Chapel*

The Takoma Metaphysical Chapel is an Interfaith Spiritual Community where all spiritual paths are supported with love. We support your spiritual growth and development with classes, meditation and prayer calls, workshops and an uplifting, powerful Sunday celebration service. Come get a reading or healing.
www.takomachapel.org

The Aquarian Team*

The Aquarian Team has been writing together for over a decade with 3 published titles. Our writing is based on the great philosophical and spiritual Teaching of Master Omraam Mikhael Aivanhov, which is spread in the USA through Omraam.World. All our books and his will be available for the exhibit. www.theaquarianteam.com

The Artful Lightworker

Psychic Medium - Reiki Master - Meditation Teacher - Artist.
www.theartfullightworker.com

The Center for Pranic Healing - Maryland*

Pranic Healing is a no touch energy modality using life force energy to cleanse and balance the chakras. Alleviating stress, minimizing pain, and general energy tune ups will be offered. pranichealingmd.com

The Goddess Deck, LLC

Welcome! Learn to become mentally, emotionally, physically, and spiritually STRONG! The Goddess Deck is an "interactive healing" guidance deck with 54 illustrated cards that hold powerful messages for you, and a detailed guidebook to teach you how to heal and activate; reclaim your personal power!
thegoddessdeck.com/

The Lotus and The Light Metaphysical Center*

The Lotus and The Light is your hub for all your spiritual needs. Whether you are looking for spiritual development, conscious community or personal healing, we have you covered! Come check us out!
www.thelotusandthelight.com

The Saffron Books

Our mission is to bring the teaching of Vedic scholars to a wider audience, promoting eastern wisdom and practices to alleviate stress and anxiety. This encompasses meditation, Yoga, and practical spiritual wisdom to apply in your life. thesaffronbooks.com

The Soul Shepherd

Looking forward to seeing you this Spring! I'll be doing 15- and 30-minute psychic readings and 30-minute mediumship readings. If you are having a mediumship reading, you must bring a picture of the person who has passed. thesoulshepherd.com

The Teal Center

At The Teal Center, we find joy in supporting the healing wisdom for the whole person through massage, acupuncture, energy medicine and community workshops. Visit our booth to enjoy the LifeStream Generator, a Tarot reading or Reiki.
www.tealcenter.com

Tibet Sky Emporium

Hand crafted and fair trade Tibetan Himalayan ethnic jewelries and Yoga clothing. As a social entrepreneur, I donate 10-20% of the profits to the village region in Tibet I left so long ago. Unique, mostly handcrafted clothes, jewelry, scarves, bags, and various accessories and cultural items from Tibet, Nepal and India.
[instagram.com/tibetskyemporium](https://www.instagram.com/tibetskyemporium)

Totem Health & Wellness

Totem Health & Wellness will be offering \$30 vitamin & mineral scans that will include a copy of the report with the recommendations. We'll have information on LifeWave — non-transdermal patches that gently stimulate the skin with light — and free samples!
totemhealthandwellness.com

Touchstone Crystal by Swarovski

Touchstone Crystal by Swarovski is your everyday way to sparkle! Affordable luxury jewelry, with a Swarovski legacy. All pieces are lead, nickel and cadmium free - perfect for sensitive skin! From demure to glam — I got you! Makes great gifts for yourself, mom, sis, BFFs and more.
msha.ke/leslie.b.kay

Total U

Copper Jewelry, Crystals, Gems and Minerals.

transitionTALKS: 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

TriTouch Therapies*

Therapeutic massage & Hawaiian Energetic Training. www.tritouch.com

Unity Center DC*

We are a supportive and progressive spiritual community; diverse seekers, bound together by a shared passion for Divine truth. We meet on Sunday mornings (via Zoom), and through the month for classes, culture, meals and community. Visitors are most welcome! www.unitycenterdc.org

Unity Spiritual Centers in the DMV*

Unity is a positive, practical, progressive approach to Spirituality based on universal principles and the power of prayer. Unity honors all spiritual paths and respects an individual's right to embrace their truth and inner guidance. Unity of Fairfax, Unity of Gaithersburg, and Unity of Washington DC. www.unityofgaithersburg.org

Urantia Book Fellowship (Interfaith Committee)/Mid-Atlantic Chapter*

Intro to The Urantia Book - Be Ready to Be Inspired! The Urantia Book is an exciting anthology of the highest concepts of Science, Philosophy, Religion and Spirituality. Mid-Atlantic Students of the Urantia Book will be on hand to share tools and resources on the Art of Spiritual Living.
www.urantiabook.org

Vlasi / Whole Health*

At Vlasi, we help people improve their health, one behavior, one meal, one step at a time. We believe every small change can lead to monumental improvements in your well-being, for long term results. Expect cooking demos, giveaways, biometric screenings, whole health guidance and much more! www.thevlasi.com

VPS Stones Inc.

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 Land of Oils*

Offers essential oils, essential oil guides and accessories, natural home and body products and oil-infused skincare. Patrice will also be offering sample Reiki or Access Bars sessions, iTOV scans, Oracle Card readings or custom intuitively created essential oil blends. wonderfullandofaols.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.

Your Path to Self-Discovery through the 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! Releasing emotional energy from your past lives can help you connect with your eternal Divine Self.
www.myakashichealing.com

Zench

Hand made solid wood premium meditation benches in 3 wood species & 3 sizes. May also be used for stools, or storage or shelving.
zench4u.com

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

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. :)





Spring 2025 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 Spring Expo page online for the most current information.

10:30 AM



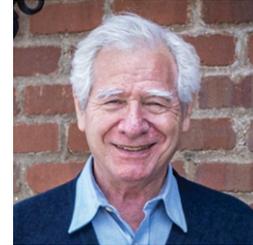
Healing With Sound Through Solfeggio Tuning Forks *Roxanna Weddle*

Change your frequency; change your life! What is a vibrational tuning? Join me in exploring the origin of the Solfeggio frequencies, and their tones and meanings, and how tones affect our health. We'll discuss various techniques; and Nitric Oxide/osteophonic forks.



Metaphysical Healing *Rev. Eugene Policastri*

Within you is a great power to heal anything that is troubling you. We believe in the Omnipresence of God, that it is everywhere and is expressed as you. Spend time with us to embark on the journey within to feel the healing power of an inner sense of peace.



Hypothyroidism – Do You Have It, How To Treat It Effectively *Shep Saltzman*

How can you tell if you have hypothyroidism? Why may you still have symptoms even if you are treated? We'll discuss autoimmune thyroid (Hashimotos and Grave's) and how to effectively treat hypothyroidism using Functional Medicine.



UPshift Your Frequency & Power: LIFEforce Energy Orgone Amulets + Practical Shamanism Techniques! *Azuræ Windwalker*

Choose Shamanic Enlightened Self-Care with Azuræ Windwalker and her Spirit Doctors for an Uplifting UpShift! Archangel Michael clears trauma toxins that hinder your highest potential health. Practice Shamanic PowerUps. Access your White Light Master Teams. Then the Golden Egg Alchemical Shield brings you well being through challenging times.



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.



What is a PEMF Medical Device? What is BEMER for Circulation? *Dr. Rebecca L. G. Verna, MS, DVM, Reiki Master, Advanced ThetaHealer*

Participants will have an opportunity to try out the BEMER EVO Medical Circulatory Device and all of its components. Receive a brief description of the science behind this particular PEMF device and also be introduced to The Beauty Pack made by BEMER Group. Ask questions.



Spring 2025 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

11:30 AM



**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.



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.



Discover The Space Before Thought
Atousa Raissyan

This talk focuses on the transformative potential of accessing the “space before thought”, and how we can access this space to reduce the impact of paralyzing thoughts, and create a sense of safety, calm, and peace.



**Emotional Breakthrough
With Essential Oils**
Patrice Freeland

Emotions and trauma can stay in our bodies, resulting in chronic aches, inflammation and organ dis-ease. When emotions get stuck, they can also create blocks that keep us in ruts and negative habits. It’s time to break free! Join this interactive emotional breakthrough workshop using the power of essential oils.



Meditation with Light and Auras
Mara Berman

Meet your angels and spiritual guides in an experiential meditation. Learn aura cleaning 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.



**The History of Our Planet (Urantia)
5 Epochal Revelations and
The Art of Spiritual Living:
Video/Panel Presentations**
*Panel of Mid-Atlantic Students of
The Urantia Book*

A beautiful video, “A History of Urantia” (another name for Earth), will be shown followed by panel presentations that focus on the Art of Spiritual Living as well as: 5 Epochal Revelations to Our Planet, Guardian Angels, Working Groups of Master Seraphim, and How We Can Help!



Spring 2025 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

1:00 PM



Your Path to Self-Discovery through the Akashic Records

Bill Sanda

The 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! Releasing emotional energy from your past lives can connect you with your eternal Divine Self.



Healing With Hawaii's Medical Kahuna

Kumu Rick Pono'uhane Vrenios

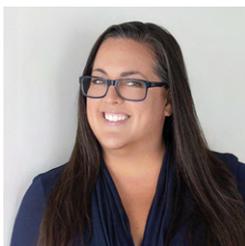
Discover the ancient healing secrets of Hawaii's medical kahuna. Explore how the elements — fire, air, water, and earth — connect to Mana, the creative force of life, to restore balance, energy, and well-being. Through storytelling and hands-on practices, gain powerful tools to awaken your innate healing abilities.



Ancient, Wild Foods For Healthy, Joyful Longevity

Susan Katz Clark

In this interactive workshop, you will learn how ancient wild foods can positively impact your overall health, happiness, and longevity. You'll learn how these foods can make a difference in your specific health goals, regardless of your age and the current state of your health!



Divination Unveiled: Tools for Insight and Intuition

Jennie Sikes

Explore the fascinating world of divination! Learn to work with Tarot, oracle cards, pendulums, astrology, runes, scrying, numerology, tea leaves, playing cards, dowsing rods, automatic writing, music, and even books! This interactive workshop is perfect for all levels, offering tools to deepen intuition and uncover hidden insights.



The Power of the F-Word

Rev. Edith Washington-Woods

How many times are we upset with someone or a group of people who we believe have done something to us? It can be words they said, or actions taken. Do we stay sad or angry? This workshop explores ways to acknowledge our feelings while creating peace and forgiveness.



The Power of The Sun In Our Spiritual Life

Carmen Froment

Without the Sun, there would be no life on our planet and the entire solar system. It is thanks to its life, light and warmth that everything grows, including our consciousness. Come and discover how powerful the Sun can be in your development and the blossoming of your soul.



Spring 2025 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

2:00 PM



Meditation 101 *Bill Sniffin*

Ever wonder how meditation works? Or have you tried but think it doesn't work for you? Let's take the mystery out of meditation by learning the basics, and discover how it CAN work for you, and impact both your meditative practice and your environment.



Channeled Messages From The Masters *Rev. Jim Webb*

Current events, such as the election results and the situation in the Middle East, have spiritual meaning. Spirit Speaks on these matters, giving us perspective and hope. This special session will be channeled by Rev. Jim Webb, one of our most popular presenters. The guidance we receive from the Masters at this pivotal moment can help everyone to navigate these challenging times.



LovingKindness Through a Unity Lens *Karen Gray*

Explore the Unity approach to positive, practical spirituality through the familiar practice of LovingKindness "Metta" meditation. Beginners welcome! Unity has a strong foundation in metaphysics, and we feature a variety of speakers and musicians. Experience the comfort and empowerment of sending blessings to ourselves and others.



Functional Weight Loss *Dr. Girish Kalva*

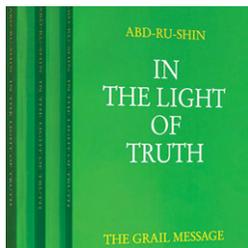
Weight loss with Ozempic/Mounjaro without addressing the root cause will lead to people gaining it all back once they stop the injections. Learn how a complete health evaluation followed by gut cleanse with a diet change, addressing thyroid and hormone health as well as improving sleep hygiene and avoiding stress supports sustainable weight loss.

2:00 PM



Spring Awakening: A Writing Workshop *Lindsey Van Wagner*

Join Lindsey Van Wagner, author of *Spirit Vigilante*, for a 45-minute Spring writing and journaling workshop! Reflect on renewal, set intentions, and explore creative prompts to inspire growth. Embrace the energy of the season, clear mental clutter, and plant seeds for your personal and creative journey. All levels are welcome.



Healing Anxiety and Depression *Dr. Ifeoma Ikenze, MD, DiHom*

Anxiety and depression are at an all time high in people of all ages. How can we manage both beyond drug therapy? Dr. Ikenze will discuss important spiritual and emotional considerations for dealing with anxiety and depression, based on knowledge gained from *In the Light of Truth - The Grail Message*.



Forest Bathing: Welcome Spring with Nature's Medicine for Stress *Ilana Z Rubin*

Try forest bathing to reduce stress, restore mental clarity, and co-create community. As we welcome spring, experience how you can connect more deeply with nature's healing benefits. This interactive workshop with a certified forest bathing guide includes a talk, guided mindful and sensory invitations, and sharing. All are welcome!



Aromatherapy for Every Day Wellness *Shalli Sherman*

This workshop will cover the basics of how to use essential oils, as well as specific formulations for every day wellness complaints, including stress, insomnia, allergies, digestive issues, and more. Learn how to blend safely and incorporate the best smelling holistic modality into your life!

