

Greetings!

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Welcome to the very first issue of our newsletter.

New things are coming to The Aquarian garden with the long awaited spring energy, and we will be keeping you updated with each issue, along with insightful articles on health, spirituality and our rapidly changing world.

We will be offering advertising space in future issues, so if you are interested, please contact us for information on available size and cost.

Take a look ~ offer feedback and if you have an article you would like to contribute, feel free to send one in for consideration and we'll try to make space for it.

Here's hoping you enjoy!

Cycles and Change ~ the shift of the ages

We all have been hearing embrace change, change is good, and it seems as if the only choice is to go along with the idea. Our world is changing about as fast as it can.

In nature change is always gradual and cyclic, which keeps the stress factor at a minimum. But as we approach the end of the Mayan calendar at 2012 or the ending of a great cycle in Nature, the compression of time has increased at an exponential rate. These compressions occur periodically with the next happening in 2011, the first in 1999. According to the Mayan teachings we now have approximately 16 hours in our 24 hour day. We all feel how fast time is moving, and this is also connected to our human experience of the fourth dimension of time. How do we define change? Is it merely a shift in perception? We each define change for ourselves as that which stresses, releases stress or makes us somehow feel "better" about ourselves. See page 3

updates

Thanks John & Lori

Words of Wisdom

Ground has been broken for an orchard at "The Garden". We are asking for tree donations to be planted as soon as possible. If you would like to participate in this project, give us a call!



I feel I speak for everyone here in giving appreciation to John and Lori for their generosity and devotion to providing a loving environment for the spiritual community in this area. Their long hours and tireless commitment have not gone unrecognized.

WE LOVE YOU GUYS!!



"We discover that our hardships and difficulties are the vice which presses the coal of thy potential to thy diamond of becoming."

Orion Foxwood

From

Faery Teachings



Upcoming Events



As many of you are already aware, festivals occur at the Aquarian Garden on the third weekend of the month. Momentum has been building as we continue with guest speakers and workshops. Also on hand are our wonderful vendors of fine wares. A large selection of crystals, incense and many unique items difficult to find in the area. Don't forget, we also offer home made food on site from E & J Catering in Viola.

Come join the fun at our monthly festivals!
 Saturday 10-7
 Sunday 10-4

- *July 19th ~20th Freedom Festival
- *August 16th ~17th Blue Moon Festival
- *September 13th ~14th Fall Festival of the Ages (note this is the 2nd weekend)
- *October 18th ~19th Mystical Soul Festival
- *November 15th ~16th Goddess Festival
- December 20th ~ 21st Winter Solstice Festival

Lodging is



available at The Aquarian Garden.
 Call ahead for cost and availability.

Classes and Special Events

Iridology

We have classes on "Iridology Basics" with Chris Meeker. Learn a brief history of iridology and the meaning of different formations, segments and colors. Classes will be one of these dates depending on interest (7-26) (8-16) (8-23) (8-30). A lunch will be provided. All material included (pen light, magnifying glass, iridology chart, photo of your eyes, notebook). Cost is \$200 for the workshop not including accommodations for those who wish to stay overnight. Class goes from 10 am to 5 pm.

For the Month of August

For Saturday August 2nd we are proud to announce Camp Aquarian! Geared for ages 12 through 17. Practitioners will be on hand for workshops and other activities. Still in the planning stages, please call for details. 608.562.5433

Avalon Classes

Ongoing Classes

Yoga Classes

Ongoing classes on Spiritual Science. Teachings on ancient wisdom as well as modern science, and how they work together. Covering topics such as the seven ray energies, who is the true human and what comprises all of our being, seen and unseen. The mystic sciences such as astrology, tarot, and quantum physics.

For additional info see: www.avalon-mysteryschool.com

Instructor: Gabriel Gundlach

Our "almost" weekly yoga classes combine Hatha Yoga (postures) with meditation.

Tailored for all types this class stresses no pain or guilt. Instructor, Gabriel has been practicing Yoga for over 30 years and teaching for ten. A "catch up" class available to join the ongoing class.



Robin Smith L.Ac

Joining us at the Aquarian Garden is Robin Smith. Offering Acupuncture, Shamanic Healing, Tuina Massage as well as Chinese Herbs. Having grown up with natural "folk medicine" her journey into holistic medicine began at an early age. "Working as a home health aid I saw first hand the effects of pharmaceuticals on health. At this time I was introduced to acupuncture and Tuina massage. I was so impressed by the improvement of life quality by these simple methods that I began at The Midwest College for the Study of Oriental Medicine. I attained certification and license from the state of Wisconsin in 2000. Since then I have owned and operated my clinic in Lake Geneva WI. It is truly gratifying to see the results of this practice on my patients. I treat a wide variety of conditions from pain management to infertility."



