

This Month in Review



In the Light of ONE

Join us this Month for the Retreat at Panther Ridge

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Our Retreat is on September 7th is in Wellington, Florida - This retreat will be with the Exotic Felines of Panther Ridge. (There are two slots available.) This is a one day Retreat and is intense spiritual work directly with large exotics. The main focus in this retreat will be Inter Species Communication and a special highlight - Animal Totem Journey, along with spiritual tools assisting with space and grounding.

- The Inter Species Communications and Meditation will be led by Reiki Master Dona Strong. The Spirit Totem Journey will be led by Shaman Greywolf.

Experience a “New way” of seeing:

- Understanding Animals as Equals and use Clairaudience and Empathic abilities to communication with each species.
- Experiencing all of your senses including Intuition and a knowing with your Spirit Journey for Animal Totems, Interspecies Communication and meditation. Let's tap-in to your “gifts”.
- Experience the Inner Realm of how to empathically & telepathically receive and give freely.

Dona has worked with the animals of Panther Ridge Conservation Center and has over the years created a strong connection with these exotic felines.

Namaste ~ AHO

Special points of interest:

INTERSPECIES COMMUNICATIONS

Register for our Animal Communication Class to be held that Panther Ridge Conservatory on September 7th

[Register Here](#)

MIND, BODY SPIRIT RETREAT

November 8th and 9th:

[Register Here](#)

Heart Felt Concerns

Panther Ridge

Is a conservation center for exotic felines.



Lakota Law Project

Learn more about the issues affecting the Lakota

Sage of the Month “Lakota Sage”

Grounding, Blessings, and Protection.

Lakota sage is a grounding Sage helps you to connect to mother earth. It works with personal energy as well as spatial energy. Helps to Bringing wisdom and purification

Where it grows: Grows in the Black Hills, SD, this also grows in some areas of Colorado.



This Month's Full Moon is called: Harvest Moon

This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested.

Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox.

In two years out of three, the Harvest Moon comes in

September, but in some years it occurs in October.

At the peak of harvest, farmers can work late into the night by the light of this Moon.

Usually the full Moon rises an average of 50 minutes later each night, but for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each

night: just 25 to 30 minutes later across the U.S., and only 10 to 20 minutes later for much of Canada and Europe. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering.



What the moon holds for us

The Harvest Moon is the last moon of Shawnode of the South.

The Stone Honoring this position is placed three-quarters of the way between the Southern and Western Stones.

The mineral totem for this position is the Amethyst, the plant totem is the Violet, and the animal totem is the Brown Bear. The color is purple and the elemental influence comes from the TURTLE CLAN.

Animal (Brown Bear)

Brown Bear has a capacity for creative curiosity

Tree or Flower (Violets)

The Violet, teaches us about to having the ability to penetrate to secret regions of the heart and soul

Crystal (Amethyst)

Amethyst symbolizes good judgment, justice, and courage. It is a stone that soothes, purifies, as well as teaching discrimination.

Color Purple

This Purple is the color of ceremony, ritual, spiritual insight, idealism, and love of of humanity. Although Purple is

Purple is also a color of wisdom, it can be employed in either a positive or negative manner. Wearing purple or using it in your surroundings will inspire you, bring spiritual insights, and make you look closely at how you are using your power.



Oil of the Month “Lavender”

Lavender has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it. Lavender is an Adaptogen, and therefore can assist the body when adapting to stress or imbalances. It is a great aid for relaxing and winding down before bedtime, yet has balancing properties that can also boost stamina and energy.

Therapeutic-grade lavender is highly regarded for skin and beauty.

Topical:

It may be used to soothe and cleanse common cuts, bruises, burns and skin irritations.

Diffuse:

Diffuse or inhale lavender essential oil to calm your mind, body, and spirit after a hard day's work. Rub a few drops of lavender essential

oil onto your hand and spread lightly over your pillow, or lightly over your child's pillow to help them sleep.

Young Living Ingredients:

Lavender

Known as Medicine Cabinet in a bottle!!!

Lavender is the Swiss Army Knife of Essential Oils

Lavender:

- Is versatile & adaptogenic
- Is a natural antihistamine
- Soothes all types of burns
- Is calming & de-stresses one
- Relieves insomnia
- Eases restless legs at night



Art by Kathy Wood



Stone of the Month “Amethyst Spirit Quartz”

Amethyst Spirit Quartz varies in shades of pale lilac to deep purple and helps to activate the higher Crown chakras, bringing in spiritual information and providing multi-dimensional healing.

and is particularly helpful in artistic endeavors.

Canada, South Africa, and the USA

Charge:

Should be charged in the moonlight.

Rarity:

Un-Common

Metaphysical:

Primary Chakra: All

Astrological sign(s): All

Vibration: Number 1 or 3 depending on size mixture.

It is very cleansing to the aura and can dispel negative attachments and entities, and repair holes to the etheric body.

Physical:

Color: Purple to transparent with white patches.

It is a compassionate stone facilitating transition to other states of spiritual being. The Amethyst color brings passion and imagination, emotion and logic. It stimulates creativity

Location:



Astrological Signs for this Month

Virgo Aug 23 - Sept 22

Analyzing, Practical, Reflective, Observation, Thoughtful

Libra Sept 23 – Oct 22

Balance, Justice, Truth, Beauty, Perfection

“Peace of mind is the meaning of life”

Talisa Santiago (Spirit Seeker)”

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We're on the Web!

See us at:InthelightofONE.COM[Facebook: Inthelightofone](#)**Words of Wisdom**

1. Here is a Link to a wonderful article in “The International Center for Reiki Training”

Reiki and Shamanic Healing by Cyndi Power

<http://www.reiki.org/reikinews/reikin15.html>

2. Dona is a Young Living Distributor and is Certified with Essential oils for animals. You can click below to check out her web page at “Young Living Connect”.

[Young Living Connect](#)

Thank You

Thank you for enjoying our newsletter letter with us. If there is information you would like to see covered ~ Please let us know!!

Please feel free to pass it along to your friends so they can enjoy it as well.

If there are Crystals you would like ~ to know more about ~ Simply how to use ~ or additional information about them~feel free to send us an email with your questions, suggestions, or other links of interest to: Information@Inthelightofone.com

Have a Blessed Month