3:00 PM



Spring 2025 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

3:00 PM



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.



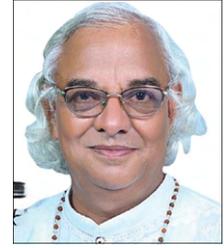
Spiritual Awakenings: A Call to the Divine Purpose Uma Alexandra Beepat

Author of *The Awakened Life*, Uma Alexandra Beepat will talk about the signs of having a spiritual awakening, and share advice as a Metaphysical Mentor on the importance of next steps for your Spiritual Evolution. Time allowed for Q&A about your own path.



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.



Vastu for Prosperity, Health and Peace Padmaja Mummaneni (On behalf of Swami Manjulanand Ji)

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

4:00 PM



Everyday Spirituality: Intuition or Coincidence? Spiritual Medium Rhonda

Join Spiritual Medium Rhonda and learn how to connect with Spirit, which 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.



Nutrition for Stress & Inflammation Irene Vlasidis

Just as stress can affect nutrition, nutrition can affect stress. Be inspired to learn a way of eating that will work for your lifestyle and goals. Whether it's to improve chronic diseases, help maintain weight loss, improve mental health or overall healthy aging, this workshop is for you.



The Power of Self-Healing Monica Delaney-Teran

Explores holistic approaches to wellness. Discover techniques to foster self-awareness, manage stress, and unlock healing potential. Through guided exercises, individuals are empowered to create personalized routines for long-term wellness. Topics include EQ, resilience-building, spiritual practices, and tools for aligning mind•body•spirit.



Embrace Your Spiritual Freedom Now! Cheryl Baker and Pam Wilson

In this engaging and interactive session, we'll explore ways to embrace Soul's highest destiny of freedom and spiritual service; directly tap Divine Love for guidance and protection; and chart our path to ever-greater wisdom, creativity, and joy.



Spring 2025 Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

4:00 PM



Cannabis 101: Educate & Alleviate *Princess Mirabal*

Presented by Cannabis Karma & Lifeluxee, enjoy 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.



Integral Eye Movement Therapy *Rose Ferguson*

IEMT helps break the cycle of anxiety and stress by addressing the underlying emotions that drive heightened emotional responses. Resolving these emotions promotes a sense of calm and relaxation. This method offers an effective way to overcome destructive and limiting thought patterns.



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

Internationally known futurist, John L. 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.



Navigating Change: Harnessing Your Human Design for Resilience & Empowerment *Nicole Batiste*

In uncertain times, self-awareness is key. Join Antara Mastery to discover how your Human Design can help you manage stress, make aligned decisions, and navigate change with confidence. Bring your chart for personalized insights and practical tools to support your unique path.

5:00 PM



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.



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.



Meditation on Twin Hearts *Jayne Hudson*

Attendees will be guided through a meditation activating the twin hearts (heart and crown chakras) in order to send healing and blessings to Mother Earth. During this meditation, divine energy will be channeled through the physical body invoking inner peace, spiritual connection to your higher soul, and oneness with all.



Counteracting the Effects of EMFs To Restore Your Vital Energy *Dr. Tracey Diner*

EMFs are silently stealing your health! Learn how electromagnetic fields all around us are affecting your health — increasing inflammation, stealing your energy, causing brain fog, and overall fatigue and more. Learn vital information on how to counteract it with simple practices. Dr. Diner shares her expertise in this field with you.

PATHWAYS 50

MAGAZINE'S 50TH ANNIVERSARY

Literary Salon

Sunday, March 30 at the Spring Natural Living Expo
Hilton McLean Tysons Corner | Room: Continental A

It's the 50th Anniversary of Pathways Magazine
and we are celebrating!

Our **NEW LITERARY SALON** showcases some of our amazing Pathways contributors, who are sharing their time, talents and publications. We have a full day of Author Talks, and they will be signing and selling their books. Join us!



10:30 am – 12 pm

Your Ancestors Have Waited Your Whole Life for THIS Moment... And You're Next!

Amy Gillespie Dougherty | *Irigenics® Ancestral Eye Reading*, irigenics.com

Discover how your ancestors show up in your current life. Gifts, talents, unresolved traumas, bizarre accidents and repeat patterns can all be ancestral patterns. That means they're available for expression (your gifts) or resolving (their traumas) and we'll do just that during this workshop, including taking photos of your eyes to see ancestral images that show up on your cell phone.

Amy Gillespie Dougherty is the award-winning author of *The Ancestors Within* book series and Journals, which introduce you to 101 ways to create interactive experiences with your ancestors. She's the host of *The Eyes Have it! Unlocking Your Ancestral Code with Amy* on New Reality TV.

She will be signing her books as well as explaining and answering questions about ancestral patterns during this event.



12 pm – 1:30 pm

Seed Saving and Swapping

Kathy Jentz | *Editor, Washington Gardener Magazine, Host of the GardenDC Podcast*, www.washingtongardener.com

Kathy covers everything you need to know about seed saving, from selecting seeds for the best qualities to harvesting and storage. Also includes the challenges and rewards of seed saving. Your garden is a seed factory that should not go to waste! Learn how to collect and share that bounty!

A **MINI SEED SWAP** will follow the seed saving talk — bring your extra seeds to trade, but no worries if you don't have any. We'll have plenty to share!

Kathy will also be selling and signing copies of her two books, *Groundcover Revolution* and *The Urban Garden: 101 Ways to Grow Food and Beauty in the City*. Both books make great gifts for beginning and experienced gardeners.



1:30 pm – 3 pm

Sound Frequency Revolution: Merging Science, Spirit, and Transcendence

Ruslana Remennikova | *Inner Traditions Author*, www.ruslanaremennikova.com

Explore the science of sound frequencies and their growing integration into modern health systems. We will examine the powerful role sound frequency modalities play in promoting healing and well-being, taking a comprehensive approach that includes a transcendental perspective. Additionally, we will explore how sound frequencies are becoming an emerging tool in parapsychology, specifically in unlocking altered states of consciousness and understanding anomalous experiences.

The session will include an informative presentation, followed by a live sound demonstration and Q&A, offering participants the opportunity to experience firsthand the transformative potential of sound.

Ruslana will also be signing and selling her book, *Activating Our 12-Stranded DNA: Secrets of Dodecahedral DNA for Completing Our Human Evolution*, during the event.

3 pm – 4:30 pm

The Power of Poetry

Christina Daub, Brian Donnell James, Hiram Larew, and Kim B. Miller
www.PoetryXHunger.com

Looking for a creative outlet? Or, do you need new ways to get your group's message across? Join several area poets to learn more about poetry's magic. Kim B. Miller, Brian Donnell James, Christina Daub and Hiram Larew will demonstrate the captivating, nurturing power of poetry. They'll also describe how they are helping to fight hunger locally and globally. And hey, you'll also have time to write, so bring a pencil!

Items will be sold by the poets to support an area food bank.



4:30 pm – 6 pm

For the Girls Who Do Too Much

Khadijah Z. Ali-Coleman, Ed.D.
Poet Laureate of Prince George's County, MD, KhadijahAli-Coleman.com

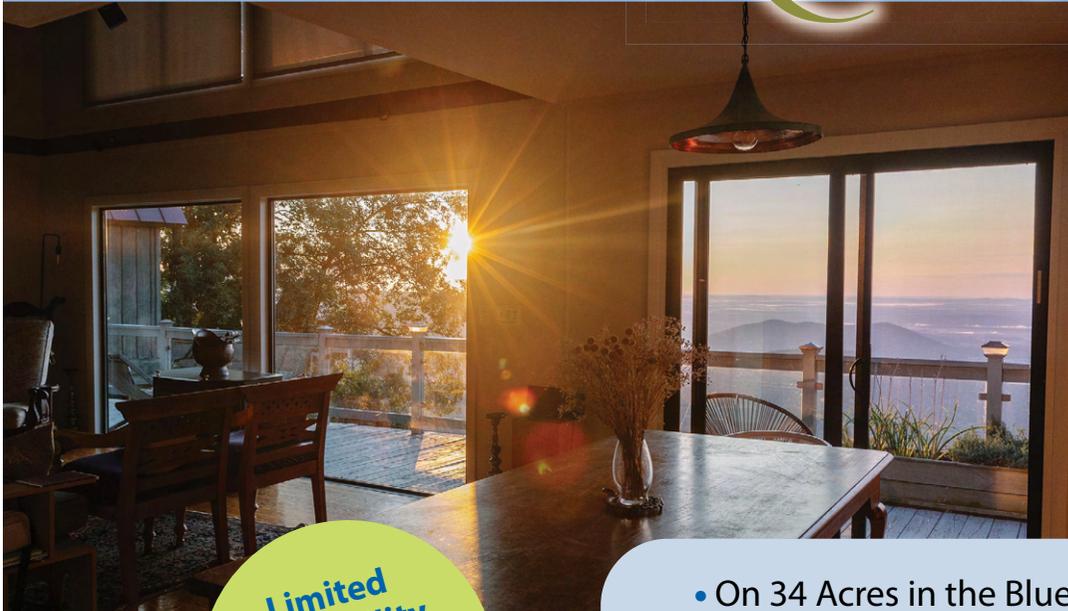
Reiki Master, educator, and writer, Dr. Khadijah Z. Ali-Coleman, shares her journey through personal loss, parenting, and job insecurity that led to her embrace of Reiki, her recognition of the power of writing, and her own intuitive powers that guide her daily in her work as a creative and community organizer. Ask questions, learn about her upcoming retreats for women over 40 and get inspired!

Dr. Ali-Coleman is the founder of the multidisciplinary arts group Liberated Muse, an associate professor in the Humanities department at Coppin State University, and author of the poetry collections *For the Girls Who Do Too Much* and *The Summoning of Black Joy*. She is co-editor of the book *Homeschooling Black Children in the US* and the forthcoming book *Homeschooling Black Children on a College Pathway*.

Books sold will support the 501(c)3 nonprofit Black Writers for Peace and Social Justice, Inc.



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 - Walking Paths
 - Stream on Property



**For details, rates and booking inquiries:
pathwaysads@gmail.com**

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PathwaysProductions.com/retreats



Stay educated, enlightened and engaged with these offerings from the Pathways Community. See these events and more, and submit your own event (\$5/listing), by visiting our interactive ONLINE CALENDAR updated regularly. **Be sure to tell them you saw them in Pathways!**

Have an event to promote? Listings are FREE when you advertise! More info at: www.pathwaysproductions.com/advertising.

MARCH

— 2 —

Psychic & Mediumship Fair, 10am-2pm. Come for psychic or mediumship readings; healing sessions like Reiki available, too! \$20 for 15 minutes. Baked goods for sale, tours of the church and history discussed! Hosted at the Church of Two Worlds, 3038 Q St., NW, WDC. www.churchoftwoworlds.org

— 11 —

Breathing Exercises for Better Brain Function, 10-11am. Your brain is the biggest “energy hog” in your body. A few simple exercises can help preserve and improve your cognitive function and focus. Come learn how at the Vienna Community Center, 120 Cherry Street, Vienna,

VA. Presented by Dr. Charles Marsarsky, D.C. with Vienna Chiropractic Associates. Register online: www.viennava.gov/webtrac

— 14 —

Reiki Level I Certification Class, 10am-2pm. No prerequisites to attend. Learn to channel Usui Reiki, as taught in the tradition and lineage of Mikao Usui, to activate the natural healing energy processes of the client’s mind, body, and spirit to restore physical and emotional well-being. You’ll receive a Reiki Level I Attunement & certificate. After this introductory course, you’ll be able to give Reiki to yourself, family, and friends. Offered by Medium Annie Larson in Sterling, VA. Register: www.mediumannielarson.com/book-online

— 15 —

Full Moon Circle, 4:30-5:30pm. Enjoy an afternoon of sound healing and Reiki, a sacred space to realign, rejuvenate, and awaken your inner light. Through the vibrational medicine of sound, and the gentle, loving flow of Reiki energy, we will journey into deep relaxation, clearing energetic blockages and reconnecting with our highest selves. Leave feeling lighter, harmonized, and deeply connected to your soul’s essence. Hosted by Mariana, The Infinite Star, at the Southwest DC Neighborhood Library (Large Meeting Rm). www.theinfinitestar.com/events

Full Moon Journey & Fire Ceremony (Serpent Medicine) with Ugonma Fontaine, 1:30-3pm. In this full moon Shamanic Journey, we will experience time-tested rituals of transformation and receive an energetic attunement to the Direction of the South. During this workshop you will experience: Shamanic Energy Medicine wisdom and insights; Clearing Breathwork Practice to prepare for Shamanic Journey; Shamanic Journey; Communal Chant & Fire Ceremony for sacred reflection and communion. Hosted at Haven

101 Wellness Studio, Rockville, MD; haven101.com/workshops.

Glow Up Your Body, Heart, Voice, 7-8:30pm. Glow Up is a drop-in series on Tuesday nights, from March 18th - April 1st. Join one or more of the three sessions. Each 90-minute online class is a nourishing pause to kindle your vitality and align body, heart, and soul. Through simple, accessible InterPlay forms — movement, storytelling, and sound — you’ll bypass the busy mind and tap into your body’s wisdom and inner verve. In a small-group setting, receive heart-light activations, sacred witnessing, connection, and accelerated insights in wise physical play. monishamital.com/classes/glow-series/

— 20 —

Spring Equinox Forest Bathing, 10am - 12pm. Welcome spring’s awakening with a mindful forest bathing experience on the Spring Equinox morning at Potomac Overlook Regional Park! Join certified forest bathing guide Ilana Rubin of Kindred Nature to reconnect with nature’s growth after winter rest.