I stepped onto the Shamanic path four years ago, and completed the Andean Medicine Wheel and continued on to healership training, which is Indigenous healing in the Incan tradition which works with aspects of physical, emotional and mental disruptions. I look forward to being of service to you. Let's talk about how your health concerns can be managed by acupuncture, Tuina and shamanic healing. I am currently available at The Aquarian Garden Friday's and Saturday's. I am relocating to the area soon and will be offering more hours here starting in August.

Change is initiated on the plane of the soul. The personality, however, liking routine usually resists the new. As the soul sends out the vision of what is needed to further manifest our Spirits plan, our personality resists, a battle ensues and the experience is one of crisis. If this is approached as a problem it becomes one. If we approach crisis a tool for creating an opening in our lives it acquires purpose and is less stressful. How much lighter and freer do we feel when we confront something we have denied within ourselves? Which brings us to the whole concept of change as something that doesn't really occur, but as we remove the denied feelings from our souls flow of visionary energy, we merely become that which we already are. We find that our lives reflect perfectly all that we are within, and change becomes a continual graceful movement of life.

Devi Ra

Dr. Linda Rice ND

Linda is a Naturopath, certified reflexologist and metaphysical minister.

Linda has owned and operated Down to Earth since 1986, which began as a health food store. As her desire for more knowledge grew, she pursued a doctorate degree in Naturopathy from Clayton College of Natural Health. She graduated in 1994.

Upon further education, Linda attended the Progressive Reflexology Institute in 1996, receiving certification as a Reflexologist. In the year 2000, she enrolled at the College of Metaphysical Studies studying courses in Spiritual Self-Awareness training, with completion in 2001.

Dr. Rice, who is an ordained Minister with a Masters in Metaphysics, has completed her Doctor of Divinity and Doctor of Metaphysical Counseling degrees from the International University of Metaphysics in Sedona, Arizona. Linda, however, specializes in reflexology. The Reflex Association of Canada defines reflexology as, "A natural healing art based on the principle that there are reflexes in the feet and hands which correspond to every part of the body." In 1996 a China Reflexology Symposium report found foot reflexology to be 93% effective in treating 63 disorders. Another study in Britain found noticeable physical and emotional improvements in the 15 women receiving half hour sessions for eight weeks.

With Linda's sincere desire to share her knowledge, come the intentions to facilitate self-awareness and responsibility to all she meets. She approaches life with Holistic values and Spiritual truths.



Shift of the Ages from pg. 1

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GODDESS IS in Her heaven and all is right with the world.
Doubt it? Don't.
Listen to the Buddha:

We are what we think.
All that we are, arises with our thoughts.
With our thoughts we make the world.

Speak or act with a pure mind
And happiness will follow you
As your shadow, unshakable.

How can a troubled mind understand the way?
Your worst enemy cannot harm you
as much as your own thoughts unguarded.

But once mastered,
No one can help you as much,
Not even your father or your mother.

That very last little bit -- *not even your father or mother* tells us something that we often forget ~ we are born in love. Our parents love us, even if they don't do it perfectly or even well enough to mark our lives in any positive way. It was a spark of love, of warmth and desire, that brought us onto this plane. It's love that defines us even if that is not our experience, here. It's the energy that lifts us, assists us, heals us -- and we are on a mission to love ourselves back into the garden, all together, hand in hand.



By Judith Gayle from
Planet Waves

Re-Creation Through Redefinition

The world we live in has a unique effect on each one of us. It is a world common to us all, yet we all require something that is specific to us alone. Therefore, an agent of our needs is the definition of the world we share. Two people can experience the same physical scenario, yet derive something completely different from the experience, empowering for some, disempowering for others, depending on how what has happened is defined.

By our definition of life, we determine what kind and "how good" our life will be. We also define our own limitations by how strong we believe ourselves to be.

If reality is a constant, all variations must spring from a point of view. Groups of people share general interpretations of the One reality. This sets up vehicles of communication. Conflict arises when we forget we are all viewing One reality from different points of reference.

Eventually we realize that by changing the way we define a thought, word or action is also how we change it's effect on us. We can then define our differences as strengths that can help us to expand our vision. By redefining our world we can, for all practical purposes, remake it. It is up to each of us to redefine the world using our finest personal vision. As we recreate the present, let us create from the future. The world has for too long been created from what has gone before. From the combined visions of each of our finest futures, we create a better present, which in turn creates a better possible future.

In The One Light

Gabriel