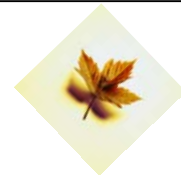




News From The Garden



What's Inside:

- Featured Practitioners Pg. 2**
- To Your Health Pg. 2**
- Upcoming Events Pg.3**
- Thursday Night Lecture Line-up Pg. 4**
- Yoga Classes Pg. 4**

Autumn—2008

Volume 1 Issue 2

Hello!

And welcome back to the second issue of News from the Garden. With summer rushing by, and the race to get our premier issue out~ here we are at the Autumn issue already! As always we have new and exciting "growth" occurring here. New workshops, fun events and gatherings every third weekend of the month.

With the passing of summer's growth into the fading light of Autumn, let us thank the Great Spirit for the bounty of life and the love and beauty all around us...

Om Mani Padme Hum

Monthly Festivals

3rd weekend every month ~ Sat. 10-7 Sun 10-4

*October 18th-19th 2008 Mystical Soul Festival
November 15th-16th 2008 Goddess Festival**

December 20th-21st 2008 Winter Solstice Festival

*January 17th 18th 2009 Winter Wellness Festival**

February 21st-22nd 2009 Venus Festival

Don't Forget

Free Lectures on a variety of holistic topics. With many practitioners offering discounts on their services.

The vendors of fine and unusual wares, as well as food on site!

***Art Show Also Featured During These Festivals!**



Ponder On This

To wait, when, when there is no time
 To know when all is meaningless
 To feel, when surrounded by pain
 To love, when all alone
 To be, having ceased to exist
 To find God, never having left his heart
 In the divine paradox of our being lies our
 Immortal nature; a nature which does not
 strive nor fail, but experiences perfection and
 unity in all that was, is and shall be.

Gabriel Ra



"That's the flaw with words he said.
 They always force us to feel
 enlightened, but when we turn
 around to face the world they always
 fail us and we end up facing the
 world as we always have, without
 enlightenment. For this reason a
 sorcerer seeks to act rather than talk
 and to this effect he gets a new de-
 scription of the world, where talking
 is not that important, and where new
 acts have new reflections."

Don Juan A Yaqui Indian



There are five fundamen-
 tal disadvantages to hold-
 ing the thought that you
 must die and therefore
 have no choice about it.
 These five disadvantages
 play a significant role in
 almost all human suffer-
 ing. They are: **fear, help-
 lessness, apathy, limita-
 tion and self-deception.**

From

Rebirthing: The Science of
Enjoying All of Your Life.



Featured Practitioners

**Stacey Ray, CMT****Certified Massage Therapist**

Stacey has been a massage therapist for five years providing therapeutic massage.

She since has added raindrop technique, aroma therapy, Reiki and emotional balancing technique employing Young Living Essential Oils.

Highly intuitive, Stacey has a “knack” for feeling the energy needed by the recipient. She is happy to work with you to find the best modality for your challenge.

Stacey’s business, Lotus Massage & Body Work LLC, was based originally in Tomah, WI and happily is now a part of The Aquarian Garden family.

She is also an artist and creative expression guide. She works to give guidance to those who wish to expand & stimulate their creative work. She now offers a healing Mandala drawing class. Mandala’s are a very effective tool for meditation and surfacing of inner creativity.

For those interested: Self Expression with Mandalas Class. At the Wellness Center in Tomah WI Oct 25th 9-1 pm Please e mail Stacey for more info.

zeandra.z@gmail.com

Available on Tuesday and Wednesday. Please Call ahead for an appointment. **608.343.8100**

Sam Vierok

As an Usui Tibetan Master Teacher,

Sam has enjoyed a journey of developing a unique and powerful

form of energy experience. Over the years, Sam has worked with clients of all ages and varying challenges.

Sam earned a Bachelor of Arts degree in Sociology with an emphasis in Psychology from the University of WI. Currently enrolled in Clayton College of Natural Health, she is earning a Doctor of Naturopathy degree and a PhD in Natural Health. She co-created and owned a participatory health center in Waupaca, WI. Sam is also a student of the Mahatma Gandhi, as well as a gardener, yoga-lover, bicyclist, writer, artist, book-worm, Ayurveda enthusiast and (most importantly) a mom.

A session with Sam is multifaceted, always informational and soothing. Through touch and various breathing techniques the receiver’s energy can become balanced, unblocked and interpreted. Through her experience, Sam has come to understand the subtle energy bodies and can inform the receiver what is working well and can make suggestions to promote health. Frequently, this form of Reiki is pursued by those with energy challenges such as chronic pain, chronic fatigue, chemotherapy, emotional trauma, Fibromyalgia and so on. Please call for available times to visit Sam.



