

## HOW TO LEARN BY INTERPRETING CANDLE SMOKE

BY HANNAH LEPLEY  
STAFF WRITER

There are many things one can learn from candle smoke if they know how to properly translate it. This is why Candle Smoke Translation should be offered as an elective.

To accurately translate candle smoke you need to be aware of not only the color, shape, and longevity of the smoke but also the kind of candle you are using. Each of those things affect what the smoke of a candle is telling you.

Smoke has feelings and can be very sensitive at times. So it is important that you learn to read it correctly, or the smoke may get offended. If everyone knew how to read smoke, society as a whole would be more in tune with the universe.

The first aspect of the smoke to be aware of is the color, which is a physical representation of your mind. If done correctly the smoke ranges in color from white to black. The whiter the smoke the clearer the mind. If the smoke is black that means your mind is full and it needs to be sorted out.

To figure out how to clear your mind you should look at the shape of the smoke, this reflects your body. If you are ever unsure of what your body needs, just check the smoke, it will tell you. The most commonly seen response is multiple curls of smoke coming off of the wick, this means you need more water. Staying hydrated is not only very important to your body but the smoke.

If you want to know how soon to find a solution to whatever the smoke tells you, you should mea-

sure how long the smoke lasts. The longer it lasts, the less urgent the matter. On the flip side, the shorter it lasts the more urgent the matter.

Even though you are reading the smoke of a candle you need to be aware of the kind of candle you use. Everything about the candle is important: color, scent, how many wicks there are. All of it matters.

It is always best to do this with a white candle due to the fact that smoke tends to get a bit temperamental when the candle isn't its favorite color. So to be safe just use a candle that is white to avoid the drama.

The clearest results come from candles that do not have any scents. The smoke is easily influenced so how the candle smells is important. Candles that smell like food tend to have the least clear

results due to the smoke being hungry. Candles that smell like a location tend to just make the smoke sad, because it wants to go on vacation.

Once you have learned the basics, you can go onto more advanced candle smoke translations. This means you can steer the smoke towards the answer you are looking for. The time aspect of candle smoke translation comes from how many wicks are in the candle that you have chosen to use.

If you know how to properly focus, the smoke will no longer only tell you about your own mind and body, but someone else's. Whether that be past, present, or future.

Using a candle with only one wick focuses on the past. Two wicks on a candle is meant to be used for the present. A three wick candle tells you about the fu-

ture. If you focus on the right thing the smoke will start to pick up on your projections and search the space time continuum until it finds what you are seeking. It takes a lot of concentration and practice.

Three is usually the most amount of wicks your candle should have. Four or more wicks is sending too many messages, so some things may get lost in translation. Trying to use more has been known to result in the candle turning green due to bad smoke. If that does happen stick it in some freezing water to get its natural candle glow back.

We could learn so much from candle smoke if only more people knew how to properly translate what they see. Learning what all of these combinations mean takes years of practice and dedication. This is why we should have candle smoke translation as an elective.

## HOW TO STUDY BASED ON YOUR ZODIAC SIGN

BY JUDI BROWNGARDT  
STAFF WRITER

Now that Mercury is finally out of retrograde, we can finally get on top of things and study for school! Studying can be a chore for many people, but I guarantee you, you're doing it wrong. Once you find out what study method is compatible with your zodiac sign, you'll never complain about studying again. Here is a completely genuine deep reading, so genuine I broke my inter-dimension cave meditation to write this article.

We know Aries for being an impatient sign, which can make studying a burden. Watching videos on the topic your studying can work wonders, but there is a better method. Playing these videos on repeat while you're sleeping is ideal. While you sleep, your subconscious mind is wide awake and will pick up on all the information in the video.

Taurus is the opposite of Aries, and they are actually a quite

patient sign. This means all Taurus needs to succeed is a three-hour study schedule. This schedule starts with an hour-long meditation to binaural beats. After, you then write all your notes for the test. Finish by burying the notes in your yard, it symbolizes the growing seed of knowledge.

Gemini tend to be a clever sign, but they get distracted quickly. To study efficiently, Gemini must isolate themselves from any distractions. A good way to keep focus is by drinking plenty of water. Next full moon put out a jar of water overnight. Before studying, sip the moon water and get ready to get extremely focused and grounded.