This spring, take an opportunity to come together and connect.

Yoga allows us to influence the direction of change in our lives – for the better!

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Come join us for a variety of classes such as Healthy Back, Yoga and Meditation, Vinyasa, and more!!

We offer a wide array of learning experiences such as Tai Chi, Forest Bathing and Yoga Nidra.

As well as workshops for exploring the subtle body, exploring dreams, and basking in a sacred sound bath!

Visit us at

www.willowstreetyoga.com

to stay in the know for our offerings!



The classic definition of yoga is quieting the turning of the mind so we can see our circumstances more clearly. We all need peace now more than ever.



Discover how to tap into spring's energizing spirit. Research shows forest bathing may reduce stress, boost immunity, enhance creativity, and restore mental clarity. All adults welcome. Registration required. \$35. bit.ly/32ospringequinox

— 21 —

Intuitive Development, 10am - 2pm. No prerequisites. Begin your journey to learn how to tap into your own voice and intuition. You will focus on the subconscious mind and ways to bring information forward in a useful way. Through lessons, observations, and practice, you will begin to rely on your own thoughts and feelings. This online class prepares you for the next phase (psychic development to read other people). Offered by Medium Annie Larson, www.mediumannielarson.com/book-online.

— 22 —

Spring Equinox Nature Therapy: Rejuvenating Growth, 10am-12pm. Welcome spring growth and balance with nature therapy at Winkler Botanical Preserve, where you'll experience deeper connections with nature, yourself, and community during this special spring equinox gathering! Also known as "forest bathing," this mindful practice, with certified nature therapy guide Ilana Rubin of Kindred Nature, invites you to immerse your senses in the natural world, release stress, and witness the awakening energy of early spring as new life emerges. All adults welcome. Registration required. \$35. bit.ly/322spring

— 23 —

FREE Monthly Astrology Open Q&A, 3-5pm. Curious about astrology? Need insight on life, transits, or personal growth? Join Christina Tseng, LCMFT, and Cyanna Samuel, a counseling intern — both astrologers — for a free online interactive session! Ask anything — how astrology works, get guidance on upcoming transits, or even have your chart read. Come with questions, leave with cosmic clarity! All are welcome. Dates: 3/23, 4/13, 5/25 (Sundays). www.eventbrite.com/e/monthly-astrology-open-qa-with-therapist-astrologers-tickets-1252566021689?aff=od-dtdtcreator

— 28 —

Learn Mediumship from International Medium Robin Hodson! 10am-5pm. Robin shares his 36+ years of experience as he leads you through aspects of both Mental Mediumship and Trance Mediumship. Whether you are a beginner, intermediate, or experienced, this class will open and deepen your understanding of altered states from inspiration to message to trance work through a combination of presentation and exercises. Hosted at Church of Two Worlds coordinated with the Inner Spiritual Center; 3038 Q Street, NW, WDC. www.innerspiritualcenter.org/classes-events

— 29 —

Learn About Healing from Medium Robin Hodson! 10am-5pm. Aspects of Healing in an illustrated and practical class, covering the different genres of healing. Included are Energy Healing, Spiritual Healing, and Trance Healing work. During this class, we will look at the theory, practice and regulations, and participants will be actively working with practical healing exercises. Hosted at Church of Two Worlds coordinated with the Inner Spiritual Center; 3038 Q Street, NW, WDC. www.innerspiritualcenter.org/classes-events

Paneurhythmy Sacred Dance, 9am-5pm. Paneurhythmy is a sacred dance that creates an intelligent interchange between humans and the living forces of nature. By utilizing movement, understanding, and feeling, paneurhythmy helps integrate body, mind and soul. This state of balance facilitates spiritual and personal development. Free introduction on Fri., March 28, 7-8pm. Location: Shanti Yoga Ashram, 4217 East West Hwy, Bethesda, MD; Contact: shantiyoga.sol@gmail.com. Workshop Saturday; location: Commodore Barney House, 7912 Savage Guilford Rd, Jessup, MD. Registrations required. Donations welcome.

— 30 —

Demonstration of Mediumship with Robin Hodson 1-3:30pm. A Gallery Style Reading event where Robin will go to some audience members with contact from the Spiritual World. This type of Demonstration event is given with the understanding there is continuity of life



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2025 Calendar of Events

New look, same great energy experience since 2015!

- Illuminate Bowie MD**.....March 22
- Illuminate Frederick MD**.....April 27
- Illuminate Lewes DE**.....May 4
- Illuminate Richmond VA**..... June 1
- Illuminate Annapolis MD**..... July 19
- Illuminate Ocean City MD**..... July 26
- Illuminate Columbia MD**.....September 14
- Illuminate Rehoboth Beach DE**...September 21
- Illuminate Durham NC**.....October 5
- Illuminate Naperville IL**.....October 12
- Illuminate Frederick MD**.....October 26
- Illuminate Annapolis MD**.....November 8

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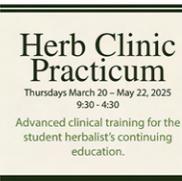
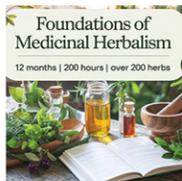
Classes, Workshops & Health Consultations

with
Teresa Boardwine, RH (AHG)



Teresa Boardwine is a passionate herbalist and educator with over 30 years of experience teaching community herbalism. A Blue Ridge native, she holds classes in the Green Comfort yurt in Rappahannock County, Virginia, where she blends Western Herbalism with Herbal Energetics, Ayurveda, and Traditional Chinese Medicine.

She believes in connecting people to plants, our first medicine. Phytochemicals and nutrients help to support organ systems, strengthen immunity, and enhance overall well-being. Through teaching and clinical work, she empowers individuals to use food and herbs as medicine. Teresa is available for speaking engagements locally and internationally.



Our mission is to educate and empower individuals to heal themselves using herbal medicine.

GreenComfortHerbSchool.com



Church of Two Worlds

3038 Q St., NW
Washington, DC 20007
www.churchoftwoworlds.org
churchoftwoworlds@gmail.com
Facebook: [tinyurl.com/fb-cotw](https://www.facebook.com/tinyurl.com/fb-cotw)

Curious about Spiritualism?

Services are every
2nd & 4th Sunday of the month, 11 a.m.
and offer a mix of inspiration, meditation,
music, and mediumship!

Classes and other special events are listed on our homepage.



after what we call death. There is not a guarantee of a contact/message. Hosted at Church of Two Worlds; 3038 Q Street, NW, WDC. Pay at the door or use this link; scroll down for DC dates. www.innerspiritualcenter.org/classes-events

Level I & II Weekend Intensive with Amina, Intuitive Reiki Master Teacher & Practitioner, from Aafiya Reiki. aafiyaareiki.com/classes

— 22 —

Earth Day Nature Therapy: Replenishing Reciprocity, 1-3pm. Celebrate Earth Day with nature therapy at Winkler Botanical Preserve, where you'll experience deeper connections with nature, yourself, and community during this special afternoon of gratitude and reciprocity! Also known as "forest bathing," this mindful practice, with certified nature therapy guide Ilana Rubin of Kindred Nature, invites you to immerse your senses in the natural world, release stress, and discover meaningful ways to connect with and care for our shared Earth. All adults welcome. Registration required. \$35. bit.ly/earthdaynature

— 25 —

Reiki Level II Certification, 10am-2pm. Join us for Usui Reiki Level II Certification class, a transformative experience to take your Reiki practice to the next level. Learn powerful symbols and techniques that will help you to open energy channels and connect more deeply with the flow of Reiki energy. You'll receive a Reiki Level II Attunement & certification. Prerequisite: You have successfully completed a Reiki Level I Certification regardless of the Reiki lineage. Offered by Medium Annie Larson in Sterling, VA. Register: www.mediumannielarson.com/book-online

MAY

— 2 —

Spirit Guides, Angels, & Helper Guides, 11am-2pm. No prerequisites. This hands-on online course is designed for those who are passionate about wanting to develop their own connection to their guides and helpers. Through lessons, observations, practice, and guidance you will learn how to work with your guides to: Open up to a higher awareness; gain understanding of what spirit guides are and how they can help; become familiar with and practice a variety of techniques to communicate with them; receive valuable answers and guidance; build a foundation for long-lasting relationships. From Medium Annie Larson, www.mediumannielarson.com/book-online.

APRIL

— 4 —

Nature-based Internal Family Systems Online Training, 9:30am - 4:30pm. An immersive training that delves into the fundamentals of Internal Family Systems (IFS) and explores innovative ways to integrate parts work with Nature-based Therapy. This course offers practical activities to engage with the natural world, aiming to address the parts of yourself and your clients that require attention and care. Whether a seasoned professional or new to these modalities, come away with actionable strategies to enrich your therapeutic practice. www.natureinformedtherapy.org/nature-based-internal-family-systems

— 5 —

Forest Bathing and Story Weaving, 9:30am - 12pm. Curious about discovering your creative voice in nature? Join certified forest bathing guide Ilana Rubin of Kindred Nature for a unique spring morning that combines the gentle practice of forest bathing with the joy of Story Weaving at Potomac Overlook Regional Park. No writing, storytelling, or other experience needed - just bring your openness to wonder! We'll discover how our own stories intertwine with nature's narratives. All adults welcome. Registration required. \$40. bit.ly/apr5foreststory

— 8 —

Your Back Before and After Pregnancy, 10-11am. The role of exercises and chiropractic adjustments in preserving your back during this wonderful time is explained. Come learn how at the Vienna Community Center, 120 Cherry Street, Vienna, VA. Presented by Dr. Charles Masarsky, D.C. with Vienna Chiropractic Associates. Register online: www.viennava.gov/webtrac

— 12 —

Reiki Level I & II Class, 9am-5pm, online. Usui Holy Fire® Reiki

5/2-4 **Replenish the Well: A Curated Yoga and Wellness Retreat.** 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. Inviting BIPOC women and allies who want to bring intention to their well-being. Enjoy Yoga, acupuncture, and curated mind-body techniques that bring the body into balance and connect you with yourself and others. Rest overlooking the beautiful Potomac River, enjoy daily plant-based meals, and release suffering held in the body with our experiential practices. To learn more & register: joy-andrews.com/yoga-wellness-retreat/ or www.lombard-studios.com/retreats.

— 9 —

Crystals 101, An Introduction, 11am-2pm. Explore the wonderful world of crystals and minerals taught from a 4th generation rockhound and avid, life-long mineral collector. A beginner-friendly class to learn methods for choosing, cleansing, and incorporating crystals into your daily life. Learn the fundamentals of what crystals are, how they form, the different types of

crystals, their unique properties, and practices related to their vibrations. No prerequisites. Offered by Medium Annie Larson, www.mediumannielarson.com/book-online.

— 11 —

Mother's Day Forest Bathing, 10am-12pm. Celebrate Mother's Day in the embrace of spring's fullness at Potomac Overlook Regional Park. This special forest bathing experience offers a chance to slow down in the comfort of nature - whether you're a mother, sharing the experience with a mother, or simply wish to connect with Mother Nature. All adults are welcome to join this restorative experience with certified nature therapy guide Ilana Rubin of Kindred Nature. Registration required. \$35. bit.ly/mothersdayforest

— 13 —

Building a Better Neck, 10-11am. Simple exercises to promote cervical range of motion, preserve the normal spinal curve, and protect neurological fitness. Come learn how at the Vienna Community Center, 120 Cherry Street, Vienna, VA. Presented by Dr. Charles Masarsky, D.C.

with Vienna Chiropractic Associates. Register online: www.viennava.gov/webtrac

— 14 —

Remote Viewing Online Workshop, 11am-2pm. Explore your natural capability of Remote Viewing. Develop extrasensory perception and your innate abilities to tune into the energies of the universe to experience time and space outside of your immediate environment. Explore realms of your subconscious to perceive objects, people, and events in distant, time, and space. Through heightened consciousness states, learn to hone these skills to make decisions accordingly. No prerequisites. Offered by Medium Annie Larson, www.mediumannielarson.com/book-online.

