

# Under The Table and Dreaming





## May 2022 Astrological Events

May 01 — Venus in Pisces sextile Pluto in Capricorn

This playful aspect encourages us to put aside our responsibilities and do something creative and fun with the people we love.

May 02 — Venus enters Aries

Love is red when the planet of love is in fiery Aries. For the next few weeks, our relationships will be passionate and enthusiastic. This combination gives us the confidence to ask people out and be bold with our affections.

May 03 — Jupiter in Pisces sextile Pluto in Capricorn

Positive changes bring major success thanks to this powerful aspect. Things that we have been working towards start coming to fruition.

May 04 — Mars in Pisces sextile Uranus in Taurus

A strong desire for leisure and fun colors the day, encouraging us to make the first move or make major life changes. No worries, everything will go smoothly.

May 05 — Sun in Taurus conjunct Uranus in Taurus

Expect the unexpected during this once-a-year aspect. A day of positive changes and a much-needed break.

May 05 — Mercury in Gemini sextile Venus in Aries

Continue to step outside your comfort zone during this loving aspect by making the first move when it comes to relationships. Be brave.

May 07 — Sun in Taurus sextile Mars in Pisces

A day of adventure and exploring. Ideal for traveling, but not ideal for running errands.

May 10 — Mercury goes retrograde in Gemini

As Mercury goes retrograde in its ruling planet, our carefully laid plans quickly go off the rails for the rest of the month. Since we will be battling with miscommunication and brain fog, it's not a good time for making any big moves until June.

May 10 — Jupiter enters Aries

During this transit, we're all encouraged to embrace our personal power and realize how much control we have over our destinies. It's time to make our own luck when the planet of optimism and success is in ultra-confident Aries. Take risks with innovative ideas—they just may be crazy enough to work.

May 15 — Full Moon Lunar Eclipse in Scorpio

A powerful eclipse that can leave us emotionally drained and disconnected. Use this full moon to let go of the past and move forward; especially when changes happen suddenly.

May 15 — Ceres enters Cancer

This mothering asteroid brings waves of comfort and homebody vibes. It's a time for sticking close to family and loved ones.

May 15 — Sun in Taurus square Saturn in Aquarius

A stubborn combination that can make people very difficult to work with. Try finding escape in reading, watching movies, or visiting museums.

May 15 — Sun in Taurus sextile Neptune in Pisces

An idealistic aspect that brings out the humanitarian in all of us. Helping out a worthy cause can boost self-esteem.

May 17 — Mars in Pisces conjunct Neptune in Pisces

A day to shoot for the stars as we reach for our loftier goals with passion and drive. Follow artistic dreams and see where they go.

May 19 — Sun in Taurus trine Pluto in Capricorn

A good day to focus on financial matters by balancing budgets and looking into ways to make more money.

May 19 — Mercury in Gemini sextile Jupiter in Aries

Despite Mercury being in retrograde, it's a great day to think about the future and visualize the perfect outcome as it will be easier to make decisions and concentrate today.

May 20 — Sun enters Gemini

For the next four weeks, the focus shifts from work to play under the witty and versatile Gemini energy. It's a good time to visit friends, chatting with everyone we met, and learn new things.

May 21 — Sun in Gemini conjunct Mercury in Gemini

A social day to catch up with our friends without any of the retrograde awkwardness.

May 22 — Mercury retrograde enters Taurus

Mercury enters Taurus for the second time this year, making the retrograde feel even slower. A difficult time for making decisions and feeling inflexible in every situation. This transit can be very frustrating as we may feel "stuck" for the next couple of weeks.

May 22 — Mars in Pisces sextile Pluto in Capricorn

This goal-oriented aspect gives the strength and stamina needed to make even the most unrealistic task achievable.

May 23 — Sun in Gemini sextile Jupiter in Aries

A luck day with this optimistic energy. An ideal time to start projects, reach goals, and even have opportunities to travel. Everything just tends to work out today!

May 23 — Mercury in Taurus sextile Mars in Pisces

A good day to get things down with honest communication and the support of others.

#### May 24 — Mars enters Aries

In one of its ruling signs, Mars is right at home in fiery Aries, giving a major boost of power and courage. For the next six weeks, energy is spontaneous, action-oriented, and ready to fight. We play to win at all costs right now.

#### May 24 — Vesta enters Pisces

An altruistic but disorganized time where it's important to feed the soul by helping others.

#### May 25 — Mercury in Taurus trine Pluto in Capricorn

A day of research as we search for the truth, though the answers may not be satisfying.

#### May 26 — Venus in Aries square Pluto in Capricorn

Emotions run hot and are difficult to control during this temperamental aspect. It's easy to let people get under our skin or manipulate us.

#### May 28 — Venus enters Taurus

In one of its ruling signs, the planet of love is happy in sensual and steady Taurus. For the next four weeks, romantic and financial matters become patient, affectionate, and a little possessive as Venus in Taurus isn't afraid to get physical.

#### May 29 — Mars in Aries conjunct Jupiter in Aries

This intense aspect unleashes our inner warrior as we boldly charge towards our goals head-on. Go for glory but pick your battles carefully. Tempers need to be kept in check as no one likes a sore winner.

#### May 30 — New moon in Gemini

With the lonely new moon in sociable Gemini, this is an ideal night to hang out with friends, family, and even your neighbors to have a good chat and catch up on the latest gossip.

## Tarot Scope for May 2022

This is just a snapshot of your life. Schedule a reading with Aeson and he will be happy to take a deeper look into your question and worries!



### ARIES

#### Aries March 21 - April 19- The High priestess

Defined Meaning: The High Priestess is the guardian of the unconscious. She sits in front of the thin veil of unawareness which is all that separates us from our inner landscape. She contains within herself the secrets of these realms and offers us the silent invitation, "Be still and know that I am God."

The High Priestess is the feminine principle that balances the masculine force of the Magician. The feminine archetype in the tarot is split between the High Priestess and the Empress. The High Priestess is the mysterious unknown that women often represent, especially in cultures that focus on the tangible and known. The Empress represents woman's role as the crucible of life.