To Your Health



Researchers at HeartMath Inst., in California, believe that love is a physical state we can create in ourselves by changing our heart beat rhythms. That by focusing in the heart with feelings of love and appreciation, this rhythm change occurs. Apparently, this happens through the sympathetic and parasympathetic branches of the autonomic nervous system. The sympathetic branch speeds up adrenal functions, heart rate and respiration, while the parasympathetic branch slows them down. When we respond to stress with worry and fear or anger, the sympathetic branch becomes stimulated. Good health depends on a balance between these two branches.

With the use of certain practices the heart produces a “coherent rhythm,” or “aligning of the frequencies of the heart which generates an increase of power.” Since the heart generates the body’s most powerful electric field, it pulls the other energy fields into alignment with it, including the brain’s. With feelings of love, the heart responds by vibrating at a different energy frequency called a “signal of love.” When this is picked up by the brain, it responds by sending messages, via neurotransmitters, that tell the body’s endocrine system to generate hormones that contribute to health. DHEA, one of the more well know anti-aging hormones, increased 100 percent in some that practiced the HeartMath techniques, and in others tripled or quadrupled, without any changes in diet or exercise. High levels of Cortisol have been found to damage brain cells and accelerate aging. Cortisol levels were reduced by use of these techniques, or simply by feeling love. Challenge is, feeling love when angry or afraid. Next time you are experiencing these emotions ~ Give it a try!”



Upcoming Events

Avalon



School of Spiritual Science & Teachings of the Divine Feminine

*There is still time to sign up for the new Avalon classes! There will be an informational meeting on **October 5th at 11:00 a.m.** (Please call us if you can't attend, but are interested in joining.)*

Science and spirituality come together in unique ways in the Avalon classes. Science and spirituality are not in conflict, but in fact compliment one another, and links all working modalities. When making a connection to the Divine feminine; we open to the source of all knowledge.

**The Seven Rays*

**The Mystery of Seven*

**Construction of the Human Vehicle & Personality*

Every other week - 2 hrs.- \$33 per class

“Design Your Life”
With Astrologer KayCee
Oct. 18th
Are you...



Step
By
Step
Astrology
with KayCee

Yearning to find your authentic path in life?
Wondering what you are going to be when you ‘grow up’?
Searching for fulfillment in your life?

Discover all this and more in FIVE MONTHLY SESSIONS beginning in September 2008 at The Aquarian Garden.

For those that missed the Sept. class, KayCee offers a “catch up” class

- Session #1 9/13 – Notice Your Thoughts/Starting Point*
 - Session #2 10/18– Choosing Your Dream Life Destination*
 - Session #3 11/15 – Staying Positive*
 - Session #4 12/20 – Actions That Support Your Dreams*
 - Session #5 1/17/09 – Moving Toward Your New Life*
- \$40.00 per session 2:00-4:00*

Call for details or for more info.

****Pre-registration for this class is necessary.***

Learn about the basics of astrology while focusing on the meaning of your own natal chart in on-going once-a-month sessions. Each month, a different area of astrology will be discussed using the natal charts of the participants.

A FREE natal chart is included with this series. BE SURE to submit your birth information (Date of Birth, EXACT Time of Birth including a.m. or p.m. and City of Birth) to KayCee at kcreytip@frontiernet.net before your first session.

Classes are held each Festival Saturday (third Saturday of each month) in the Conference Room from Noon to 2:00 p.m. The cost is \$35 per session. Come when you can to build your knowledge of astrology and an understanding of your own natal chart.

KayCee will also be offering this class Nov. 15th at The Goddess Festival

A Question of Peace

There are a few points that may help to keep a sense of clarity when dealing with the present world situation. The first is the fact that peace is a tool for the unification of humanity. Peace is something that is aligned with, not achieved. Peace already exists in the future, I have seen it. Whether in an individual or in a race, it is the path taken to a goal which is the defining quality rather than the goal itself. Peace is a goal, but more important, what is the path we choose to achieve it? Goals are arbitrary and transitory. They are vehicles for the creation of a path. This brings us to the second point of interest. Peace is the effect of a harmless consciousness. Peace cannot be forced on an individual or a race because it is an effect not a cause. It is the effect of ones' being at peace with ones' self. It becomes apparent that the source of world peace is within each individual. The world can be engulfed in war around an individual who has made peace within and the war will never touch them. "Behold a New Heaven and a New Earth." No matter what course the world takes, each of us is the Light of the World and the only determining factor in the course of our lives. In this realization lies the second coming of the Christ, which is actually a coming of a new inclusive awareness into the human experience and not the appearance of a "savior". War is the result of individual internal conflict, which has not been confronted and empowered. This energy then spills out into racial consciousness where it is picked up and vented in the form of war. Within each human heart is the potential for world peace.