— 18 —

Virginia Psychic Fair 2025, 9am-5pm, Elks Lodge, 8421 Arlington Blvd, Fairfax, VA. Many of the best psychics, mediums, healers, and readers of all types, along with related arts and crafts vendors from Virginia and the surrounding areas. Along with all types of readings, there will also be related arts, crafts,

books, oils, crystals, sage, herbs, jewelry, gemstones, candles, soaps, smudge items, etc. FREE Entry; donations via any amount appreciated. 45 vendors, indoor event, free parking. va-psyhic-fair-2025.eventbrite.com

— 26 —

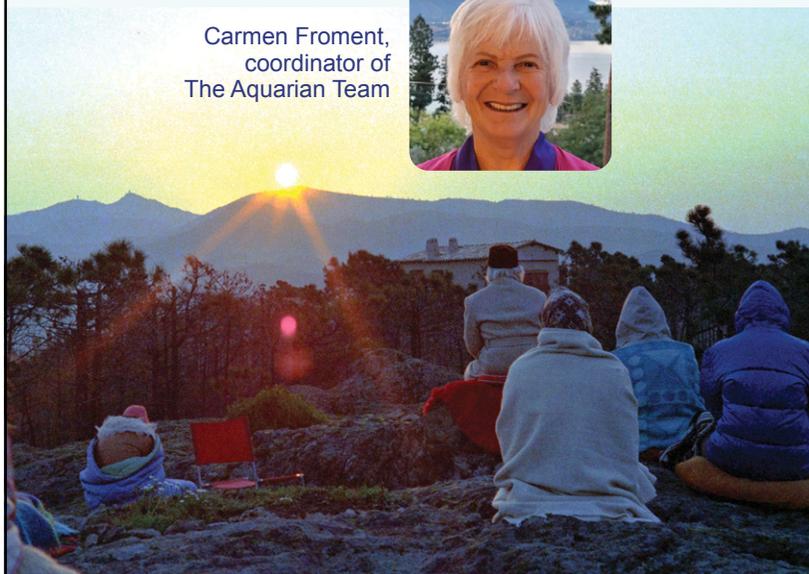
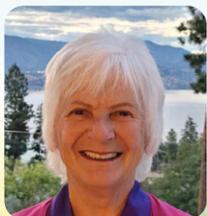
Forest & Flow Nature Therapy: Kindling Creativity, 9:30am-12pm. Awaken your creative spirit through nature therapy at Winkler Botanical Preserve, where you'll experience deeper connections with nature, yourself, and community through mindful nature connection and creative expression! Also known as "forest bathing," this expanded Memorial Day morning practice with certified nature therapy guide Ilana Rubin of Kindred Nature invites you to immerse your senses in the natural world, release stress, and discover how nature inspires your own creativity. All adults welcome. Registration required. \$45. bit.ly/526forestflow

Spring, Sun and Light: Pathway to Enlightenment

Attend our talk and get a free copy of the latest book of The Aquarian Team (a \$20 value)

Visit our stand "The Aquarian Team" at the Pathways Expo, March 30, 2025
Hilton McLean-Tysons Corner, McLean, VA

Carmen Froment,
coordinator of
The Aquarian Team



SPIRITUAL RENAISSANCE OF THE SOUL IS NOW



Saturday, April 5, 1:00 pm – 5:00 pm and
Saturday, April 12, 1:00 pm – 4:00 pm

Comfort Inn University Center Fairfax, 11180 Fairfax Blvd., Fairfax, VA

What Stands in the Way Becomes the Way

In this two-part, in-person workshop, tap your own answers to deal with the rapid changes in the environment, embrace a lifestyle of spiritual freedom, knowing you are not your troubles. 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

UPCOMING

6/8 **Pathways Summer Natural Living Expo**, 10am-6pm, Samuel V. Riggs Alumni Center, University of MD College Park campus.. 80+ exhibitors and 30+ workshops at the longest-running mind-body-spirit-eco event of the DMV. \$10 advance purchase online and day of event with mailing list signup; free parking, food trucks. www.pathway-sproductions.com

6/28 - 7/5 **The Sacred Connection – A Costa Rica Yoga Retreat with Claudia Neuman**. Discover the power and magic of coming together for positive action, positive thoughts and life changing Yoga practices. Whether you are looking to just ‘get away and chill’ in the beauty of Costa Rica, or looking to deepen your practice, all levels of experience welcome. 30 CEU’s available for Yoga Teachers! align-withgrace.com/2025/01/11/costa-rica-retreat-2025/

7/10-13 **Amma Sri Karunamayi Meditation Retreats**. Sacred opportunity for performing many

hours of meditation under the divine protection and direct guidance of Amma Sri Karunamayi. Meditation retreats are the ideal place for any spiritual seeker, from experienced meditator interested in deepening your practice to novice new to meditation and yearning for a richer experience of your own divinity. Group meditation in the presence of a holy person is more powerful than meditation done alone. Join for 1, 2 or 3 days: July 10 through lunch July 13. Three meals daily included. karunamayi.in/world-tour-2025

9/9 **Nature Informed Therapy Foundational Training, 9am - 5pm**. Envision a clinical practice that partners with the natural world to foster health and healing in humans. This program is designed to empower mental health professionals with the skills and knowledge to effectively integrate nature into therapy sessions, both indoors and outdoors. Whether you’re seeking to enrich your existing clinical toolbox with nature-inspired tools or to fully align your practice with the more-than-human world, our nationwide community of nature-informed

therapists is the perfect fit for you. www.natureinformedtherapy.org/nit-training-level1

10/25 **Peace In the Wild Nature Retreat**. At Peace in the Wild (PIW), we understand the profound impact nature has on personal well-being and mental health. Our team of psychotherapists and researchers have delved into the therapeutic effects of connecting with the natural world, discovering that this close bond significantly benefits individuals, particularly those grappling with stress and anxiety. This immersive program is designed to unite people with the enchanting landscapes of Western Maryland. www.natureinformedtherapy.org/piw

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, 2pm-4pm, presented by Cannabis Karma & Lifeluxee. A wonderful opportunity to learn about Cannabis therapy, CBD as an alternative medicine and your Endo-cannabinoid system. Lifeluxee, 825 Upshur St NW, WDC 20011. www.cannabiskarma.org

Change Your Thinking, Change Your Life with CSL Metro on Sundays, 10-11:15am. Get ready to live an inspired life! Join the Center For Spiritual Living Metro to elevate your Spirit and nourish your Soul! Online Sunday Celebration. Come early for Meditation at 9:15-9:45am. We livestream on Zoom: <https://uso2web.zoom.us/j/7742840215?omn=88407966362>, Meeting ID: 774 284 0215. www.cslmetro.org.

Daily Contemplative Meditation, 8-8:45am, Monday - Friday. Starting your day with stillness, you give yourself a ground from which you can flex and flow through your day with clarity and purpose. Come be still with us - experience the

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many benefits of meditation. Center for Spiritual Living Metro, www.cslmetro.org.

Drumming of Healing, every Saturday 3-4pm, Smile Herb Shop. Kofi Nana Frimpong hosts this immersion into Ghanaian and West African drumming techniques. No experience required. Drums are provided. Kids under 12 free. www.eventbrite.com/e/658877659817?aff=oddtcreator

Goddess Gathering: A Circle of Empowerment, 6-8pm on the second Tuesday of each month w/ Lindsey Van Wagner and Ugonma Fontaine. Dive into a realm of sisterhood, empowerment, and spiritual connection as we celebrate the essence of the goddess within each of us. This event offers a sanctuary for all called to embrace their divine feminine energy. At Haven 101 Wellness Studio, Rockville, MD; haven101.com/workshops.

Lotus and the Light Book Club, 7-8pm, last Thursday of each month. Join ONLINE for our monthly meetups dedicated to exploring books on spiritual growth, metaphysical insights, self-development, healing, and wellness. Come for the books, stay for the community, and leave with wisdom that resonates long after each meetup. Hosted by Uma Alexandra Beepat, The Lotus and The Light Metaphysical Center; register: thelotusandthelight.com/events.

Raise Your Spiritual IQ! 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. All are welcome to attend this vibrant celebration of our divinity at the Northern Virginia ECK Center, Fairfax, VA. spiritualdiscussions12@gmail.com; www.eck-va.org.

Second Sundays Tour at Good Knight Network. Join us monthly on the second Sunday between 2-4pm EST to experience our castle grounds. You'll have an opportunity to: Walk the 3 acre castle perimeter to learn about the archangels that are connected to each post; experience our one-of-a-kind meditative heart-shaped labyrinth; and try

other healing modalities as our multi-talented volunteers offer them. goodknight.org/second-sundays/

Spiritual Video Night Online. Every 2nd Wednesday from 7-8pm, join us for an uplifting 30-minute video & group discussion that offers insights about some of the perplexing mysteries of life. Sponsored by ECKANKAR, the Path of Spiritual Freedom. More info: spiritualdiscussions12@gmail.com; www.eck-va.org.

Spiritualist Services. The Church of Two Worlds offers services every 2nd & 4th Sunday of the month that are a mix of inspiration, meditation, music, and mediumship. 11am-12:15pm at Church of Two Worlds, 3038 Q St., NW, WDC 20007. www.churchoftwoworlds.org

Sunday Service, 12:30-2pm, first Sundays each month. Share in the prayers, music, as well as spiritual healings & readings at the Palisades Hub, Institute for Spiritual Development, 5200 Cathedral Ave NW, WDC. www.isd-dc.org

TransitionTALKS presented by The Arlington Institute's TAI series features speakers who believe humanity is undergoing a profound shift; the series explores new personal and societal possibilities. Events are in person at the beautiful Coolfont Resort in Berkeley Springs, WV, and live streamed. Schedule: arlingtoninstitute.org/transition-talks/upcoming-events/

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 info: www.voiceofthegatekeepers.com

Wellness Wednesdays Online Q&A, 10am-4pm. Weekly chance to ask questions about herbs, vitamins, or supplements, diet and nutrition questions, exercise and performance, and more! The 15 minute or less session can be done virtually or by phone. Suggested products can be purchased online and shipped directly to your home! With Jaime Boswell, CHHP, of Totem Health and Wellness. totemhealthandwellness.com/

Understanding Biodegradable and Compostable Plastics: The Green Consumer's Dilemma

FROM PLANTSWITCH

We all want to be eco-friendly. We bring our reusable bags to the grocery store, opt for bamboo toothbrushes, and diligently separate our recyclables. But when it comes to understanding the difference between “biodegradable” and “compostable,” it’s easy to get tangled up in the green jargon. At first glance, these two terms might seem interchangeable. After all, they both imply that a product breaks down and returns to nature, right? Well, not exactly. There’s a world of difference between biodegradable and compostable materials, and understanding these distinctions is key to making smarter choices for the planet.

Let’s start with the basics. Biodegradable products are made from organic materials that can be broken down by microorganisms such as bacteria and fungi. However, the term “biodegradable” is often used loosely. It doesn’t specify how long this process will take or what environmental conditions are required. Some so-called biodegradable plastics might take years to break down, and they often leave behind microplastics that can harm marine life and enter our food chain.

On the other hand, compostable materials are specifically designed to break down in composting conditions, usually within a matter of months. Compostable items break down completely, leaving no toxic residue and turning into nutrient-rich compost that can benefit the soil. However, even compostable items need the right conditions – a good balance of oxygen, moisture, and the right temperatures – to break down efficiently. Tossing a compostable fork into the trash won’t cut it; it needs to be in a composting facility to do its thing.

Why Labels Matter More Than You Think

So, why does this all matter? Because the labels we see on products can be incredibly misleading. A product labeled “biodegradable” might sound green, but if it’s not disposed of correctly, it could be just as harmful as regular plastic. And don’t even get us started on the potential for greenwashing – where companies make their products seem more eco-friendly than they actually are. That’s where understanding the fine print comes in hand, you can read more here on our article on understanding the fine print.

For example, some biodegradable materials are not compostable in an industrial composting facility, and this term does not specify the required conditions for it to break down, which may mean that some biodegradable materials could take years to decompose. There’s also a tendency for mis-sorting to occur by the consumer, so biodegradable materials could end up in general rubbish landfill, meaning that they will not decompose at all. Compostable products also need to be properly distinguished between home compostable (the gold standard) or if they require industrial composting facilities, which typically require high heat temperatures to aid decomposition.

PlantSwitch: A Game Changer in Biodegradable and Compostable Solutions

Enter PlantSwitch, a company that’s taking a unique approach to the biodegradable versus compostable dilemma. PlantSwitch products are crafted from plant-based materials that are 100% home compostable, which means they do not require any industrial composting facilities. They can simply be disposed of in the backyard garden, or if

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The Personal Growth theme for 2025 is “LIVE YOUR BEST LIFE, NOW!” Look into this. It gets better all of the time.

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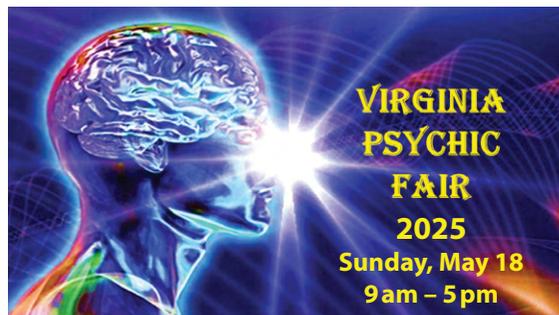
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Understanding Biodegradable...

...continued from page 65

they end up in landfill, they will also decompose completely. They also have a huge CO₂ savings benefit, as industrial composting requires facilities to maintain high heat temperatures (140-160°F), which contributes significantly to CO₂ emissions.

PlantSwitch is committed to reducing environmental impact from start to finish. Unlike some biodegradable products that break down into microplastics, PlantSwitch items degrade completely into non-toxic, natural components that enrich the soil rather than harm it. This makes them a safer, more sustainable choice for those looking to reduce their carbon footprint without compromising on convenience.

