



# News From The Garden



Spring

Volume I Issue 3

What's Inside

\* **Unity Consciousness Conference**

Featured Practitioners

Upcoming Classes

To Your Health

**Spring! Long awaited and welcome. With the energy of new growth and birth we are offering some new and exciting events here at The Garden. At the season of renewal let us observe things passing with honor as we eagerly look to the new self emerging as spring flowers emerge from winters snow. Let us give praise to our dear Mother Earth as once again beauty born from death and darkness.**

**Om Mani Padme Hum**



## Monthly Festivals



Shake off the winter blues and help us celebrate spring. the third weekend of every month. Saturday 10 am to 5 pm & 10 am to 4 pm Sunday . (Dates subject to change, please call ahead)

Coming up:

Our May Festival will be postponed as we have a **special** event coming to the Aquarian Garden. Please see next page.

**Don't Forget! Special discounts, free lectures, vendors and food available at our Festivals!**

June 20th ~ 21st, 2009 **Summer Solstice Festival**

July 18th ~ 19th 2009 **Freedom Festival**



August 15th ~ 16th 2009 **Blue Moon Festival**

Sept. 12th ~13th **Fall Festival of the Ages** (note: this is the 2nd weekend)



### We're Planting!

The ground is tilled and ready for seeds! We are looking for volunteers to help with our first garden. Shares of the harvest for anyone willing to help with planting, weeding and harvest. And in the fall we will have a class on preserving the bounty! We are also still looking for donations of fruit trees.

We are Grateful



### A New Look For Our Gift Shop!

Many of you already know Joe and Lisa Rothengass, as purveyors of fine stones and crystals at our monthly festivals. They have taken over the gift shop and given it a fresh new look. Come by and see the changes as well as new additions to our offerings.



The Aquarian Garden is the perfect place for your family reunion, graduation party or baptism. We also offer facilities for meetings lectures or classes!

### Planning A Wedding?

Consider The Aquarian Gardens beautiful patio, gazebo or pond setting for your special event. We have a newly remodeled chapel and spacious banquet facility. We also offer discounts on wellness services for you and your wedding party .



### Bicycling Season Is Here!

Looking for something different to do while biking the trails? Stop by and check us out. We offer overnight accommodations, camping, showers and kitchen facilities. Services include, massage, acupuncture, reflexology, Reiki and more, as well as classes on a variety of topics.





## We Are Pleased To Announce Experience Unity Consciousness In A World In Transition



Saturday ~ Sunday May 30th ~ 31st

### Finbarr Ross

#### **Embracing Unity Consciousness:**

#### **The Future transforming Pathway to Human Empowerment & Wholeness**

*Finbarr shares the mystical dance of the Universal Christ Consciousness and the Divine Feminine as we journey in these times of transition. We experience changing vibrations as we shift dimensions leading us to the opening of the inner chalice, the sacred symbol of our Divinity, on this journey of integration and wholeness.*

*Finbarr Ross, a graduate of Sancta Sophia Seminary, is facilitator of self discovery, spiritual wisdom and divine feminine emotional healing. His mission is personal growth and empowerment as a key to self-transformation as we discover the unity consciousness within.*

### Margaret Starbird

#### **Jesus and Mary Magdalene**

#### **The Sacred Reunion**

#### **Elaborating on the Mystery of the "Lost Bride" in Christian Mythology**

*Explore the legends and mythology of the Sacred Union once at the very heart of the Christian faith. Margaret Starbird's work corrects the tragic "design flaw" in Christian doctrine the loss of the sacred feminine. A slide presentation includes an experiential activity celebrating the Divine Feminine embodied in Mary Magdalene.*

*Margaret Starbird's research inspired The Da Vinci Code. Her work focuses on the power of the feminine to bring back balance in the world. Author of many best selling books on this topic Margaret interprets the meaning of their union and it's effects on our lives as we walk our paths in this time of transition.*

### James Twyman

#### **The Moses Code**

#### **The Most Powerful Manifestation Tool in the History of the World.**

*James Twyman reveals for the first time the Code that can be used to create miracles in your life and in the world! At the very heart of the Moses Code is the true function and practice of the Law of Attraction and unity consciousness. Discover how the power of divinity itself can be used to manifest a world based on the laws on the laws of compassion, peace and unity.*

*James Twyman is a best selling author and executive producer and co-writer of the feature film Indigo. Also known as The Peace Troubadour, he has been invited by the leaders of countries such as Iraq, Northern Ireland and Southern Africa to perform his Peace Concert. His book The Moses Code was released in March 2008.*