Cancers are highly intuitive signs making studying almost unnecessary. Before a test or quiz, strengthen your intuition. Meditate on the problem and use your intuition to "guess." Cancer must use this ability to their advantage and go with their gut instinct.

Leo is a fire sign and what better

way to study than with fire. Many easy candle rituals can help with growth and success in school. To choose a color refer to the school subject and what color folder you have for that subject. If you have a red folder for math, use a red candle to study for math. Candle studying is an effective way to recharge your test scores.

We know Virgos to be an organized sign. A messy mind can distract Virgo from studying to their full potential. One method of mind-clearing is slow-learning. Instead of clogging your brain with an endless amount of facts, limit yourself to learning only one thing a day.

Libras work well in groups, making study groups highly beneficial. When choosing the people to "study" with, make sure they are highly intellectual in the subject needed. Now use this person for their knowledge and have them teach you everything you need to know. Libras don't actually work well in groups, you guys just are

good at using people.

Scorpio is one of the three water signs making water key elements in an ideal study routine. While in the bath or shower, go over any notes or material you need to remember. As you absorb the water, you are absorbing ten times more information than if you were studying outside the water.

Sagittarius are energetic signs. When they are required to study, they might find it difficult to sit still and learn. Sagittarius needs to do is use this energy to their advantage and multi-task. Sagittarius can do things like write mental essays and read novels, all while studying.

Capricorns are practical signs and wouldn't want to take part in studying to match their energy. Capricorns are the sign who would probably take out a textbook from a library and use that to study. Capricorns work best with what they are comfortable doing.

Aquarius is highly intellectual in nature. Studying is something that

they rather not do because they enjoy learning new things and challenging themselves. To keep interested in studying, after reviewing a fact, create at least one page on it. Surely it will take over ten times longer, but to Aquarius it's invigorating.

Pisces are highly creative and imaginative. Studying artistically can fuel their creativeness and help them succeed. One way of using art in studying is using essential oil-infused pens to create colorful notes. Essential oils in pens are proven to help you remember what you wrote. The natural scents can also improve your focus! While testing, sniff the pen and watch as your brain gets flooded with information.

There are endless ways to study for your personality. Always be open to alternative methods of studying, they can help improve your grades and your wellness.

## ACADEMIC EXCELLENCE AND SPIRITUAL SCIENCE

BY STEPHANIE HERNANDEZ  
STAFF WRITER

We tend to associate academic excellence with hard work and dedication. However, some research suggests that students benefit from self-help rituals, which in this case translates to glow crystals.

Glow crystals are mystical substances and have healing-like properties, pertaining to both the body and the mind. Even if you don't normally use glow crystals, they are highly prized and should be treated with respect.

A study by five neuroscientists concluded that the debate around what it means to attain academic

excellence reinforces the public's already widespread confusion and that the public's knowledge of academics could be significantly improved by the use of crystals.

Astrology, the study of the universe in light of your unique emotional, physical, and spiritual needs, is also important to achieving academic excellence.

The use of astrology in the field of education has skyrocketed recently. Science has pinpointed various references to how astrology helps in understanding the characteristics of individuals. This helps students to gain the ability to assess the personality of people with whom they come into contact

within their professional and personal lives.

In some parts of the world, parents have taken to astrology to teach and empower their children. The belief is that the stars help in life's journey by indicating the next best steps in any given course of action. These parents interpret the movement of the stars and their positions on the charts to suggest to their children what lies in their academic future.

Crystal astrology, an alternative to astrology involves interpreting crystal symbols as an indicator of the qualities of a person based on their birth date. Crystal astrology is about looking at the past, present,

and future and about placing yourself in your own light and tapping into your biological intelligence.

Crystal healing, a form of alternative medicine that allows energy to flow in an organic, structured manner through crystals, also is known to help students with academic excellence. This is because crystal healing focuses on helping the mind and body to be balanced and centered as it improves your mood and stops you from engaging in negative thoughts and feelings.

Personal rituals have also been known to help with intellectual brilliance. Neuroscientists suggest developing a ritual for reaching opti-

mum levels of physical, emotional, and spiritual energy. This will allow you to gain confidence and assertiveness, acquire a resilient mind, and learn to sense the aura of others and notice their emotions.