Making the Right Choice for the Planet

As consumers, we have the power to drive change by making informed choices. By understanding the differences between biodegradable and compostable, and choosing products that truly align with our environmental values, we can push back against greenwashing and support companies that are genuinely making a difference.

So next time you're faced with a choice between a product labeled "biodegradable" and one labeled "compostable," remember that the devil is in the details. And if you want a solution that goes the extra mile, look for companies like PlantSwitch that are committed to innovation, transparency, and sustainability. After all, it's not just about what our products are made from – it's about where they end up and how they get there. Let's choose wisely, for ourselves and for the planet.



Based in Sanford, NC, PlantSwitch transforms agricultural byproducts into CompostZero, a plant-based resin that replaces plastics. By upcycling waste into sustainable products, they adhere to circular economy principles and green chemistry practices, ensuring our all plant-based resources are used efficiently and completely disintegrate, returning to nature at the end of their lifecycle. Co-founders Dillon Baxter and Maxime Blandin were named to Forbes' '30 Under 30' list in 2024. <https://plantswitch.store/>

This article was first published on the PlantSwitch website and is provided by and reprinted here with permission from the company.

Original link: <https://plantswitch.store/blogs/articles/understanding-biodegradable-and-compostable-plastics-the-green-consumers-dilemma>

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The Rest Revolution...

...continued from page 15

A rest practice raises our awareness of what's happening in our body, which teaches us to let go thus calming our nervous system. Practices also directly train our nervous system to let go. The nervous system loves cues and it learns very quickly how to do something through these cues. For example, a runner prepping for a race performs the familiar stretches and internal prep talk before getting into position to start. All these actions are cues to the nervous system: signaling neurotransmitter and hormone release to initiate increased blood flow to the limbs; dilating lung vessels; heightening focus; and preparing the body and mind to run.

Similarly, the rituals of our rest practice give our nervous system cues which cause heart rate and body temperature to drop, breaths to elongate, and muscle tone and mind activity to decrease, resulting in letting go mentally and emotionally. When we train our nervous systems over time through regular rest practices, we become more refined at letting go.

Cultivating the ability to let go is a radical act of self-healing and a potent agent for transformation. Despite the overwhelm of life's stimulation and current events, we hold the power over our thoughts and feelings. By dedicating time to rest and self-awareness practices like Yoga Nidra, we can reclaim our internal harmony. Engaging in these practices builds resilience, enhances our well-being, and brings about positive change in the world around us. So, find a place to lie down or sit, hold up your pillow in protest, and join me for the rest revolution!

After living in Hawaii for nearly a decade and teaching Yoga, Dr. Ama Olson was inspired to study physical therapy. In 2021, she earned her Doctorate of Physical Therapy and currently practices at

10n1 Physical Therapy in Asheville, NC. She also runs the YouTube channel www.youtube.com/@bodyreset321, where she teaches Yoga Nidra to help her patients and others optimize their ability to heal. Additionally, she holds a certification from the BSPTS in scoliosis and other spinal disorders based on the Schroth Method. Ama is currently writing a book on how to achieve physical comfort for those suffering from chronic pain. She can be reached bodyreset321@gmail.com.

A CALL TO REST & ACTION FROM CAM MACQUEEN, CREATOR, 'CULTIVATING COMPASSION'

I recognize this year has been disturbing and disorienting, leaving people feeling a wide-range of stressful, troubling emotions. As a means of self-preservation, I urge active self-care that is necessary to manage our sanity, to love our bodies, and nourish our spirits. I'm grateful to Dr. Ama Olson for her timely, life-enhancing contribution that is sure to strengthen readers' personal-care routines and settle anxiety and overwhelm.

As an activist, the notion of rest as a form of resistance is a novel idea. But if saving ourselves is job #1 in order to sustain and fuel the revolution for both the short-term and the long haul, then rest is clearly a revolutionary act. Below are additional approaches to nurture yourself while resisting the ongoing coup and fighting to save our democracy:

- Exercise is essential, and socializing with supportive friends is crucial to positive mental & physical health outcomes. Get

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The Rest Revolution...

...continued from page 67

outside, commune with nature, and calm your central nervous system. Adopt a companion animal from your local shelter and meet your new best friend.

- Consider volunteering for a cause you feel passionately about. You will make a difference, find a new circle of kindred souls, and enjoy the “feel-good” chemicals your brain will produce.
- Lean into an ethical, plant-based, vegan diet for the planet, our animal brethren, hungry people throughout the world, and our literal and figurative hearts. The decision to disengage from corporate cruelty is a tremendous act of daily resistance.
- Expand and encourage resistance actions with others. Start a discussion amongst colleagues, acquaintances, family, and friends to exchange resistance/activism ideas. We need creative brainstorming, caring and kind badass justice/democracy warriors, and collaborative community-bonding. We can’t afford to be apathetic or complacent as much as we may want to disengage.
- Stay informed. Protest. Write letters to the editor. Share relevant messaging on social media. Sign petitions. Donate. Support independent/public media. Take part in grassroots efforts.
- Call your representatives. Lobby. Attend city council and school board meetings. Speak up. Remember, you can influence local and statewide decisions that tend to have a bigger impact on your day-to-day life.
- Be an ally. Defend Diversity, Equity, Inclusion. Protect your neighbor, coworker, classmate. No one is “illegal” — everyone belongs. Advocate for women’s rights & healthcare, LGBTQAI+ rights, and the right to a living wage. The animals and the planet need you, too. Humans have boundless compassion — you don’t have to pick one cause — you can choose a life that encompasses all forms of progressive, compassionate issues.
- Get ready for 2026. Register to vote and never miss an election. Contact your local Board of Elections and train to work the polls. Run for office. Volunteer for a candidate or at a campaign headquarters. Canvass. Explore how to start your own ballot initiative.
- Learn how to grow your own food — sprouting is a great first step and can be done indoors. Build a community garden.
- Create art, compose resistance music, poems, and chants.
- Love yourself. Be gentle with yourself and others. Let go of perfection. Rest. Breathe. Visualize a perfect union and a harmonious world.
- Keep your eyes on the prize. Fill in the blanks — there is so much more. Just do something and don’t stop. We need everybody, everywhere, engaged all at once.

Finally, while we navigate the current madness, let the recent words of Progressive leader AOC be a guiding mantra for regulating frayed emotions and cultivating self-compassion, “A conscious choice to be happy is a form of resistance.” When we rise up together, happier and stronger in our ability to resist, we can fight the good fight for a peaceful, inclusive, equitable, sustainable, compassionate world — for as long as it takes — and WE WILL WIN!!

For the calendar year, “Cultivating Compassion” will focus on topics related to resistance. Send your resistance ideas and stories to Cam at nem.advocacy@gmail.com.

Cam MacQueen, MSW, is the creator and manager of the “Cultivating Compassion” column. She is delighted to congratulate Pathways on 50 years as a beloved institution and a vitally important resource dedicated to community engagement, service and uplift. She is honored to be part of this amazing milestone anniversary.



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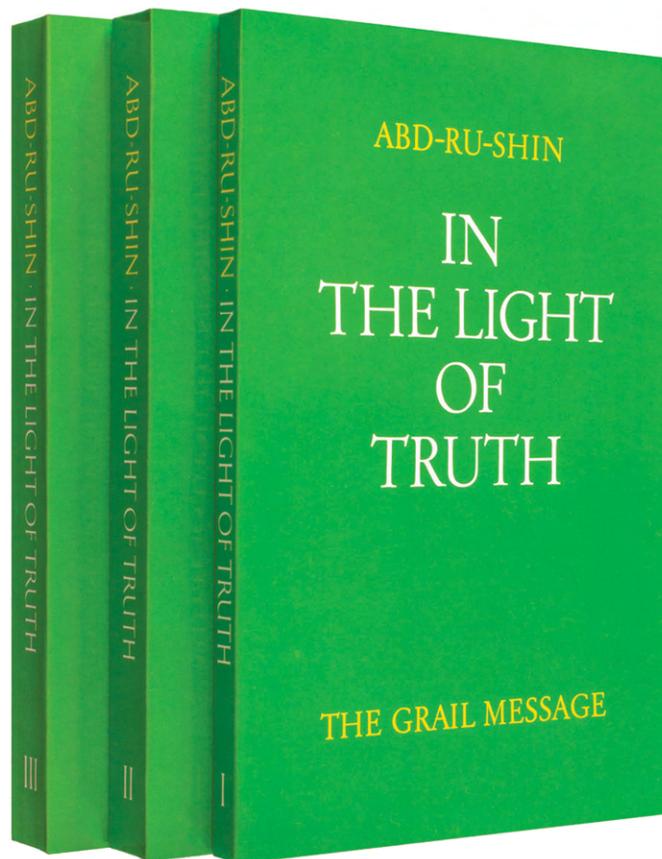


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What you burden yourselves with through your thoughts, words or deeds can be redeemed by no one but yourselves! Consider, were it otherwise Divine Justice would be but an empty sound, in which case everything else would also crumble into ruins.

– *Abd-ru-shin*

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Reflections On Reinvention

Reinvention is open to interpretation. Maybe something needs improvement, or perhaps it isn't working at all, so a whole new approach has to be adopted. Either way, reinvention involves two important elements: 1) the desire or need for change; and 2) willingness to do the work to make it happen. It's a process, and sometimes it's also an imperative.

Reinvention is a fresh start as well — and the spring season is the embodiment of fresh starts. To honor this, a few within our Pathways Community felt called to share their personal instances of reinvention, and we offer them here. If they resonate with you, reflect on the work needed to create these changes or fresh starts — and on the lessons we can all take away from them. ~ Michelle Alonso—Editor

Answering the Deep Calling BY DR. TRISH HALL

What is a “deep calling”? It is an aspect within each of us that demands expression — sometimes in subtle ways, sometimes bluntly — though it may not be recognized. Some of us trust the urge and live it authentically. Many of us sense it, deny it, and do our best to conform to our people’s societal norms.

Frequently, this battle with our nature has disastrous results. Inately, we are beckoned to be in this life uniquely as Spirit’s expression. Societally, we are expected to be a certain way. When these two align, we are strong, healthy and vibrant. When these two are at odds, we become the victims of our own internal conflict, feeling like misfits, suffering from an array of ailments. Some of us compartmentalize our lives in an attempt to please both our inner and outer worlds, living in

conformity and authenticity simultaneously. This can work temporarily; however, this coexistence often erupts into physical and/or mental breakdowns.

As a child, I was uninhibited, expressive, and apparently born a compassionate peacemaker, as I rescued everything, even some things that may not have wanted to be rescued by a human. I mediated conflicts intuitively. My deep calling was visible; but I came to understand I was sometimes an embarrassment to my parents, so I toned it down. Upon entering school, I learned others thought I was weird, so I hid my compassionate nature. Conformity was setting in. My unique spark dimmed. An array of ailments beset me. In my desire to be accepted, I became a pleaser in order to fit in.

When I got older, I read about Mohandus Gandhi, the Mahatma, and Rev. Dr. Martin Luther King, Jr., and they topped my list of heroes. Instantly, I became a “Gandhian”— he looked at the world differently from almost everyone, and yet his way aligned with the depth of my being. What Gandhi stood for made sense to me at a soul level.

Then I discovered that Rev. Dr. King embraced Gandhi’s approach that he recognized nonviolence as the right way (the only truly sustainable way) to confront intolerable situations. Dr. King’s article “My Trip to the Land of Gandhi” published in *EBONY* Magazine (1959) is a detailed answering of his own deep calling stoked by Gandhi and by the practices he witnessed firsthand. Within that piece alone, he imparted so much resonating wisdom, including:

The way of acquiescence leads to moral and spiritual suicide.
The way of violence leads to bitterness in the survivors and

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Good Knight Castle: Maryland's best kept secret-- serving lightworkers since 1985



Sophia Key West

Sophia West has been a leader in traditional and holistic healing since 1988, blending integrative wellness practices with spiritual teachings. A renowned Reiki Master, she has trained in Usui, Gendai, Holy Fire, and Quantum Rei-Key, developing a unique curriculum for advanced energy work.

Holding a doctorate in divinity, she is an ordained minister, cranio-sacral therapist, certified aromatherapist, and crystal healer. An international bestselling author and expert on angels and spiritual awareness, Sophia shares her wisdom through books, lectures, and transformative classes at the Good Knight Network's 'Castle' in Beltsville, Maryland, as well as hosting the vlog/podcast "NOETIC ALCHEMY".

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Reflections on Reinvention...

...continued from page 71

brutality in the destroyers. But the way of nonviolence leads to redemption and the creation of the beloved community.

True nonviolent resistance is not unrealistic submission to evil power. It is rather a courageous confrontation of evil by the power of love, in the faith that it is better to be the recipient of violence than the inflictor of it, since the latter only multiplies the existence of violence and bitterness in the universe, while the former may develop a sense of shame in the opponent, and thereby bring about a transformation and change of heart.

Nonviolent resistance does call for love, but it is not a sentimental love. It is a very stern love that would organize itself into collective action to right a wrong by taking on itself suffering.

That article expanded my understanding of how deeply Dr. King embraced Gandhian teaching. He walked *with* people in pursuit of freedom and equality. I knew I was to take a stand for what these two men represented and do whatever I could to support and further Dr. King's work. Like Dr. King, my model, I studied nonviolent resistance; but I birthed another internal conflict — I didn't let on about this to my peers. Instead of using it to overtly change the world, I morphed my

innate mediation skills into masterful conflict avoidance.