In readings, the High Priestess poses a challenge to you to go deeper - to look beyond the obvious, surface situation to what is hidden and obscure. She also asks you to recall the vastness of your potential and to remember the unlimited possibilities you hold within yourself. The High Priestess can represent a time of waiting and allowing. It is not always necessary to act to achieve your goals. Sometimes they can be realized through a stillness that gives desire a chance to flower within the fullness of time.

The High Priestess is the card of knowledge, instinctual, supernatural, secret knowledge. She holds scrolls of arcane information that she might or might not reveal to you. The moon crown on her head as well as the crescent by her foot indicates her willingness to illuminate what you otherwise might not see, reveal the secrets you need to know in order to make a decision about a problem or a job, an investment, love, career, family, etc.

And, finally, there is, behind her throne, the curtain that leads to the deepest, most esoteric and secret knowledge; the pomegranates that decorate it remind us of Persephone, who was taken down into the land of the dead, ate its fruit, and became the only goddess allowed to travel to and from that strange land. Which indicates that when you get the High Priestess, you're going to be learning some very odd things. Very odd.



### TAURUS

#### Taurus April 20 - May 20- The Lovers

Defined Meaning: The Lovers is one card that is easy to remember. Love and sex are riveting subjects, and, as you'd expect, this card represents both. The urge for union is powerful, and, in its highest form, takes us beyond ourselves. That is why an angel is blessing the bond between the man and woman on this card.

In readings, Card 6 often refers to a relationship that is based on deep love - the strongest force of all. The relationship may not be sexual, although it often is or could be. More generally, the Lovers can represent the attractive force that draws any two entities together in a relationship - whether people, ideas, events, movements or groups.

Card 6 can also stand for tough value choices and the questioning that goes with them. In some decks, the Lovers shows a man torn between two women - a virgin and a temptress. This rather old-fashioned triangle symbolizes the larger dilemmas we face when we are tempted between right and wrong.

The Lovers can indicate a moral or ethical crossroads - a decision point where you must choose between the high road or the low road. This card can also represent your personal beliefs because to make such a decision you must know where you stand. Following your own path can mean going against those who are urging you in a direction that is wrong for you.



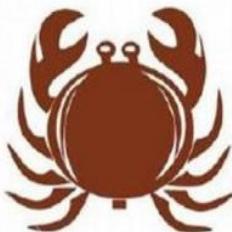
## GEMINI

### Gemini May 21 - June 20- The Hermit

Defined Meaning: The traditional hermit is a crusty, bearded character who has withdrawn from the company of men to live a life of seclusion and hardship. Card 9 supports this understanding. The Hermit represents the desire to turn away from the getting and spending of society to focus on the inner world. He seeks answers within and knows that they will come only with quiet and solitude.

There comes a point in life when we begin to question the obvious. We sense that there is a deeper reality and begin to search for it. This is mainly a solitary quest because answers do not lie in the external world, but in ourselves. The hermit on Card 9 reminds us of Diogenes, the Greek ascetic who is said to have gone out with a lantern in hand to search for an honest man. Diogenes is a symbol of the search for truth that the Hermit hopes to uncover by stripping away all diversions.

In readings, the Hermit often suggests a need for time alone - a period of reflection when distractions are limited. In times of action and high energy, he stands for the still center that must be created for balance. He can also indicate that withdrawal or retreat is advised for the moment. In addition, the Hermit can represent seeking of all kinds, especially for deeper understanding or the truth of a situation. "Seek, and ye shall find," we have been told, and so the Hermit stands for guidance as well. We can receive help from wise teachers, and, in turn, help others as we progress.



## CANCER

### Cancer June 21 - July 22- The Chariot

Defined Meaning: Picture Julius Caesar riding his chariot triumphantly into Rome. He has defeated his enemies and conquered vast, new lands. This is the spirit of the Chariot. Card 7 represents the victories that are possible through willpower and self-mastery. A military image is appropriate for the Chariot because this card stands for the strengths associated with combat - discipline, grit, determination and assertiveness.

The Chariot represents the positive aspects of the ego. A healthy ego is one that is strong and self-assured. It knows what it wants and how to get it. We can get annoyed at someone whose ego is too healthy, but we often turn to that person to lead us through difficult moments. We know he or she won't be wishy-washy.

In readings, the Chariot often appears when hard control is or could be in evidence. At its best, hard control is not brutal, but firm and direct. It is backed up by a strong will and great confidence. The Chariot can mean self-control or control of the environment. This card also represents victory. There are many types of wins; the Chariot's is of the win-lose type. Your success comes from beating the competition to become number one. Such moments are glorious in the right circumstances

The chariot is one of the most complex cards to define. On its most basic level, it implies war, a struggle, and an eventual, hard-won victory. Either over enemies, obstacles, nature, the beasts inside you, or to just get what you want. But there is a great deal more to it. The charioteer wears emblems of the sun, yet the sign behind this card is Cancer, the moon. The chariot is all about motion, and yet it is often shown as stationary.

Confidence is also needed and, most especially, motivation. The card can, in fact, indicate new motivation or inspiration, which gets a stagnant situation moving again. It can also imply, on a more pragmatic level, a trip (usually by car), a vehicle - in the shop for repairs if the card comes up reversed - or a message.

Leo July 23 - August 22 -Nine of Pentacles



Defined Meaning: The woman on the Nine of Pentacles is taking a leisurely stroll through the gardens of her estate. She is clearly a lady of refinement and grace, so it is incongruous to see on her left hand a bird trained to hunt and kill on command. Falconry is an unusual hobby for a gentlewoman, but it is the key to the special nature of this card.

On one hand, the Nine of Pentacles represents all that is most gracious, high-minded and civilized. Art, music and other forms of beauty are very much part of our physical world (Pentacles). Coins are present in this scene, but they are toward the ground. The business of life is important, but we don't have to focus on practical matters all the time. We can also enjoy the finer things of life. In readings, the Nine of Pentacles can imply an interest in these areas. It is also a sign that you may need to reject the coarse or offensive and seek the highest.