### **Featured Practitioners**



### KayCee

*KayCee is an accomplished astrologer with over 30 years of experience. She has clients throughout the United States who regularly contact her for ongoing insight into their lives from the unique perspective of their astrological charts.*

*KayCee loves sharing what she knows about astrology and offers workshops for beginners and those more familiar with astrology.*

*KayCee resides in Viroqua and offers correspondence classes on astrology as well as classes at the Aquarian Garden.*



### Barb Hoffmann

*The newest addition to our family, Barb has been Nationally Certified Massage Therapist since 1995, and licensed in Wisconsin since 1997. She is certified in Swedish, Hot Stone, Deep Tissue, and Pregnancy massage, also a certified infant massage instructor. Passing the state boards in Barbering and Cosmetology, she earned her a license in 2008 as an Esthetician, (skin Care Specialist) broadening her services to include, detoxifying body wraps, skin exfoliations and rejuvenating facials.*

*Barb offers a variety of services including: Swedish massage, deep tissue massage, hot stone massage, honey sugar scrub, aromatic body wrap, mud wrap, facials and facial peel, just to name a few of her talents. Add a waxing to any service or combine two thirty min. services.*

*Barb is available Tuesdays, Fridays and Sundays by appointment only. Please contact her direct at 608-547-7086 or 608-562-5433  
E-Mail: [papared\\_by\\_barbara@yahoo.com](mailto:papared_by_barbara@yahoo.com)*

## Upcoming Classes

### AVALON

Classes in spiritual science will be starting May 10th. If you are interested in the science behind the world of spirituality these classes might be for you. Instructor Gabriel provides in depth information on our subtle energy bodies, including the chakras and how they interface with our physical body through the glandular system. The plane of the soul, and how different healing modalities actually work, as well as numerology, astrology and how it all effects you and can work in your life.



### Belly Dancing Techniques

For women of ALL ages and body types. Come and explore expression through movement with Nona Carpenter. Belly dance benefits:

Mental, spiritual and physical. Learn to appreciate and be more comfortable in your own skin. It provides a good low impact workout that feels like play! Also it helps increase both flexibility and strength. Not to mention that the music is beautiful and the friends are supportive.



### YOGA

We have an on-going yoga class at the Aquarian Garden. Instructor Gabriel teaches Hatha Yoga (postures) as well as meditation and visualization exercises. This is a no pain class suitable for all. Learn how to reconnect with yourself, as Yoga literally means union, or the yoking of body, mind and Spirit.



### To Your Health with Devi



A stupendous insight of civilizations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "**The Doctrine of Signatures**" was astoundingly correct. Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "**Teleological Nutritional Targeting**." It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater. For Instance:

A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eye.

**Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.

**Grapes** hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.

A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.

**Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

**Celery, Bok Choy, Rhubarb** and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.

**Egg Plant, Avocadoes and Pears** target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? .... it takes **exactly 9 months** to grow an Avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

**Olives** assist the health and function of the ovaries

Cont. on pg.4



THE AQUARIAN GARDEN  
**HOLISTIC WELLNESS CENTER**

W8741 County Rd. B  
New Lisbon WI 53950

Phone: 608.562.5433  
[www.theaquariangarden.org](http://www.theaquariangarden.org)

***Figs** are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.*

***Grapefruits, Oranges, and other Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.*

***Onions** look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes*

***Bananas, Cucumber, Zucchini** and more target the size and strength of the male sexual organ. It's true!*

***Peanuts** have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church of in during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts.*

*So.. Next time you much on that food give thanks for the health giving benefits they give!!*

*From Go Gratitude: Speaking words of gratitude is much more than 'thank you'- it is an intentional journey to the heart- to gather, collect and reflect that which benefits all. **Gratitude gives us clarity, strength and fortitude to speak our truth be our word and live as love.***

*Just for today: speak gratitude into your conversations with others. Beyond words, let this source force energy in motion (emotion) flood your conversations with what IS.*

***Be committed to feeling each word. Does it feel like gratitude to you? Will others feel it too? Let this be the intention - the standard - for verbal communications. Also listen for returning Gratitude, making note of changed atmosphere, outcome, or opening possibilities. Words of truth, beauty, freedom and Love will spill forth to uplift and edify the exchange, flowing from the heart to NOW.***

*Oh! And remember this: Each word spoken is recorded in our saliva~ a vibratory reflection of the essence of the message. Being nearly 99% water, saliva "holds" a memory of all that passes through our body ~ mind ~ spirit. A healthy human produces nearly enough saliva each day to fill a 12 oz. bottle. Talk about swallowing our words! *Breath of Gold* by Vicki Krieger*