It is said, "When the student is ready the teacher will appear." The student has to grow past limiting beliefs in order to glean the lessons that had been waiting. The teacher had been there all along. Unlike Dr King's immediate implementation of what he learned, it took me — the student — decades to emerge as a non-conformist, and to garner the courage to let the world know I had strong views about what was okay and what was not.

I look at the many opportunities I had when I aspired to be a beneficial presence but was too cowardly to stand up for what I believed — to be the embodiment of my deep calling. Over time, I was getting stronger and beginning to grasp how it might be to live that calling, and not just talk about it. The point of transformation for me was when I finally caught on: answering our deep calling comes fully equipped and fully empowered with everything we need in order to live it full out — there is nothing to wait for! Awakening to that realization totally shifted how I choose to be in the world. It moved me to be a moment-by-moment expression of my authentic self — a living compassionate peacemaker — and the person my inner child had always known.

Trish Hall is an international best-selling author, acclaimed speaker, and the retired Spiritual Leader of Center for Spiritual Living Metro. She is 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

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In Difficult Times, 'Load In' Empathy

BY MARIANA MARTINEZ

I feel brokenhearted about the election results, and emotionally exhausted now as we begin to see the effects of the major policy changes unfolding. It hurts witnessing the polarization and divisions happening in our country, and the hate that seems to only increase. Presently, many people feel like they have agency to commit acts of hate, of violence. It feels as though we are indulging our fight instinct, without much reflection about how our actions will affect others. I am heartbroken by the upcoming policies that will have profound consequences in the lives of many — family separations, the dismantling of women's reproductive health rights, deaths due to gun violence, and more. It is even more painful to see many of these decisions being made in the name of God. My heart bleeds for where we are as a country. I mourn how we are destroying ourselves and walking away from love. It just hurts too much.

I live in DC and over the weekend of the presidential inauguration I stayed home, perhaps in denial of what was coming, wanting to bury my head underneath the dirt and not think about what was happening around me. Unfortunately, I can't afford to stay inside all day because I have a dog that needs to get walked. Don't get me wrong, I love our walks; but this particular walk on January 20th was going to feel different. I encountered many people who came to the city to celebrate the ceremony. I can wholeheartedly admit my first emotional reaction was hate. My physical reaction was to stare at them, send a very judgmental look, and then cover my eyes in a gesture to indicate I just couldn't stand being anywhere near them. What a horrible thing to experience about people I didn't know. By the fifth person I came across,

I realized I was feeding an anger that seemed to be escalating by the minute, with my heart beating faster. By the time I got home, I realized the extent to which I was poisoning myself with hate. I realized I was participating in the very same thing that hurt me — polarization, division, hatred. If this was the beginning of four years, and this was me on day #1, I was going to be in trouble.

I am psychic and an empath, and if I was going to be honest with myself, I had to come to terms with the fact that since the election, something important had closed in me. We empaths are highly attuned to our emotions, as well as the emotions of others. Whenever we see suffering, any kind of suffering, we feel the pain as if it is happening to us as well. This sensation magnifies x1000 whenever any of your psychic senses are open, and sadly, I lost the motivation to do many things, including readings and channeling messages. But the universe has its ways of calling you.

It was no coincidence when I was invited to Costa Rica; and while there, I visited a waterfall and felt connected to nature's powerful energy. Being in nature allowed me to tap into the infinite divine love the universe has for all of us and is available to anyone. We only have to tune in and be open to receive it. This energy connected me with source and helped me re-align myself with love. The ripple effects opened up the flow to forgiveness, and most importantly, to acceptance and empathy.

I realized that in times when hate seems to dominate us, it is crucial to tap into this infinite love, fill our cups, and arm ourselves with, or 'load in,' empathy. Projecting anger, judgment or any negative emotion affects us, and perpetuates more hate. I realized I have to practice empathy and compassion actively for anyone regardless of what they do, the hate they spread, or the violence they commit. I have to catch

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Reflections on Reinvention...

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the negative and transform it, before it transforms me in a negative way.

I continue to be exhausted emotionally and broken hearted. I am not sure I'll be able to change that. Instead, what I can and will change is the energy I create and project onto the world. I remind myself that we are infinite beings of light, with an infinite capacity to give and receive love. But we cannot give what we don't have for ourselves. Hence, I share my lesson with you: fill your cup of compassion, load in empathy, and transform hate into love. Whenever or wherever you see someone that ignites your anger, tap into the extra empathy and compassion you built for yourself. If this resonates with you, I hope you can join me.

Mariana Martinez is a psychic and Reiki practitioner who practices in the DMV area as well as virtually. She can be reached at: theinfiniestar.mm@gmail.com; @the.infinite.star; www.theinfiniestar.com.

My Spiritually-Awakened Reinvention BY EMILY JENNINGS

Like many people, I had a spiritual awakening in 2020. Everything in my life simultaneously fell apart so I experienced a great deal of change within a short period. The universe seemed to pick off various "stable" parts of my life, one-by-one; but as I felt the ground crumble under my feet, I became aware it was all for my highest good.

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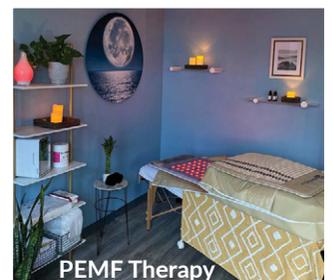
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There are no accidents in the universe. My path was unfolding in just the right way for me to have the biggest awakenings possible. I couldn't stop it, although I was terrified. The universe wanted me to let it all go.

I experienced great depression, fear, and darkness, but also great moments of awe in the face of divine guidance. Looking back, I wouldn't change any of it because it turned out better than I could have imagined.

My Marriage Ended

In the summer of 2020, I discovered the chakra system and began to study Ayurveda, an ancient system of holistic healing. These things changed my life. The universe was just beginning to open up for me.

I wasn't fully aware of how toxic and abusive my marriage had been for years. I had become a shell of the woman I once was, and I was not physically or emotionally well because of the attachment to that relationship. When I made the choice to leave my marriage, the miracle of spiritual awakening flooded in, along with a lot of clarity. It was part of my spiritual path to finally stand up, choose peace, and leave the toxic past behind. I wasn't able to clearly see it at the time, but my marriage had to end because it was holding me back from my path. I had to leave in order to finally understand what I had escaped from.

Healing from that cataclysmic life event was not easy. I became a single mom overnight. I had no idea how I was going to survive with a full-time job and a full-time child. I also doubted I'd ever find love again. The future felt hopeless, but I just needed to trust. The universe always had it all figured out for me.

My Last Matrix Job

As I awakened, my profession seemed misaligned with my new real-

ity. I had been in the corporate matrix for a long time and had deluded myself into thinking my career was fulfilling. Like many people, I was working for a paycheck in exchange for drudgery disguised as altruism. I willingly took part in a broken societal system that programs us to believe working is great and it's normal to live for the weekend, feeling burned out all the time.

I realized I was a slave to money, which is a mind-boggling concept. I had only an illusion of freedom and fulfillment. I was convinced monetary compensation made it okay for me to sell my happiness.

I yearned for an opportunity to use my skills to benefit humanity and change the world. But as a newly-single mom, I wasn't about to quit to find myself unemployed. So, the universe had to force me out of this corporate environment. Just a couple of months after my marriage ended — the worst thing I could imagine happening until that point — I found myself in the process of being fired. And yet, somehow, I just knew it was all happening as part of some greater plan.

I started seeing synchronicities — initially, the number 555 appeared everywhere. I saw bald eagles almost every day in the wild. Strange coincidences kept grabbing my attention. I was also experiencing downloads about who I was meant to be — a healer. So, I enrolled in a couple of certification courses to become a spiritual teacher.

I was fired from my job in early 2021, but by then, I had established some trust in the universe. I was still a little scared, but it began to feel aligned.

Living the Dream I Once Had

I had no idea what was going to happen to me when I was fired, but I wrote down my ideas about what I hoped to do next. I knew I could never go back to having a boss in the corporate matrix working for a

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Reflections on Reinvention...

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paycheck. Money wasn't enough to fulfill me. I needed to elevate humanity now; it felt urgent. My inner voice said, "Life is too short to live in fear; I have to make use of the time I have here."

And guess what? It all worked out. It took time and a lot of blind faith, but I now do the work I once dreamed of doing. None of it would have been possible if I had stayed in that marriage or if I had chased after corporate jobs. I now make choices from the soul and not out of fear. I don't need a relationship or a job to fulfill me. As long as I stay on this path, I am complete.

The Awakening Continues

In these years following 2020, my life has continued to become extraordinary. The awakenings never cease. When you open yourself to the universe as I did, you are asking for the wildest ride life has to offer.

Since then, I have had many dark nights of the soul. Each time, when I come back to the light, I am at a higher place in my consciousness than I had been before. You, too, can come through the darkness to something better. I am awake and I want to take you with me.

Emily is a spiritual coach, meditation teacher, and psychic living in Maryland. You can find out more about her at her website: wellnessoneness.com.



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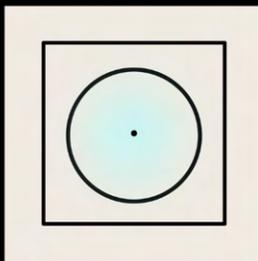
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Let's Connect!

Tailbone: Where The End Is Also A Beginning

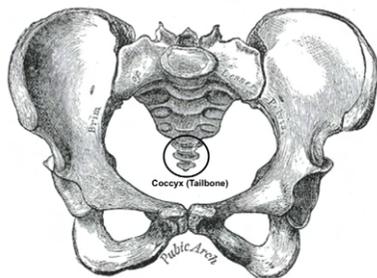
BY CHARLES S. MASARSKY, D.C.

At the lower end of the spine is the remnant of what was once a tailbone in the human evolutionary past — the coccyx. In a number of ways, this bone at the spine's end is also a beginning. In the meridian system of acupuncture, it is near the origin of the governing vessel. In Yoga and ayurvedic healing, the coccyx (or tailbone) is located near the Root Chakra (Muladhara Chakra), the first of seven energy centers. Western health science has also long understood the importance of this bone. The coccyx functions as a site of attachment for muscles and ligaments of the pelvic floor, to support the position of the anus, and to provide weight-bearing support when seated.

Tailbone Misalignment

In both of these major Asian healing systems, as well as Western medicine, coccygeal (tailbone) misalignment is seen as a potential disruptor of many systems of the body. Probably the most common symptom of coccyx misalignment is pain at the tailbone, clinically known as *coccydynia*. This tailbone pain can radiate to and include the anus and sex organs, causing difficulty with bowel movements and intercourse. Back pain is another frequent manifestation.

The most sudden cause of coccyx misalignment is landing on the buttocks during a slip-and-fall accident. This type of trauma can drive



the coccyx forward, often with a left or right shift in position.

Less obvious is the slow-motion trauma of the sitting position. A slumped posture while sitting for long periods of time can distort coccygeal position, especially if seated on a hard surface.

Women in their third trimester of pregnancy are particularly vulnerable to this postural coccydynia. This is due to the action of the hormone relaxin, which loosens the ligaments of the pelvis in preparation for childbirth. This undoubtedly is one of the reasons for the statistical finding that women suffer from coccydynia more frequently than men. However, this statistical finding remains valid among women and adolescent girls who have never experienced pregnancy, suggesting additional reasons for this gender difference.

A Neurological Joining

Other considerations when diagnosing tailbone pain have to do with neurology, starting with some biological scaffolding connecting the spine and the coccyx. Climbing the left and right sides of the vertebral column like a vine of ivy climbing the tower of a college building is a chain of nerve structures. These structures are part of the sympathetic nervous system, which controls the “fight or flight” function of human organ systems. This left and right chain join at the front of the coccyx in a nerve structure called the *ganglion impar* (from the Latin, meaning “odd bundle”). The importance of this neurological joining is well-known within the chiropractic profession. One example from a [published case report](#) is a case in point. After a “sit-down” fall, a 12-year-old girl suffered from low back pain and loss of bladder con-

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trol. A series of four chiropractic visits including adjustments to correct coccygeal function brought relief from both symptoms.

Due to the connection of the ganglion impar to the chain of sympathetic nerve structures, coccyx misalignment can disturb organs not located within the pelvis. The author of a chiropractic textbook reported cases in which tachycardia (rapid heart rate) increased during bowel movements. In considering a possible cause, the author suggested these patients were experiencing the effects of compression of the ganglion impar between a misaligned coccyx and the passing bowel movement. The resulting disturbance included the portion of the sympathetic chain in control of heart rate.

Another neurological consideration is the meninges, which is a membrane consisting of several layers of tissue envelopes that surround and protect the brain and spinal cord. The outer layer is particularly tough, but it is also very sensitive to pain. It is called the *dura mater* (Latin for “tough mother”). A cord of resilient connective tissue tethers the dura mater to the coccyx. Understandably, coccyx misalignment can disturb the dura mater, potentially causing or aggravating back pain, neck pain, or headache.

Prevention

As noted above, chiropractic adjustments can help restore normal coccygeal function. When more invasive intervention is required, injections can sedate the pain of coccydynia, and surgery can stabilize the bone in a more normal position. However, prevention is always first.