The Nine of Pentacles can also be a sign of discipline and self-control. This woman enjoys her cultured life because she has mastered her baser instincts.

Her impulses work for her because they do not rule her. The falcon symbolizes all that is dark and unruly in human nature. Our shadow side can serve us well, but only when it is directed.

Sometimes the Nine of Pentacles suggests that you must show restraint and self-control if you are to achieve your best efforts. You may have to "sacrifice" for the moment, but the results will be worth it.

This card is also a sign of self-reliance. Sometimes you must trust our own ability to handle a situation. Resist the temptation to let others do for you. You need to take matters into your own hands. Our elegant lady has done just that. She trusted in her own grit and determination, and now she enjoys all the best life has to offer.

Virgo August 23 –September 22 Queen of Cups



Defined Meaning: The personality of the Queen of Cups combines the positive water energy of the Cups suit with the inward focus of a Queen. Because she has a sweet, loving and sensitive nature, the Queen of Cups has a kind word for everyone and never reacts with anger or impatience. There is a gentleness about her that soothes and calms. Compassion is her watchword. Her reactions to the world are guided by her feelings. In all matters, she lets her heart lead the way. She senses emotional currents and knows what others are experiencing without having to ask. She is never moody, but understands moods and their influence. She trusts her intuition and so is more open to knowledge that comes from within herself and beyond. She is often moved by the beauty and tragedy of life. The Queen of Cups feels deeply and has a reverence for all aspects of God's creation. Her love includes and embraces everyone and everything.

In readings, the Queen of Cups asks you to think and feel as she does. For example: Are you aware of the emotional climate? Are you feeling loving? Do you trust your heart? Have you received an intuitive message? Have you been moved by another's pain?

This Queen can also represent a man or woman who is like her, or an atmosphere of gentle love, acceptance and respect for feelings. In a reading, she tells you that her special energy has meaning for you at this time. Let yourself be inspired by this Queen in whatever form she appears in your life.



## LIBRA

facts, rules, procedures, and ritual. Members are rewarded for following conventions. They develop a group identity. The Hierophant is one of three cards that focuses on the group. (The 3 of Cups and the 3 of Pentacles are the others.)

In readings, the Hierophant often represents learning with experts or knowledgeable teachers. This card also stands for institutions and their values. The Hierophant is a symbol of the need to conform to rules or fixed situations. His appearance in a reading can show that you are struggling with a force that is not innovative, free-spirited or individual. Groups can be enriching or stifling, depending on circumstances. Sometimes we need to follow a program or embrace tradition, other times, we need to trust ourselves

### Scorpio October 23 - November 21- Knight of Cups

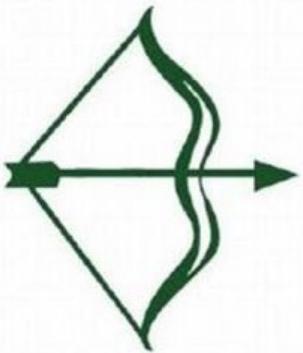
Defined Meaning: On the positive side, the Knight of Cups is a sensitive soul. He is a poet - a lover of all things romantic and refined. He uses his imagination in wondrous ways and taps the deepest levels of emotion. He knows how to create beauty and share it with others. On the negative side, this Knight is prone to flights of fancy and illusion. His melodramatic moods are legendary, and his emotions often get the better of him. He's too temperamental and takes offense easily. He can't stand unpleasantness and will always let others deal with it.

In readings, a Knight of Cups shows that his sensitive style is involved in the situation as an aspect of you, someone else or the atmosphere in general. You need to ask yourself, "Is this Knight's energy helping or hurting?"

If his style is evident, then balance is needed. Are your feelings appropriate or excessive? Are your daydreams unrealistic? Is someone's moodiness driving you crazy? Is your home life ruled by emotion rather than common sense? It may be time for a change. If this Knight's energy is missing, a dose of poetry may be called for. Are you too restrained? Express your feelings. Do you always make the most practical choice? Go for the extravagant one instead. Do you avoid introspection? Take some time to look within and think about your life. Let the Knight of Cups introduce you to his world of romance and beauty.



## SCORPIO



## SAGITTARIUS

### Sagittarius November 22 - December 21- Strength

Defined Meaning: Usually we think of strength in physical terms - big arms, powerful legs - but there is also inner strength. Inner strength comes from an exercise of the heart muscle. It is perseverance, courage, resolve and composure - qualities that help us endure when times are tough. In the past, a person with inner strength was commonly said to have character; he or she could be counted on in the darkest moments. Card 8 represents this energy of quiet determination. Strength is not a flashy card, but one that is solid and reliable.

Card 8 also represents patience and compassion. Getting angry is easy when events turn sour but dealing calmly with frustration takes great strength. So does accepting others and forgiving mistakes. We need strength to mold situations softly. The Chariot controls through mastery and authority. Card 8 is more subtle, even loving. Notice how the lion (itself a symbol of strength) is being guided and tamed by the woman's gentle hands.

Card 8 will appear in a reading when its qualities are needed. It can be a reminder not to despair or give up. You have the inner strength to endure and triumph. If you are pushing too hard, you need to withdraw for the moment and be patient. If other people or circumstances are driving you crazy, remember the strength that comes with love and forbearance. These will see you through the hardest moments.



## CAPRICORN

### Capricorn December 22 - January 19- Five of Pentacles

Defined Meaning: The two figures on the Five of Pentacles are cold, hungry, tired, sick and poor. They show us what it feels like to be without - to lack the basic ingredients of life. This is the specter that haunts so many in our world - a reality that is all too immediate. Those of us who are more fortunate may not have experienced this extreme, but we still recognize suffering. When we do not have what we want and need, it hurts.

In readings, the Five of Pentacles can represent several kinds of lack. First, there is poor health. It is hard to tackle life's challenges when we do not have our vitality and strength. This card can be a signal that you are neglecting the needs of your body. You are moving away from complete physical well-being, so you must take steps to discover and correct the problem.