While you are developing your personal ritual, it is important to avoid activities that may undermine your energy and realize that everything that is information is energy.

Spiritual science is a powerful tool to help all students alike achieve academic excellence through glow crystals, astrology, crystal healing, crystal astrology, as well as personal rituals that you can develop at home.

# 1111: YOUR SPIRIT GUIDES ARE TRYING TO HELP YOU!

BY MAYA MERINO

RIGHT HAND TO MOLLY BOYKE

Spirit guides have been with you your whole life trying to connect with you and help you through everyday challenges. There are many types of spiritual guides for example; helper angels, departed loved ones, ascended masters, archangels and guardian angels. They try to connect with you through numbers like 1111, 444, 333, and other synchronicities. For example if you are going for a job interview and the room number has either your favorite number or numbers like 1111 it could mean your spirit guides are trying to reach you and can help you get the job even if you are under-qualified.

Spirit Guides usually communicate through repeated signs throughout your day, which show you that they are trying to reach

you. Another way they communicate is through obvious and universal coincidences. For example if you get in an argument with your mom everyday for a week and then the next day you see a book about how to communicate better with your parents that's an obvious sign that your spirit guides are trying to reach you.

It is important that you do your part in reaching out to your spirit guides. Some useful ways to better communicate with your spirit guides is; starting a spirit guide journal, improving your intuition, surrendering something valuable to your spirit guides, and developing daily spiritual practices.

It is important that you contact your spirit guides because they can be very useful in your life and help you accomplish things you otherwise wouldn't be able to.

For example if you are struggling with your grades all you need to do is communicate with your spirit guides and they will turn your F's to A's in no time.

Instead of studying for hours on end or turning in the homework your teachers assign all you need to do is communicate with your spirit guides and believe they can help you with any issues you need. Spirit guides are there to guide you through tough times and help you through obstacles. Struggling with school is something your spirit guides are equipped for and can save you the hassle of doing all that school work.

If you are struggling with your grades your spirit guides can help you achieve the grades you want. All you have to do is manifest and believe that they have the ability to help you achieve your

goal. Instead of doing your school work start by meditating and putting yourself in a mindset where it's easier for your spirit guides to connect with you. Once you have done that, start writing in your spirit journal ten times everyday with the quote "I will have straight A's by the end of this month". Once you start manifesting that, your spirit guides will work together to bring new grades into your life and you will have a new sense of glow in your life. As the days continue you will see certain synchronicities like "1111" which will tell you that your spirit guides are working their magic and you will soon get those A's.

Although there is no one to 100% confirm this method works many people who have tried this method have said that after, they felt motivated to do their work and

their grades started to progressively get better.

Spirit guides help you get in touch with your higher self and better your intuition. It is important you create a bond with them and even give them names, because it gives them a sense of identification that will attach you and them together.

Having a relationship with your spirit guides will make your life a whole lot easier and you won't ever have to go through tough times alone. They will always be there to pick you up and instead of putting all your energy into things like work or school your spirit guides will be there guiding you the whole way allowing you to save that energy to be used for something more important. Good Luck in contacting your spirit guides! 1111

## TAKE ADVANTAGE OF OPTIMISM TO IMPROVE GRADES

BY GEORGIE HALLBACH

WELLNESS DIRECTOR

As the second semester is reaching its midpoint, those looking for a boost in their grades can look at some rather unorthodox methods; a combination of keen astrology, meditation, and chanting can give you some extra luck to improve scores.

There are two natural factors that can affect our success and luck: the lunar cycle and astrology. Studies have shown that during a full, waxing moon people experience increased prosperity and luck.

Luckily, right before the end of

the year the moon will be full on April 26th and 27th. Take these two days to do some studying, get done with any late work, and start brainstorming for new projects or essays. The increased chance in prosperity and success will only be there for a short time.

There will be a spike in success and optimism in the middle of April. Use the increased optimism in conjunction with affirmations to create a resounding space for success on tests and assignments. More will follow with types of affirmations.

It seems April will have a double amount of success because the increase in optimism and success

is directly followed by a full moon in late April, making it the perfect month to focus on school and improve your grades.

Aside from factors like the moon and astrological cycles, there are things you can do on your own to increase your confidence and thus increase your grades.