To begin with, avoid long periods of sitting on a hard surface, especially in a slumped position. While this can cause coccyx problems for anyone, overweight people and women in their third trimester of pregnancy are particularly vulnerable.

When sitting for long periods of time is unavoidable, use a cushion. If you already have coccydynia, a cushion with a hole in the middle (often called a “donut pillow”) can take pressure off the sensitized coccyx.

In terms of exercise, it is important to know the gluteus maximus muscle attaches to the back of the coccyx, therefore, toning this muscle helps prevent forward misalignment, and can help restore normal alignment. A simple exercise for this muscle is to stand with good straight posture while holding onto a kitchen counter or a sturdy piece of furniture. Maintaining good posture, bring one leg as far back as you comfortably can without bending your knee. Hold this extended position for a count of 10. Then, repeat with the other leg. When it becomes easy to do this, work up to 10 repetitions or more. Stair-climbing is another form of exercise that tones the gluteus maximus, especially if you can take the stairs two at a time. Gluteus maximus exercise can be modified for your personal situation in consultation with a Doctor of Chiropractic or a physical therapist.

A traditional yogic exercise helpful for the coccyx is the child’s pose (pictured). Kneel on a mat or other soft surface, with your buttocks sitting back on the heels. Place both hands on the floor, then slowly slide the arms and body forward without pulling the buttocks up from the heels. When you have gone as far forward as you comfortably can, hold the position for 20-30 seconds. This will create a good stretch, which you should feel to some extent in your tailbone area. Consult *Pathways* to connect with a good Yoga instructor in your area.

Charles Masarsky, D.C., has been in the private practice of chiropractic since 1983 with his wife and partner Marion Todres-Masarsky, D.C. www.viennachiropractic.com.

Image source: From Christian Figueroa; Felix Jozsa; Patrick H. Le, Anatomy, Bony Pelvis and Lower Limb: Pelvis Bones. www.ncbi.nlm.nih.gov/books/NBK545204/



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Springtime, Sun and Light: Pathway To Enlightenment

BY CARMEN FROMENT

Here we are, approaching the seasonal spring equinox! The sun, with its golden light, bathes nature with its quintessence and revives everything.

The subject of LIGHT is a fascinating one. Light is at the root of nearly every religion or every spiritual movement, yet none can say it is exclusively theirs. Light is so essential we cannot exist without it, much less find our way around without it on the physical plane. On the mental plane, light plays a role, as in the expression “I see what you mean”, or in our reference to a person’s “luminous mind”. And there is also the light that belongs to the spiritual plane, such as wisdom and enlightenment. Recall paintings of saints and prophets with halos around their heads, depicting and reflecting their knowledge, their wisdom, their level of consciousness.

If you ask where physical light comes from, the answer would be, “Mainly from the sun, and a bit from the moon and even less from the stars”; or simply, “From a light bulb!” Indeed. In quantum physics we learn that light reacts to our observation. Science even refers to the Higgs boson particle as “the God particle”, suggesting we are getting very close to uniting religion and science! Light also carries living particles, electromagnetic particles, which compose the spectrum of the seven colors. Each color provides properties and frequencies that feed all of nature through tiny elements that end up in the various kingdoms, each according to its own blueprint.

For the longest time, early scientific thinkers believed the sun and planets revolved around the earth; this was known as the *geocentric* point of view. It has only been since the 16th century when science finally determined it is the earth and planets that revolve around the sun, thereby adopting the *heliocentric* model. Today, science describes the sun as a self-consuming ball of fiery-looking gases, and we assume this is right. But what if it’s more?

The Sun and Spiritual Science

Our evolving understanding of this scientific model is relatively new compared to the millenia of religious and spiritual reverence inspired by the SUN. One such scientific school of thought based on a heliocentric spiritual point of view is Initiatic Science. Here, initiates and spiritual Masters who, through their purity and dedication, have been able to astral travel through the universe. They agree the sun is something

other than a ball of fire — from their perspective, they see the sun as a living Being, so luminous and so pure that only those of the same essence can come close to it. A sage among them, Omraam Mikhaël Aïvanhov goes so far as to say the sun is the best representation of the Christ principle; and one of the best forms of expression is through a form of sun Yoga, also called Surya Yoga.

Readers and students of Surya Yoga go to contemplate the sunrise from the spring to the fall equinoxes because then the Sun is understood to be a living Spirit. By focusing on it, we can enter into contact with our own spirit, our Higher Self, thus re-establishing our own center around which all things turn and shine forth. It is a biological law of nature that on the mental level human beings identify with what they look at. This is also the way to nourish and develop our Body of Glory.

Now, during this time of what many believe is the dawning of the Aquarian Age, predictions by the best clairvoyants, prophets, seers and great Masters all agree we are heading toward a Golden Age in

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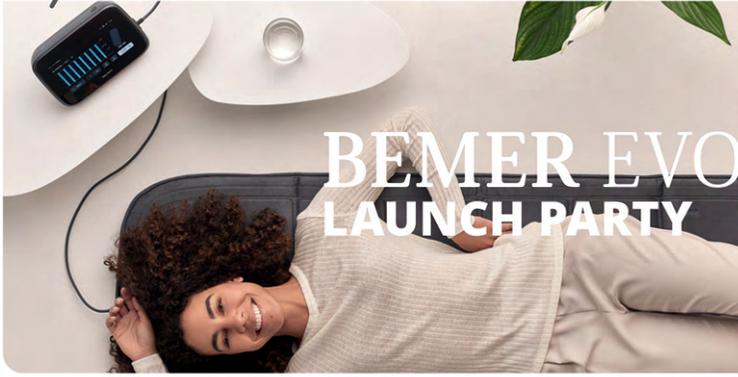
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ESOTERIC THOUGHT

Springtime Enlightenment...

...continued from page 79

which a solar civilization will rise to great heights. Aquarius is bringing an era of love represented by the Sun's sacred fire, the holy Spirit within us.

The Sun is the best symbol of universality and of the divine model that lies dormant deep within us. Our human structure reflects the trinity of the sun, through its light as our mind, its warmth as our heart and its life as our life. When we balance these three factors, we live in truth. To get there, a shift in values is necessary, maybe even an overhaul, then will come an era of fraternity, universality, of working for the same ideal of cooperation among nations and respect for Mother Nature. This ideal needs to be awakened and nurtured. Will this come about through constraints, abuse and suffering? Hopefully not.

Students of Initiatic Science understand the surest way to go through the transition of this materialistic epoch to a Golden Age is to accumulate spiritual gold — the gold accumulated as an ethereal substance from contemplating the sun and identifying with it, not the physical gold that is left behind when we die. With this subtle gold we can expand our understanding to infinity and even open people's hearts to their divinity. Of course, there are conditions to obtain and keep this ethereal gold from the Sun, and the main condition is purity. Purity must be understood not simply as a sexual aspect but in all aspects of our lives: what we eat, drink, see, read and surround ourselves with. However, with this spiritual gold, we become very rich with virtues and qualities that will remain with us throughout our incarnations.

The essential aspect of a solar philosophy is that it leads to a spirit of universality, to one religion, that of love. When all people concentrate together on the light in order to produce a powerful and spiritual coherent light, humanity's consciousness can be uplifted

Interested to learn more? Join Carmen Froment and The Aquarian Team on March 30th at the Pathways Spring Expo by attending their workshop, also titled, "SPRING, SUN and LIGHT: Pathway to Enlightenment"; and there you will receive a free copy of their latest book "A New Humanity is Rising." In the workshop they'll cover several exercises to practice with the Sun, in order to establish a connection with our higher Self.

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."

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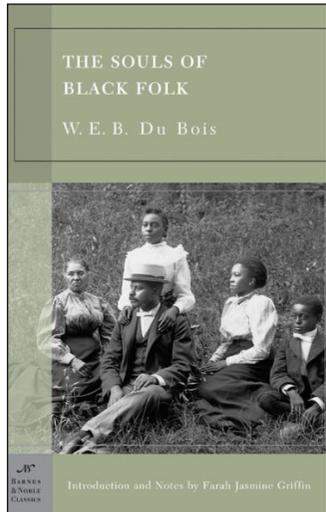
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REVIEWS BY ALYCE ORTUZAR



The Souls of Black Folk

By W.E.B. Du Bois
 1903; Fine Creative Media, Inc., New York; 212 pps, HB (original)
 2003; Barnes & Noble Classics: New York
 240pp; \$8.95 (PB)

There can be no perfect democracy curtailed by color, race, or poverty. But with all we accomplish all, even peace. ~ W.E.B. Du Bois

This book represents the importance of knowing our history. First published in 1903, *The Souls of Black Folk* has remained in print since then with additional publication dates in 2003 and 2005 complete with an Introduction, Notes, Comments, Questions, and recommendations for further reading.

In this powerful and well-written book of essays, Du Bois carefully assesses the current status of Blacks in the United States. He closely

examines the quality of life among Black farm laborers in Georgia's Black Belt. It is 1890, and two thousand whites live in this county along with ten thousand Negroes. Although the county is considered to be affluent, the Negroes tend to be poor because their incomes are deliberately inadequate or nonexistent.

Du Bois also informs readers that by accommodating slavery, "America" does not reflect equal opportunity for all. Slavery intentionally communicates to the Blacks a low sense of self-esteem and self-worth. Du Bois also describes in detail how local merchants ripped off Black farmers, who received no protections from the government. Intentionally, he points out, "These illegal maneuverings keep Black farmers in a perpetual state of slavery and indebtedness."

William Edward Burghardt Du Bois was born on February 23, 1868, in Great Barrington, Massachusetts, and grew up in New England. "He excelled in academics and reported for New York newspapers, and began to discover the social inequities Blacks were expected to accept. With guidance from his high school principal, Du Bois applied for and was awarded a scholarship to Fisk University, the country's preeminent black university," where he studied African American history. He earned a second bachelor's degree at Harvard University," where he then focused on black culture in America.

Du Bois was the first African-American to earn a Ph.D. from Harvard. "His doctoral thesis, *The Suppression of the African Slave Trade*, was published as a book in 1896. In 1899, he published *The Philadelphia Negro*, the first sociological study of African Americans. He also taught history and economics at Atlanta University in Georgia, and sociology at the University of Pennsylvania. At the age of 95, Du Bois died on August 27, 1963.

As a scholar, activist, and author, Du Bois used his voice to challenge racism and segregation. A founding member of the NAACP, he fought for racial equality, civil rights, and the liberation of Black people. His legacy and contributions continue to inspire and remain relevant.

continued on page 83

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pain Dr. Appel presents strategies for pain reduction garnered from over 4 decades of clinical practice as a pain psychologist.

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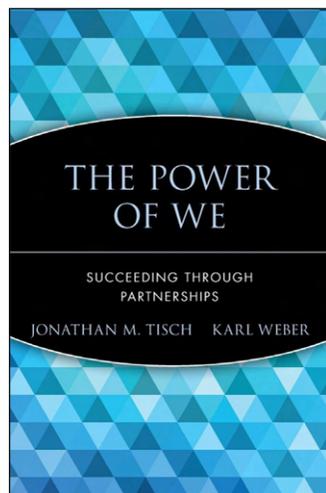


Free your soul and share it with the world.

Xx Lindsey



...continued from page 81



**The Power of We:
Succeeding Through
Partnerships**

By W.E.B. Du Bois
1903; Fine Creative Media, Inc., New York; 212 pps, HB (original)
2003; Barnes & Noble Classics: New York
240pp; \$8.95 (PB)

***Coming together is a beginning,
Keeping us together is progress,
Working together is success.***

~ Henry Ford, American Industrialist (1863-1947)

Jonathan Tisch has spent a lifetime mobilizing people and organizations toward civic endeavors and innovative business pursuits. His optimism, common sense, experience, and intelligence provide pathways to the rewards of business partnerships at all levels. In his book, he describes the power of partnerships and how to get “from me to we,” and why that matters.

Those who have had the good fortune to work with and learn from Tisch express a profound gratitude for what he taught them and what they were able to achieve. He describes how his “simple philosophy sets aside our individual concerns in order to work together toward a greater good. When workers, managers, shareholders, communities, and even competitors can work together to pursue shared goals, “everybody wins.

The Power of WE begins with the recognition that no organization exists in a vacuum, and we can achieve widespread success and prosperity by effectively working with others to redefine and transform business relationships from adversarial postures to cooperatives that lift up and respect all workers. It comes down to what kind of world we want to live in and how we treat one another.

Tisch is adept at connecting workers while putting aside individual concerns, and harnessing their creativity and energy. He describes his approach to leadership as unifying workers rather than dividing them; collaborating with them rather than competing against them; premised on abundance as opposed to scarcity. He notes that these approaches have broad applications “to almost every field of human endeavor.”

Chapter titles include: “The Power of Partnerships”; “Now Who’s Boss? Lessons in Partnership from the CEO’s Desk to the Housekeeper’s Cart”; “A Family Business: It All Started with Sayde and Al”; “The Employee Comes First: From the Front Line to the Bottom Line”; “Turning Customers into Partners: Creating Value Together”; “Being a Good Neighbor: Hanging Up Your Tux and Rolling Up Your Sleeves”; “E Pluribus Plenty: When Competition Gives Way to Cooperation”; “Beyond the Ballot Box: Good Corporate Citizenship Takes More Than Your Vote”; “What’s in it for the Owners? Bringing Dollars and Sense to the Bottom Line”; “New York Rising: The Power of Partnerships in Time of Crisis”.