This card can also be a sign of material and economic setbacks. There is no doubt that life is harder when we lack money or a decent job. When we are struggling to make ends meet, all other problems are magnified. Even if we are comfortable, we can still feel insecure, afraid that misfortune will take away all that we have worked for.

The Five of Pentacles can also represent rejection or lack of acceptance. We are social animals and feel pain when excluded from our group. We want to be included, not only for our emotional well-being, but also for mutual support. Being rejected can mean physical hardship as well.

The Five of Pentacles relates to material lack, but it also has a spiritual component. From the stained glass window, we can guess that these two figures are outside of a church. Comfort is so close at hand, but they fail to see it. The church symbolizes our spirits which are perfect and whole in every way. We are meant to enjoy abundance in all areas of life, but sometimes we forget that this is our birthright.

Whenever you experience hardship, know that it is only temporary. Look for the spiritual center that will take you in and give you shelter.



## ACQUARIUS

### Aquarius January 20 - February 18- King of Swords

Defined Meaning: The personality of the King of Swords is a combination of the positive air energy of the Swords suit and the active, outward focus of a King. He is a man of intellect who can absorb and work with information of all kinds. As a master of reason and logic, he analyzes any problem with ease. He can work out solutions quickly and explain them lucidly to others. In a chaotic situation, he cuts through the confusion and provides the clarity needed to move forward. Others seek him out to present their case as he speaks with eloquence and insight. He is always truthful and can be relied on to handle any

situation fairly and honorably. When a judgment is called for, he can render an impartial but just decision. He is incorruptible and lives by the highest ethical standards. He encourages those around him to do the same, and they often live up to his expectations.

In readings, the King of Swords asks you to take the kinds of actions he might take. For example: telling the truth, thinking up a solution, communicating well, or judging fairly. This King can also represent a man or woman who is acting as he does, or an atmosphere of reason, honesty and high standards. In a reading, he tells you that his special energy has meaning for you at this time. Let yourself be inspired by this King in whatever form he appears in your life.



## PISCES

### Pisces February 19 - March 20- Ace of Wands Defined Meaning: The Ace of Wands is a symbol of possibility in the area of creativity, excitement, adventure, courage and personal power. In readings, it shows that a seed of bold enthusiasm has been planted in your life although you may not yet recognize it. When the seed sprouts, it could take almost any form. It might be a creative idea, surge of optimism or need to act boldly. On the outside, it could be an offer, gift, opportunity, encounter or synchronistic event.

When you see this Ace, examine your life to see how its potent, confident energy could work for you. Be daring and brave. Sometimes you have to risk to get what you want. Look for the path that will excite you and push you beyond your limits. Seize the initiative, and let your enthusiasm take you to new heights. Wands are the suit of individual power and fulfillment. This Ace tells you that a time of passion is beginning. You will be able to assert your best for all to see.

The Ace of Wands is also the card of creativity. Under its influence, you can become a conduit for inspiration and invention. Forget tired, worn-out solutions. You have the chance to be original. Trust your own creative potential, and there will be no end to what you can achieve.

# **Emerge Triumphant: Thrive through Uncertainty**

## **By Eliana Gilad**

**When People Tap into the Source of their Voice, in the Silence Behind It, Full Expression Emerges—in Words, Tones and Song – Enabling Them to Stay Centered, Powerful, Peaceful and Focused, Even in Times of Crisis, Change, Challenge and Transformation**

*Eliana Gilad Speaks from Personal Experience and for Those Who've Used Her Clinically-Proven Healing Voice System*

**She brings Forth Ancient Wisdom & Inspiration Passed Down Through Time from the Prophetess Miriam, Moses' Elder Sister**

When bombs are dropping everywhere, some freeze, some flee, and some panic. When facing this unthinkable reality through three wars in Israel, Eliana Gilad simply remained incredibly calm. Sitting in a chair in Northern Israel, as the bombs descended, she opened deeply to her inner voice and knew peace.

She found the courage to overcome her fears of public speaking, of being truly seen, and from the trauma of her father putting soap in her mouth to silence her as a child. It freed her to be who she truly is.

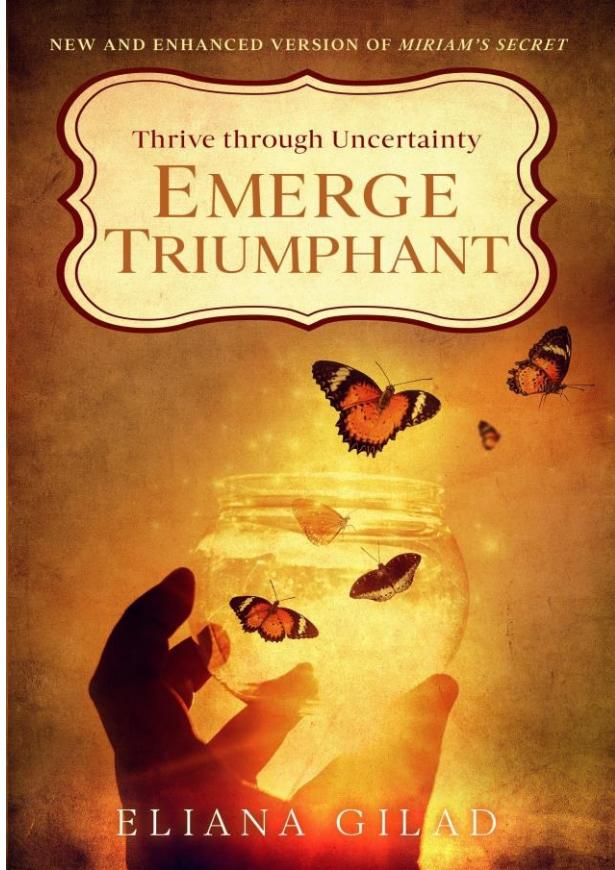
Uncertainty can lead to fear, anxiety, and self-sabotage. It can stifle creative problem-solving and silence self-expression. It can keep individuals from taking the risks necessary to express their true voice and live an authentically fulfilling life. Therefore, it behooves all of us to not only become comfortable with uncertainty, but to master living with it! And, as Eliana discovered, the secret can be found in your voice!