*In the One Light,
Gabriel*



*Thinking of "shaping up" over the winter?
Consider joining us for our Yoga classes.*

No stress, no pain, no sweating, no expectations. You will leave with more energy than you came in with, however it will cost you some attention.

*Some of the benefits of Yoga include
Energy, Flexibility, Mental focus,
Self-appreciation.
Connection with personal Divinity*

*Instructor: Gabriel
1 ½ hrs. \$15.00*

Quotable Quotes

"Social order at the expense of liberty is hardly a bargain". – Marquis de Sade

*"Perfection is not about being flawless or doing everything right, it is about accepting our flaws and finding their beauty and wisdom."
Grandmother from Lynn Andrews Woman of Wyrd Arousal of the Inner Fire*

Free Thursday Night Lectures

Always new and intriguing topics from Gabriel Ra at this free presentation every Thursday night. 7:00

Please call ahead for possible schedule change

- 10/9 Understanding the Nature of God*
- 10/16 How Heart will Save the World*
- 10/23 Fear, its Power & Purpose*
- 10/30 Satsang Q & A*
- 11/6 Recovering Personal Power through Feelings*
- 11/13 The Body, Soul, Spirit relationship*
- 11/20 Chakras, their function & their purpose*
- 11/27 Satsang Q & A*
- 12/4 The relationship between Spirit & DNA*
- 12/11 Blending Sex & Spirituality*
- 12/18 The Death Process & Reincarnation*

Satsang; (*Sanskrit* sat = true, sanga = company) company with an assembly of persons who listen to, talk about, and assimilate the truth.

During a satsang students are likely to ask questions. Satsangs also may contain elements like lectures, meditations, singing and recitations.

Taken from Wikipedia



On Point from the desk of Robin B. Smith, L. Ac.



As you have no doubt noticed, we are once again at the change of season. Change of season is a stressful time for our bodies. We are faced with various condition changes that effect all elements in our environment. We are no different in that regard. Such changes in temperature, moisture level, light exposure and wind cause all living things to react. In Chinese Theory, we each have a basic constitution. Your constitution relates to the organ patterns in the body. Everyone has one organ pattern that is a bit weaker and thus more easily set out of balance. The application of acupuncture and guidance with life style changes will help to mediate the negative effects of the season change that will adversely effect the harmony and function of your entire body.

It is wise to get a balancing treatment 4 times a year to smoothly flow through the challenge of weather change. By doing so, you maintain your strong qi (energy), which helps your keep your core temperature, have strong immunity, maintain your digestive system, water balance and mental function.

This season the challenge is dropping temperatures, dampness and wind. The result of dropping temperatures is the chills which deplete your energy reserve and threaten your immune system leaving you vulnerable to external invasions of bacteria and viruses. Dampness is often the cause of sinus congestion and pain which can descend into the bronchial area. The dampness can also waterlog your digestive system causing it to function below optimal level. Wind causes disruptions to many systems but often to the head, neck and shoulders causing stiffness, aches and pains. These are most often felt in over worked muscles, arthritic joints, at sites of old injury or surgery.

Autumn is the most difficult of seasonal changes for most people. Head into winter with strength and vitality. Start this season with your system balanced and working at it's best.

We would like to hear from you!

Tell us what you are interested in doing or hearing at Aquarian Garden. We have a large group of very talented people here that are more than happy to create a class, demonstration or talk for you or your group.

Feel free to email us, call or drop in and speak to us in person. We just love trying new things as well and appreciate any and all suggestions you might have for us.

We look forward to hearing from you soon.

Musical Mystic Concert**With****Rabhi Crawford****October 19th 2008 1 pm**

Enjoy the multidimensional vibrations of crystal bowls, gong, native style flutes and other acoustic instruments as we raise ourselves to greater vibrations of Love & Light.

Rabhi's concerts are as much a meditation as they are a concert. Come enjoy the unique sounds of the crystal bowls and sitar music as Rabhi creates an atmosphere of harmony and peace.