Light a candle that you love or turn on an essential oil diffuser, really any type of scent that gives you good vibes, and sit cross legged on a comfortable surface. As you breathe deeply, noticing the scents, think of your upcoming assignments, tests, or exams.

Envision yourself calmly writing

down answers, clicking a multiple choice button, and turning in the assignment.

When the time comes to take the assignment create the same scent wherever you are working to remind yourself of the positive imagery you created beforehand.

Going into a stressful situation with positive thoughts will calm you, and increase your confidence; it is never good to go into any testing event with negative outcomes circling in your head.

Aromatherapy and alternative health experts advise using a light eucalyptus or lavender scent to increase calm and drive away anxiety.

ety.

The most you can do to increase confidence and improve grades is to pair the aforementioned exercise with the increased days of luck and lunar cycles. Never perform an exercise if you are in a negative place, because it will attach the exercise with failure.

So, this April start setting aside time for calming meditation during the middle of the month and continue to do so through the 27th when the moon will be full and the lunar cycle provides increased success.

See increased confidence, lessened anxiety, and improved performance and scores!

## EIGHT-HOUR NIGHTLY INVIGORATION MEDITATION

BY MOLLY BOYKE

CEO AND FOUNDER

Now more than ever, having a well rested mind is an absolute necessity. As a sig staffer, I try to invigorate myself in every way possible. I've tried it all! Coffee, yoga, green juice, cold water to the face, hot water to the face... nothing got rid of my raccoon eyes and frequent fainting spells! Until I tried a nightly meditation routine that I think you'll love.

That's right, nightly meditation solved all of my exhaustion issues! After only two weeks of the new routine, I was bright-eyed and

bushy-tailed! And all it took was eight hours of meditation a night! Let me walk you through my process.

I always wait until evening, when I feel a fainting spell coming on, usually around 10 - 11 PM. Then it's time to turn down the lights and get some meditation action!

You can't meditate without your SMC's (Special Meditation Clothes)! My SMC's of choice are the sig Softest Meditation Onesie™ (Only \$240.99), but in a pinch any kind of soft clothing will do! (Yogapants, old t-shirt, whatever you have in the closet that's

comfortable!)

Once the SMC's are applied, you need to find a spot in your house for your meditation routine! Since this is an eight-hour meditation routine, a simple yoga mat just won't cut it! (Your joints will be a-cracking!) I recommend one of sig's Grass-Fed Relaxation Stations (\$5,530.46), but again, in a pinch, a mattress or futon will do nicely. This meditation really involves maintaining an ideal temperature for relaxation, so grab a blanket or two to get started!

When you've got your EHMRS (Eight Hour Meditation Relaxation

Station) all set up and ready to go, it's meditation time! Lie down flat on your back, and use the blanket to shield your body from all the negative energy in the room. Close your eyes and focus on your breathing. Once you slip into the Relaxation Zone, it'll be eight hours later the next time you open your eyes!

I was absolutely flabbergasted when this worked. Talk about a game changer! I was so shocked, that I talked to a medical professional\* about how this process works!

Doctor Kate, an expert\*, took

the time to give me a detailed explanation: "When you close your eyes, the relaxoparticles in the air are instantly drawn to the warmth created by the blankets." Doctor continued, "These relaxoparticles cause every muscle in your body to relax so intensely that it causes you to go into what we in the business call a somnus state, which is good for both the body and mind." This meditation process has truly improved my life and well-being, and I think it'll help you too! Possible side effects include de-stressing, decompressing, progressing, and happily resting!

## UNLOCK YOUR INNER AURA BY CUTTING OFF EVERYONE

BY ANGELA INIGUEZ

STAFF WRITER

Since the pandemic our life has been hectic. But because we're in quarantine we can focus more on ourselves rather than others. And let's talk about something we can do that helps you.

Did you know that if you cut off

communication with everyone you can unlock your true inner aura. Yes, you truly can. First let's start with what's the meaning of an aura for you to understand.

An aura is an energy that reflects the person's characteristics. It shows how a person is and the way they live their life. It also shows

how a person's mental health is and their emotions. Now that you know what aura is, let's talk about how you can unlock your's.