Her new bestseller, Emerge Triumphant: Thrive through Uncertainty reveals an ancient truth about feminine leadership that has been buried by patriarchal history. The book uses the life story of the Prophetess Miriam in the Bible, the elder sister of Moses, as inspiration for truly effective self-leadership and self-expression.

But this revelation didn't just spring forth from Eliana. In the 80s, Eliana left her U.S. corporate career for a more creative life in Europe. While doing voiceovers for CBS during the 1992 Winter Olympics, an inner voice was emerging, guiding her to her higher purpose, which meant leaving traditional employment behind.

Trusting and following that guidance, she spent the next year singing on the inner-city trains of Paris, struggling with the irrationality of it, worried she might be going out of her mind. Ends up she was! By daring to journey beyond her rational mind, a deeper voice emerged providing a bridge between her deep inner knowing, and her outer expression.

Acting on her inner voice, she then moved to Galilee in Israel, near to a site that is traditionally held as Miriam's Well, and continued her lifelong study into her spiritual heritage and the way of its feminine



power that was

expressed in the fullness of voice and expression--daring to listen and follow its guidance.

Out of this deep reflection and study, evolved her clinically-proven healing voice system that creates confident self-leadership and creative problem solving by leaning into turmoil, stress, anxiety, upheaval and uncertainty.

Eliana Gilad is the founder of Voices of Eden Ancient Wisdom and Healing Music Institute. She is highly proactive in using the power of voice and rhythm as conscious tools to help humanity grow toward a better tomorrow...the promise is for people to be their own leaders.

A healing voice mentor and motivational speaker, Eliana has been a keynote speaker at two TEDx events. Her work has been featured in notable publications such as *Drummer* and *Yoga Journal* and was showcased in the media from the BBC to the *Hindustan Times* and in award

-winning films. By mastering the healing art of voice and rhythm, Eliana, who has worked alongside such luminaries at Marianne Williamson, Neale Donald Walsh, Michael Beckwith and "Don't Worry, Be Happy" recording artist Bobby McFerrin, develops techniques to help people calm anxiety, achieve inner tranquility and grow their self-confidence in expression.

Eliana has started a movement to help people rediscover their voice with ***Emerge Triumphant***. The book introduces readers to the ancient wisdom behind feminine power and reveals the connection to the small, still voice beyond the cognitive mind. *The connection to the source of the true voice can create calm no matter what kind of bombs are dropping in individuals' lives.*

*Emerge Triumphant* helps readers understand that when they give their inner voice the ability and power to shine, limiting barriers can be broken and people can become their own leaders, opening themselves up to a world of new possibilities. Given the extreme events that the entire world has collectively experienced in the past two years and are continuing today, the book's message has created a unique, rapidly growing movement. "Your Voice Makes a Difference" that resonates with the problems of current times.

Eliana has known both the risks and the creative power of uncertainty herself—giving rise to this powerful way that your listeners can turn their uncertainty to advantage and peace of mind.

***Emerge Triumphant: Thrive through Uncertainty*** is available for \$14.95 at <https://voicesofeden.com/book>.

By ordering on this website, you will also receive access to Eliana's free workshop *3 Keys to Thrive Through Uncertainty and Emerge Triumphant*.

### *Eliana Gilad Biography*

*Eliana Gilad is a two-time TEDx presenter, motivational speaker, healing voice mentor, therapeutic singing trainer, composer/performer, and founder of Voices of Eden Ancient Wisdom and Healing Music Institute.*

*Born in the United States, Eliana left for France in 1991 and then moved to Israel in 1994. Professionally, she has dedicated her life to reviving the conscious use of voice and rhythm as natural healing instruments, as they were used in ancient matriarchal times.*

*This wordless healing sound modality helps people find their authentic voices and connect to their inner calm in the midst of change. It has been clinically researched in a neonatal intensive care unit, where it was proven to lower blood pressure and heart rate, increase focus, and improve the quality of sleep. Her work has been featured in publications like Drummer, Yoga Journal,*

*Mothering, Music and Medicine Journal, Global Rhythm, and Hindustan Times. Documentarian Emmanuel Itier also features Eliana in his award-winning film *Femme* (2013), narrated by Sharon Stone.*

Eliana is a frequent keynote presenter, teacher, and performer at healing music, leadership, health, and mindfulness conferences throughout the world. Such events include Expressive Therapies Conference (2022), Shift Sound Healing Summit (2021), TEDxSanJuan (2017), International Conference of Traditional Music (2017), Globe Sound Healing Conference (2014), TEDxVailWomen Conference (2012), Chinese Spa Conference (2011), Music and Medicine Symposium (2010), and Legends of Nonviolence Conference (2007). She has also presented at the United Nations, the Chopra Center in New York City, and the Thank Water Conference (2003), alongside Masaru Emoto, author of *Messages from Water*, whose research revealed the profound effect of her music upon frozen water molecules.

Through her Institute, Eliana researches and teaches the principles of thriving through uncertainty via online trainings and live retreats. She certifies healing professionals in the therapeutic singing model that is medically proven to reduce anxiety and sets them up to use their creativity and courage for it. She is the author of three previous books: *Miriam's Secret-Revealing the Ancient Wisdom of Feminine Leadership*, *Rhythms of the Natural Voice Workbook* and *Quiet in the Eye of the Storm: Living Peace in a War Zone*, written during the 2006 Israeli-Lebanon War. She has produced five music CDs and a groundbreaking relaxation music program used by dentists worldwide. Eliana also narrated "The Forgotten Jews," a PBS documentary broadcast in November 2005. In 1992, she broadcast the voiceovers for CBS television during the Winter Olympics in Albertville, France.