\$12 Admission

More info about Rabhi at

***W*www.mwt.net/~makesmusic/**

Spiritual Insights**With Patty Manley****Saturday October 25th & Sunday 26th 2008****Saturday (\$100)**

10 – 12 Automatic Writing class – (Using a pen for connection with your spirit guides, you will be able to connect one on one for readings.)

12 – 1 Lunch - (Potluck or box lunch)

1 – 5 The Making of a Vision Board - and how to use it on a daily basis to manifest your destiny

Sunday (\$50)

10:30 Healing Chapel Service

12 – 1 Lunch - (Potluck or box lunch)

1 – 2 Spirit Talks (spirit connections one on one using direct connection with your spirit guides.)

Sacred Drum Making Workshop**with Neshi Lokotz****November 8, 2008**

The rhythmic beat of a drum is like the heartbeat of our Mother and the Earth and our Soul all wrapped up into one. What a beautiful way to connect to ourselves as we also deepen our connection with the Earth. In this workshop we will take that connection one step further, as you intentionally and with great love, make your own sacred drum, to use for space clearing, for ritual, or even private meditation and inward journeys.

Neshi Lokotz, our guest teacher, is a member of the Prairie Band Potawatomi Nation, raised in its traditions since birth. Neshi brings with her teaching a sense of the sacred, yet also an underlining feeling of joy, laughter, and passion for the work she shares.

Join us for a day of learning about drums, drumming rituals, and experience the true labor of "birthing" your own healing instrument. Through meditation you will connect to all parts of the drum; from the tree used for the frame to the animal used for its hide, to the actual intention and name of your drum. These drums are of the highest quality and are more valuable than anything you could buy, because your heart, your soul, and your intentions are placed in it from the beginning of its creation.

Date: November 8, 2008 Saturday 10AM to 5:00PM

Register: by October 19, 2008 space limited to 12

Cost: \$195.00 includes workshop fees and drum materials

Mail check to: Aquarian Garden, W8741 Cty Rd B, New Lisbon, WI 53950

Neshi Lokotz is from Tomah, WI. Ceremony and ritual have always been a part of Neshi's life growing up in a Native American family. Neshi is president of Two Feathers LLC & has been making & teaching drum making for over 5 years. She is a master teacher that can certify students in the art of Interior Alignment. She also is the only Sacred Space practitioner in the world who uses a Healing Dress Dance during her process. She is an enrolled tribal member of the Prairie Band Potawatomi Nation.



Aquarian Garden
 W8741 Cty Rd B
 New Lisbon, WI 53950

Phone: 608-562-5433 (LIFE)
 Fax: 608-562-5555
 Email: info@theaquariangarden.org
 Web: www.theaquariangarden.org



Our first FINE ART SHOW organized by Stacey Ray, was a great success. There were 27 original pieces, photography, pastels, acrylic paintings, & poetry. **There will be a second show Nov. 15th & 16th at The Goddess Festival**

The winners were:

People's choice SPRING AT LAST
 by Gail Boehm

Most inspirational UNCONDITIONAL LOVE
 by Deb Hanford

Most original design or concept tied
FLIGHT CANCELLED by Paris Dudzinski
THE WALLS OF FARAWAY HOME
 by Stacey Ray

**Weddings are Happening at
 "The Garden"**



We would like to offer our
Congratulations and Well Wishes to
 Amber Minder & Rich Pollock
 Oct. 4th
 Gwen Hoppe & Dave Mavis
 Oct. 18th



In the Astrological sign of Libra.
 Great sign for relationship and balance!

Bicyclists Welcome at Aquarian Garden!

Looking for a place to relax and unwind after a long day on the bike trail? Aquarian Garden might be just what you are looking for. Located on 18 acres in rural New Lisbon, we are just a few miles from entrances to the Omaha and Elroy Sparta trails. Come and check out our facility! Elroy Bike Meet is October 10 & 11.

Amenities:

Wellness Services Available

- * Overnight Accommodation
- * Sleeping Rooms - \$35 (room with 2 twin beds)
- * Camping - \$15 (no electricity)
- * **Just minutes from bike trails**
- * Indoor bike storage
- * Showers
- * Kitchen Facilities
- * Fire Pit
- * **18 acres of peace and quiet AND MORE**
- * Gazebo and pond
- * Gift Shop (mailing service avail.)
- * Banquet Facilities

- * Massage
- * Acupuncture
- * Reflexology
- * Reiki
- * Meditation room
- * Detox Foot bath
- * Ear Candling
- * Retreats
- * Classes & Workshops