An Epilogue follows with “Twelve More Tips” and “A Recipe for Personal Success” followed by additional sources.

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 alyceortuzar@gmail.com.



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Spring and the Emerging Self

BY JAZMINE JENNÉ WILLIAMS

Spring welcomes the dancing birds, fragrant flowers, warm rains, and green-filled trees. It brings a soft and subtle emergence of the earth and self. Similarly to the seeds of a marigold flower, we now uncoil from our winter days spent in the dark moist earth. Unthawed but having gained much wisdom from the prior season, it is now time for dancing under the orange sun and warm moonlit skies. Spring sings us awake and raises us anew. It vividly reflects a version of ourselves we may have never known yet was waiting to be born. Attuned, we call this new version in, give it roots to grow, and invite its becoming.

Like so many of us, winter is the season to pause, reflect, dissolve, and notice what is trying to gain new form. By integrating ourselves into the rhythms of nature and its seasons, we can absorb the medicine it provides. We also experience the cycles and seasons from within as a mirror of our inner landscape. The Earth, after patiently waiting to show her newfound radiance, reimagines herself back to life during the spring.

We often experience these same sentiments as the season approaches. The possibilities it promises magnify as we grow open to receive them. As we revise what was, we are met with what is. Sometimes, this can look like a new path unfolding, new insight into self, or even a new way of seeing the world. Subtle shifts in these perceptions are sometimes all it takes to give yourself permission to transform.

Spring reminds us life is not stagnant but ever-changing and constantly expanding. The cells in your body regenerate every seven years. This means who you were seven years ago is completely different than who you are now. Our minds can sometimes box our concep-

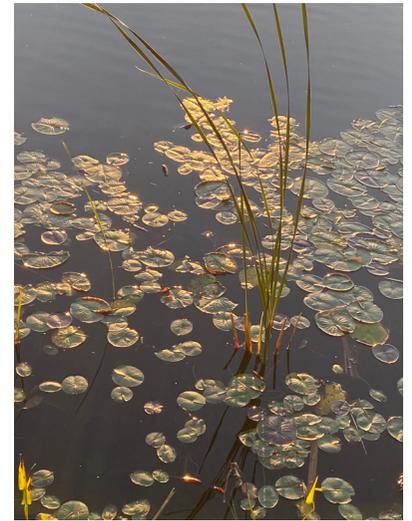
tual understanding of how vast we truly are. We are no different from the swelling universe, yet we often unconsciously attempt to compress ourselves. Imagine if a flower longing to bloom overthinks its deservingness of such an act. What would the earth be like without its flowers? You, too, are these flowers; you, too, bloom in the spring.

Here are some journaling prompts to help you reflect on the season ahead:

- *What sensations arise in my body when I think of the seasons shifting from Winter to Spring?*

An example could be: I feel less tightness in my shoulders, I feel relaxed, or even I feel anxious. The important thing here is to be honest with yourself and tune into the different sensations that may arise.

- *What will my Mantra be that I wish to carry with me through this season?*



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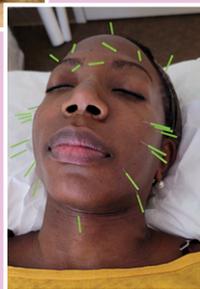
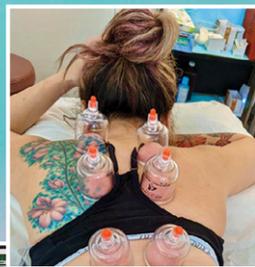
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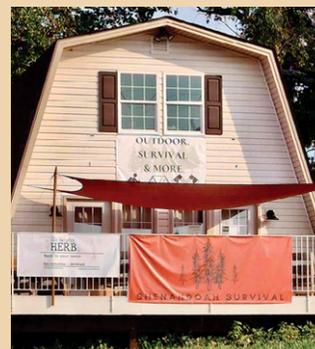
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For example: I give myself permission to grow past who I've always been without judgment.

- *What are some ways I can bring Spring into my home?*
An example of this could be picking some wildflowers to display on the kitchen table or maybe diffusing orange blossom essential oil to uplift the room.
- *What is one new thing/activity I give myself the freedom to experience this Spring?*
This could range from eating something you've always wanted to try, to indulging in the experience of finally writing that first book. This section is not so much about an end product but rather the experience itself. You never know what can unfold when stretched beyond one's own rigid self-beliefs of what is possible.

As the new season brings warmth back to the body, after having just stepped out of hibernation, we are reminded of our light. We are reminded no matter what stage we are in life, change is the only constant. Everything that surrounds us is a reflection of this change and the light we hold to navigate it. No matter your race, creed, gender, or economic status, this same light illuminates us all. May this Spring be the light and soil you need that allow the emerging self to continue to unfold. Journey Well.

Jasmine Jenné Williams is an Artist, Writer, and Mother based in Maryland. She received her bachelor's degree in Complementary and Alternative Health from her studies at San Diego State University and Ashford University in San Diego, California. She writes and creates art that focuses on the natural world, spirituality, and the complexities of the human experience. Find more of her written work on Substack: <https://jazzminejenne.substack.com/>. Photo by Jazmine.



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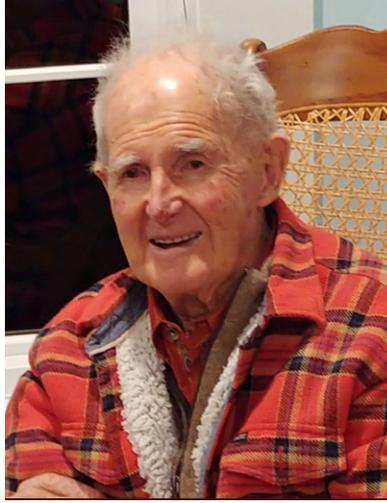
Remembering Geoffrey Clendinning Morell, JP, ND

BY SALLY FALLON

Born April 1, 1926,
Gisborne, New Zealand

Died December 3, 2024,
La Plata, Maryland

Geoffrey was a long-time friend and supporter of Pathways. He attended and gave talks at Natural Living Expos for over 20 years. His smile, kindness and infectious positive energy will be deeply missed by all within the Pathways Community who knew him.



The remarkable life of Geoffrey Clendinning Morell began in Gisborne, New Zealand; he grew up in the small New Zealand town of Opotiki, where he enjoyed canoeing, fishing and riding in the sidecar of his dad's motorcycle. All dreams of a university education were shattered by the Great Depression; he left high school early to work on his grandfather's farm, where they still plowed with horses and gathered hay with scythes.

In his early life he served in the New Zealand Navy, worked as a policeman in Wellington, and then operated a dairy farm in Ararimu, milking one hundred cows, twice a day for thirty years. In 1951 he married Joyce Isabel Grimes. They had five children: Glenda June, Sonia Joy, Jocelyn Anne, Bruce Clendinning and Robyn Gay.

During these years, Geoffrey involved himself in local politics, serving as elected counselor in his district for eighteen years. During the 1970s, he ran for Parliament on several occasions as a member of the Social Credit party, advocating for monetary reform (monetary.org). He was also appointed a Justice of the Peace in 1977, an honor he held for forty-two years.

In 1979, Geoffrey attended a healing demonstration by renowned healer Colin Lambert, an event that changed his life. Through meditation, he developed his own healing method, which he called The Clendinning Technique of Natural and Intuitive Healing (clendinningtechnique.org). He also did coursework to become a naturopath. Over the years he worked on hundreds of clients, in some cases achieving re-

markable results, and in most cases inspiring dramatic changes in their lives. In the late 1980s, he left New Zealand and settled on the Gold Coast of Australia, where he operated a health clinic for several years. Later he moved to the remote community of Lightning Ridge where he engaged in opal mining!

In 1996, on a trip to the U.S., he met Sally Fallon, author of the cookbook *Nourishing Traditions*. They were married in 2003. Together they set up the Weston A. Price Foundation for Wise Traditions in Food, Farming and the Healing Arts (westonaprice.org) and traveled together extensively, Sally promoting a nutrient-dense diet and Geoffrey demonstrating his healing techniques.

In 2009, they purchased a farm in the village of Aquasco, Southern Maryland, where they established a dairy to produce raw artisan cheese, and also raise pastured chicken for meat and eggs, and woodlands, whey-fed pork (pabowenfarmstead.com). The milking parlor he designed was admired and copied by other producers. The farm obtained the first permit to sell raw milk in the state of Maryland, if labelled "for dogs and cats."

Geoffrey spent many hours on the tractor clearing the land and creating tracks through and around the farm, opening up overgrown and neglected land to productive use. He was still using the tractor just six months before he died.

At the farm, he continued to see clients. His healing methods required much of the client, urging them to change their way of eating and their way of thinking. He invited his clients to explore the psychosomatic reasons for their illness, to always have goals, and above all, to let go of the past.

Geoffrey was a 33-degree mason; in Australia he served for two years as master of Collarenebri Lodge; in the USA he served as master of East-Gate Lodge (Washington, DC) and later attended Centennial Lodge (Upper Marlboro, MD).

He is survived by his wife Sally, four children, eight grandchildren and five great-grandchildren.

Perpetually positive, Geoffrey's energy and enthusiasm were remarkable. "Everything is in its right place," he always said. He was a man who lived life on his own terms, always with the desire to help others, which he did right up to the end. He was an inspiration to all who knew him.

A celebration of Geoffrey's life will be held Sunday, April 27, starting with a service at 1 pm, at P.A. Bowen Farmstead (15701 Doctor Bowen Rd, Brandywine, MD 20613).

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RAINY DAY BY CEEJ MAPLES

CeeJ Maples Artist Statement



CeeJ has been an artist since childhood and takes his work very seriously. He says that for him, making art is not simply a hobby or a desire but a need as imperative as scratching an itch or eating when you're hungry. He thinks of art as both self-expression and therapy, finding it helps alleviate physical and mental pain.

CeeJ's style ranges from cartoonish to illustrative realism, often referencing tattoo art aesthetics. Graphite and alcohol inks are his mediums of choice. In addition to creating art, CeeJ also loves playing music, spending time with his wife and dog, studying different art styles, learning about the world, and enjoying good food.

CeeJ is one of 42 resident artists participating in the Studio Arts Program of Art Enables. The organization provides its artists a professional space and the resources to develop their practice and engage audiences with their work.

CeeJ is one of 42 resident artists participating in the Studio Arts Program of Art Enables. The organization provides its artists a professional space and the resources to develop their practice and engage audiences with their work.

Art Enables: Amplifying the Creative Careers of Artists with Disabilities

Art Enables is Washington, DC's only studio and gallery dedicated to advancing the careers of self-taught visual artists in the disability community. Our mission is rooted in the belief that a vibrant and inclusive arts landscape must not only include the perspectives of artists with disabilities but also center them in ways that challenge, inform, and enrich the cultural identity of our region.

Since its founding, Art Enables has been committed to providing artists with disabilities the tools, space, and support they need to create, exhibit, and sell their work. We represent 42 working artists who utilize our professional studio space and resources to develop their practice. Their artwork is featured in approximately 12 exhibitions at our gallery each year, alongside national and international artists, reinforcing their role as key contributors to the arts ecosystem.

In the almost 25 years that we have been doing this work, the resident artists of Art Enables have realized many successes. Their work has been featured in numerous publications, including *The New York Times*, *The Washington Post*, *Vanity Fair*, NPR, *Quickest Flip*, and *Freethink*, and collectively, they've sold more than \$1.2 million in artwork since our founding. Highlighting individual success, in 2020, the Library of Congress acquired seven pieces by resident artist Toni Lane, detailing her experience during the height of the global pandemic.

The public can join us at any one of our free, community-centered events in 2025: Discover the work of our resident artists alongside dynamic collaborations with DC-area creatives at our opening receptions, join us for a free, family-friendly Saturday Workshop each month, or, for a night out, don't miss our After Hours events, where you can mix and mingle with resident artist while exploring our latest gallery exhibitions.

At Art Enables, we believe that equity in the arts is not just about access — it is about recognition, representation, and leadership. Our work provides artists with disabilities the professional tools they need to thrive while simultaneously reshaping the broader arts community to be more inclusive and representative of diverse creative voices.

By supporting Art Enables, whether through attending exhibitions, purchasing artwork, or contributing as a donor, you become part of a movement that champions artists with disabilities as vital contributors to our cultural landscape. Together, we are building a future where all artists have the opportunity to flourish.

For more information about our exhibitions, programs, and ways to get involved, visit www.art-enables.org.

Upcoming Events

- March 15, 11am-3pm: Saturday Workshop | Timeless Trinkets: Craft Resin-Inspired Charms
- April 12, 11am-3pm: Saturday Workshop | Lantern Glow: Design Popsicle Stick Light Sculptures
- April 12, 5-7pm: Opening Reception, "Studio Showcase, curated by Camille Brown"
- May 8, 6-8pm: After Hours, Drinks + Art After Dark
- May 17, 11am-3pm: Saturday Workshop | Print & Play: Mono-prints with Geli Plates

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