Her new international bestseller, ***Emerge Triumphant: Thrive through Uncertainty*** helps readers understand that when they give their inner voice the ability and power to shine, limiting barriers can be bro-

ken and people can become their own leaders, opening themselves up to a world of new possibilities.

For more information, visit [www.voicesofeden.com](http://www.voicesofeden.com)

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**Facebook - Professional Page – Voices of Eden – Eliana Gilad:** <https://facebook.com/healingvoice>

**Our Healing Voices – Facebook Group:** <https://facebook.com/groups/feminineisdomcircle/>

**LinkedIn:** [Linkedin.com/in/elianagilad](https://Linkedin.com/in/elianagilad)  
[user/musicpeace](https://user/musicpeace)



# Zen Cryar DeBrucke's Smart Soul Academy:

## Soul Guidance for Smart People

**Zen Cryar DeBrucke has Codified the Human Internal Guidance System and Architected a Flawless Method for Preventing, Detecting and Correcting the Thoughts That Create Stress and Short Circuit Your Bliss!**

*In Her Academy, You Learn How to Use Your Body to Discern and Act on “Openings” & “Closings” Thoughts. That Put You Into the Flow of an Unlimited and Abundant Life*

*Member of the Transformational Leadership Counsel...*

Over the course of 11 years from 1987 to 1998, Zen Cryar DeBrucke, formerly a high school dropout, built a tech company of 45 employees in the Bay Area that was skyrocketing, doing business with Fortune 500 companies and global conglomerates. And then came the dot-com bust. And while all of her friends, colleagues and associates were frantic as their businesses collapsed under them, Zen stayed well, Zen...her company was cratering too, but she was able to reconfigure her thinking to easily stay peaceful, even happy, sanguine.

They all wanted to know why...

It's because she had discovered something so profound -- and perfected it over the years to the point that this discovery drove her company's success! It was how to navigate all her thoughts, emotions and actions using an Internal Guidance System (IGS) -- bodily clues that enabled her to identify and shift the beliefs and old programs that were false, disempowering and limiting—the “closings” as she calls them are signals that your thinking is off base. By tapping into the consistent ability to “feel into” and refocus on the “opening” thoughts, she could find the thinking that easily attracted the synchronicities and -- as she said “the magic” -- that fueled her massive success and joy!

Even more importantly, she discovered that these opening were reprogramming the neural pathways of her mind. That stress, worry, fear, overwhelm, guilt, procrastination, frustration, irritation, doubt and misery are simply signals to pivot your thoughts. So that by using ones IGS you are creating a brain that is getting healthier and healthier daily. 23 years later, she experiences openings that lead her to more and more happiness and success.

***Here's the best part...anyone can learn to live completely stress free, too.***

Zen Cryar DeBrucke, a member of the illustrious **Transformation Leadership Council**, has worked with over 40,000 people to teach them how to listen to, respond to and honor their IGS, including training 4,000 master students. And now her online **Smart Soul Academy** is coming forward to encapsulate 30 years of teachings, resulting in 16 different trainings, into one accountability system that goes deep into the simple, short, yet profound life-changing practices that enable you to master the use of the IGS. This inexpensive membership academy is creating a smash worldwide, making this information accessible to millions.

What have people experienced under Zen's guidance? Broken families reuniting, relationships mended, huge fears overcome, trauma released, addictions left behind, body transformations. One woman went from abhorring the thought of appearing on a danced floor to becoming a highly successful multi-titled national championship ballroom dancer!

Zen's own story is just as transformative. A child from a home of physical and verbal abuse, ugly divorce and emotional abandonment, she suffered sexual abuse at the hands of someone outside the family. Seeking to flee from the chaos, she sought and secured emancipation at 16, and shortly thereafter, she dropped out of high school to support herself through a sequence of jobs. And then a friend introduced her to a cassette tape of Abraham Hicks, Zen's introduction to the Internal Guidance System and the Law of Attraction. One simple line about humans having an Internal Guidance System launched her into a lifetime of study, trial and error, and intuitive investigation that resulted in the incredibly effective, flawless method she teaches today. And by, the way, it cleared all of rage and trauma from her past that had been stifling her growth and success.



What **Smart Soul Academy** instills in us says Zen is that "We are not our thoughts."—that while there is years of childhood-established programming inside our heads and bodies, we can program it OUR-SELVES—and new neuropath ways forged . Neuropathways that never allow stress or false beliefs to take hold. Your body will signal an “opening” that releases the tension (closing) and allows you to tap into a higher flow state which is in alignment with the power of creation and your divine purpose. It's for you to seek that opening within your body that gives the IGS such power and impact.

For more information, visit [www.smartsoulacademy.com](http://www.smartsoulacademy.com)

Zen Cryar DeBrucke

#### Biography

Zen Cryar DeBrucke is founder of Smart Soul Academy, which makes accessible globally her seminal work on the Internal Guidance System (IGS) that has made her an international sensation.

A member of the illustrious Transformational Leadership Council created by Jack Canfield, uniting many of the world's top personal growth luminaries, Zen has worked with over 40,000 people, including training 4,000 master students, on the nuances of how recognize and act on the messages of their IGS to achieve a peak life in alignment with their life purpose.

An internationally renowned inspirational teacher, speaker, author and executive coach, Zen's passion is teaching people to tap into their innate inner guidance to generate consistent, successful results in life. The result is replacing exhaustion, anxiety, fear and dread with ease, joy, flow and fulfillment. Zen's programs have helped thousands of people all over the world transform their lives for the better, with sustained positive changes in their business and personal lives. Her compassion radiates through her work, and her style is down to earth, practical, humorous and wise. Zen's international bestselling book, Your

Inner GPS is an easy-to-read how-to on the way to let this inner wisdom guide you to success, and the Smart Soul Academy provides a deeper easily-accessible online guide to mastering this art.

The key to Zen's success arrived when she decoded her own Internal Guidance System and learned that everyone was born with a factory installed Inner GPS. In the beginning, she used it fuel her own success, as founder and CEO of one of the first Internet design companies in the world. The company grew exponentially, and worked with Fortune 500 companies, including Applied Materials, IBM, Electronic Arts, BP and VISA.

After that firm dissolved in the dot-com collapse, she found herself filling the request of many of her fellow entrepreneurs and executives to advise them on how she was seemingly emotionally untouched by the rollercoaster they were experiencing. It was the springboard for her to become a full-time executive coach and IGS guide. She has since coached thousands of business leaders to use their IGS for success in every area of their lives.

Zen's rise to fame and success capped a life that began in an abusive dysfunctional home, saw her experience sexual abuse at the hands of someone outside her family, forced her to seek emancipation at 16 years old, dropped out of high school and then struggled to make a living until she discovered her IGS. She went on to earn a degree in Global Politics with Mandarin Chinese and Minor in Art History from U.C. Davis, before stepping into the rise of the San Francisco, CA, digital companies in the mid 1990s and became CEO and a founding member of The NetKitchen one of the first usability and internet design firms in the world.

Zen is a breast cancer survivor and busy home schooling mom, in additional to her Academy work.

To learn more about Smart Soul Academy, visit [www.smartsoulacademy.com](http://www.smartsoulacademy.com) and [www.Internalguidancesystem.com](http://www.Internalguidancesystem.com)

#### Learn More

##### Membership & Education

❑ Smart Soul Academy

❑ [www.smartsoulacademy.com](http://www.smartsoulacademy.com)

##### Book : Your Inner GPS

❑ Available at Amazon.com for \$14.95 and on Kindle for 9.95

❑ [https://www.amazon.com/Your-Inner-GPS-Happiness-Satisfaction/dp/1608684121/ref=sr\\_1\\_1?crid=3E7SUK60LCIQP&keywords=zen+cryar+debrucke&qid=1646164723&sprefix=zen+cryar+%2Caps%2C1265&sr=8-1](https://www.amazon.com/Your-Inner-GPS-Happiness-Satisfaction/dp/1608684121/ref=sr_1_1?crid=3E7SUK60LCIQP&keywords=zen+cryar+debrucke&qid=1646164723&sprefix=zen+cryar+%2Caps%2C1265&sr=8-1)

##### Free Video Series

❑ Free Video series that helps you experience feeling your Internal Guidance System for yourself and then begin using it in your life.

❑ [www.internalguidancesystem.com](http://www.internalguidancesystem.com)

##### Ecourses

❑ [www.smartsoulacademy.com/academy](http://www.smartsoulacademy.com/academy)

##### Social Media

❑ Facebook: <https://www.facebook.com/search/top?q=zen%20cryar%20debrucke>

❑ Instagram/Zen: <https://www.instagram.com/zencdebrucke/>

❑ Instagram/Smart Soul Academy: [https://www.instagram.com/join\\_smart\\_soul\\_academy/](https://www.instagram.com/join_smart_soul_academy/)

**A Parenting Revolution for Higher Evolution**

**Raising Resilient, Responsible, Compassionate Kids from the Inside Out**

**By Julie Phillips Hatch**

A Guidebook for Parenting Children by Strengthening Their Natural Gifts, And Not From Your Well-Intended Vision for Them

For Anyone Who Has Kids or Wants to Be a Parent

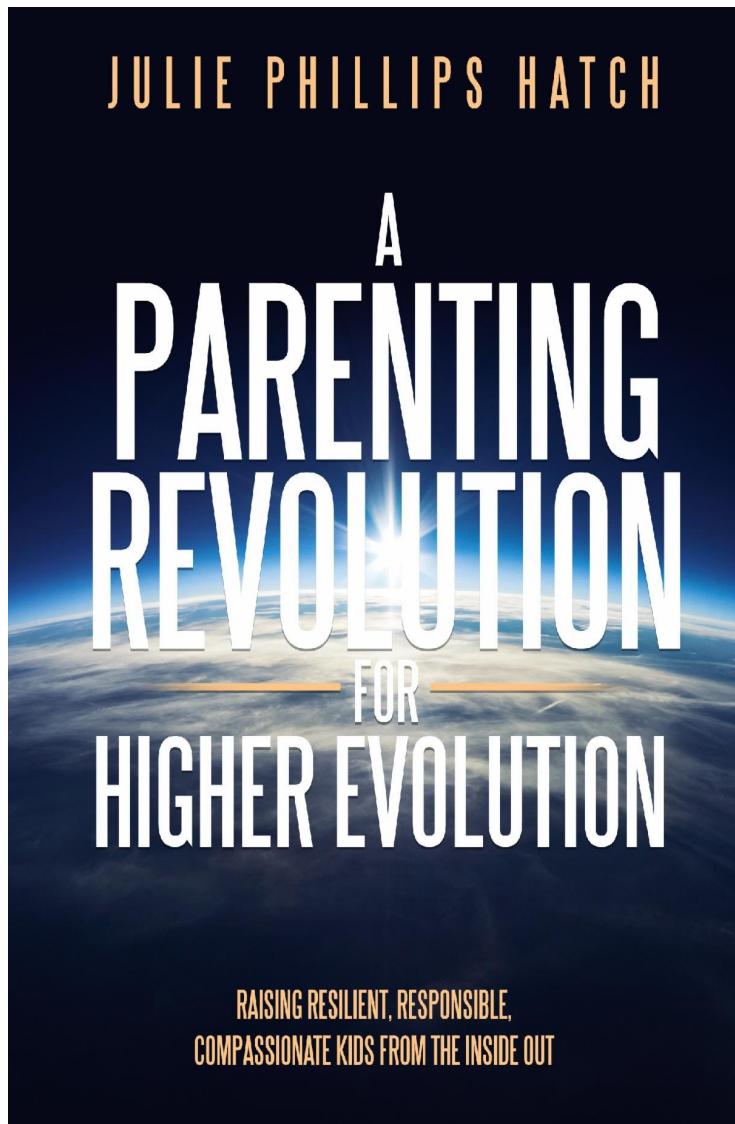
Most parents have followed one of these paths in parenting their children:

Imposed their vision or ego on the child of what that child should do—whether it's get good grades, study for a specific career, play sports or music, attend a preferred college, etc.

Tried so hard to ease their child's path that the child never learns to fend for him or herself, feels entitled, or becomes simply unmotivated

Inflicts their own fears on the child so that the child either rebels or multiplies the fears

Corrects or criticizes the child to fulfill their own needs for outer appearances and expectations and stimulates the child's feeling of never being "enough."



Julie Phillips Hatch says there is another way. And that is to release your own needs and expectations and guide your child to follow his or her own path based on the child's inner spirit, intuition and natural inclination. In her half-manifesto-and-half-practical guidebook *A Parenting Revolution for Higher Evolution: Raising Resilient, Responsible, Compassionate Kids from the Inside Out*, Julie makes the case that children parented from this standout are far better capable of becoming happy, stable, fully self-realized and empathetic adults who contribute to a better and more highly evolved world—whatever path they may follow.

Julie knows kids. As a mother of three, a pediatric nurse practitioner, pediatric acupuncturist, a parenting coach, and host of the "Mums on a Mission" podcast, she has devoted her life to some aspect of healing and growing capable children.

Seeing the impact of so many poor parenting choices, and the suffering, bullying or unfulfilled children who result from them, Julie felt she had to speak up.

*A Parenting Revolution for Higher Evolution* explains how children fall into one of five character profiles (which correspond with Chinese Medicine's Five Elements of Wood, Fire, Earth, Metal and Water). These profiles provide insight into what motivates, illuminates or inspires a child who was born with these characteristics.

Hatch maintains that trying to force a child who is shy to be more bold goes against their nature. Or trying to make a creative child more sports-driven can be folly. By truly deeply observing, listening to, perceiving and encouraging your child's inner spirit, you have the ability to create a happy, emotionally healthy and successful child-turned adult.

In this book, she shows you how! Here is a guide that helps you discover what your individual and unique child needs from you to not only survive, but to thrive in the world!

If you would like to interview Julie Phillips Hatch on parenting children to create a more highly evolved individual and future for our world, please send an email with the name of the show, your contact information, a proposed date and time, and the calling details.

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Raising Resilient, Responsible, Compassionate Kids from the Inside Out

By Julie Phillips Hatch

A Guidebook for Parenting Children by Strengthening Their Natural Gifts, And Not From Your Well-Intended Vision for Them

For Anyone Who Has Kids or Wants to Be a Parent

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Tao Grandmaster, spiritual teacher, en-time New York Times bestselling Dr. and Master Sha now has a new titled *Tao Calligraphy to Heal and Rejuvenate Your Back* (Waterside Productions, that clearly presents profound Tao and teachings, and a special chapter includes Tao Calligraphies (*Tao Bei* – Tao Back and Greatest Love) and access to videos specifically focused on healing and rejuvenating the back.



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From depression and anxiety, anger, grief, and fear to knee pain, shoulder pain, kidneys, and immunity, the series will cover a wide range of conditions.

In *Tao Calligraphy to Heal and Rejuvenate the Back*, Dr. and Master reveals how simple healing and transformation can be. The techniques he shares are easy to do and compatible with all other modalities. They apply to every aspect of life.

This new book is the first in a series that will offer help in removing the *root causes* of specific physical and psychological issues and support for living a healthier and happier life.

From depression and anxiety, anger, grief, and fear to knee pain, shoulder pain, kidneys, and immunity, the series will cover a wide range of conditions.

Many people who have suffered with chronic pain have healed through Tao Calligraphy and Tao practices after all other treatments failed. Many others have also had success in transforming mental and emotional issues and other life challenges.

As a doctor of Western medicine, traditional Chinese medicine, and acupuncture, and a grandmaster of several Eastern arts, Dr. and Master Sha shares ancient wisdom, universal laws, and simple but powerful practices to remove blockages that prevent people from healing and flourishing in life.

As for back pain, it is one of the most prevalent conditions in the world, with lower back pain the leading global cause of disability and a burden on our health systems.

Recent statistics show that:

- 80% of Americans will experience back pain at some point in life.

Light Massage

THROUGH THE

TAO CALLIGRAPHY HEALING FIELD

JOIN US EVERY SATURDAY 10-11 ET

MASTER SHA  
TAO CALLIGRAPHY  
HEALING FIELD  
REFRESHING THE POWER

- 7.5% of the world's population suffer from lower back pain.
- In 2017, back pain was the leading cause of disability worldwide.
- Americans send at least \$50 billion annually on treating back pain.
- 3 million years of productive life is lost in the US every year from back pain.

There are thought to be 577 million affected globally at any given moment by back pain.

Tao Calligraphy, a revolutionary new healing art, is a unique tool that has helped heal back conditions and much more. It creates a positive vibrational field that transforms the negative information that causes illness and other life challenges.

By tracing the Tao Calligraphies included in Dr. and Master Sha's books, readers experience the healing field and the frequency and vibration of positive messages of love and healing.

Everyone can benefit from this ancient wisdom and this unique healing art for healing, rejuvenation, overall well-being, and success in life.

## **Show and Events Calendar this Month**

- May 1 Beltaine Live stream—join us for a Live stream as we mark the begin of the beltaine session.
- May 3 The psychic coffee shop Guest Emerge Triumphant: Thrive through Uncertainty  
By Eliana Gilad
- May 7 Mountain bears
- May 10 The psychic Coffee shop- with guest Betsy Cerulu and Zen Cryar DeBrucke's
- May 12 Coffee and Tea Gwen and Aeson
- May 13 Mountain Bear
- May 17 The Psychic Coffee Shop—Julie Haton
- May 19 Coffee and Tea with Dottie and Aeson
- May 20 Mountain bears
- May 24 The psychic Coffee Ship—with guest master Sha
- May 25 Bresta Chat 8 pm
- May 26 Coffee and Tea with Natalie and Aeson
- May 28 Power Saturday
- May 29 tarot 102 3p.m.– 6:30 pm