If you want to unlock your true inner aura, you have to be 100% into accomplishing this and going through it and not backing out.

First step is you have to stop

communicating with people around you. You might be asking why, and here's why when you stop communicating with people you concentrate more on yourself. You get to feel as into what kind of person you are and you truly find yourself.

Once you cut off communica-

tion with people you'll meditate and start concentrating on your aura. You can feel your aura when you concentrate on yourself. It's warm and tingly but you feel connected.

If you keep doing these steps you'll be able to unlock your true inner aura.

## THE SUN ENERGY DETOX: GIVES YOU A YOUTHFUL GLOW

BY KARLA SAUCEDO

STAFF WRITER

If you're looking for a calm and relaxing way to detox all of the harmful toxins in your body, here is the way to do it. This method is designed to give you more energy and provide you with beautiful

glowy skin that makes you look five years younger in just a week. The first thing to do is go outside and take a walk to the park or go to a hiking trail. You can take a yoga mat and wear summer clothes like shorts and a tank top. Choose the perfect spot in the sun and lay

down or sit down and place many leaves around you so that the sunlight bounces off of the leaves and reflects on to you. To enhance your intake of the sun's energy, make sure to bring green tea so that you can be calm and be able to receive it all. You will have to

be outside for about two hours to receive this amazing energy. Because green tea is so relaxing and also gets rid of toxins it will speed up the process of your detox. Another way to receive sunlight for energy would be to stand in front of the sun and stare at the sun

because it would transfer energy easily. This is even more effective during an eclipse. Doing this every day will not only be refreshing and peaceful but also make your skin so glowy and give you more positive energy.

## MAKE YOUR FACE GLOW WITH BERMUDA DETOX MASK

BY ATHENA VOURNAS  
STAFF WRITER

Do you ever wonder how your favorite Instagram models look so good in absolutely every post? Do you spend hours thinking about how their skin has no pimples, no scars and no pores?

Well look no further.

Ask yourself if you are ready to finally achieve this perfect look. Us sig readers have finally found the secret to the perfect skin that we all lust over. I'll tell you right now that it isn't makeup. It isn't filters or even plastic surgery. Instead, these mod-

els use Bermuda Detox Masks, the newest skin care trend.

Whether your skin needs hydration, to get rid of oils or just a simple instant deep cleaning, this dual-action face mask infused with calming Bermuda grass and nourishing sweet honey milk extract and very sparkly glitter-is an excellent addition to any routine.

This unique combination is known for its beautiful effects on skin, leaving you with a soft and natural glow. The type of glow that is perfect for pictures.

The Bermuda Detox mask is in-

credibly moisturizing and is guaranteed to leave your skin additively smooth and more radiant over time. Essentially, the more you use it, the more you glow.

Studies show that continuous use of the Bermuda detox mask will improve not only your confidence levels but also quality of life.

Being said, the mask consists of three very simple and natural ingredients; Bermuda grass, honey milk and glitter. The glitter is purely for aesthetic purposes, so it's sourced from Michaels headquarters.

A lot of people don't know this

but along with honey, bees also produce milk. Scientists take this milk, mix it with the bee's honey and put it right into the mask mixture for all of its hydrating properties.

Because the Bermuda grass is sourced directly from the warm regions of Arkansas, they have to be stored in airtight metal containers and shipped in dry ice. Do not forget that once you take it out of the box, the mask must be placed into the freezer until it is time to be reapplied.

Reapply every morning and

every night, without fail for best results. After you lather the mask onto your skin, make sure to only leave on for 10 minutes max, or you may potentially suffer from tingling sensations and first degree burns. As long as you set your timers, you will be fine.

Now that you know the secret to flawless skin, get yours now. You can order your Bermuda Detox masks off the Black Market only, so definitely set some time aside to find it. Enjoy your new face and get ready to take some Insta worthy pics.

## ALL NATURAL BEAUTY EXTRACTS TO MAKE YOU GLOW

BY VIVIANNA LATTAZI  
STAFF WRITER

Skin is a very complicated thing. It comes with many problems which come with a lot of ups and downs with new products, until you find the right one.

Do you have acne or fungal acne? Red cheeks or even over dry flaky skin? Luckily for you, I have a couple cool tricks that will make you throw away these useless pricey products.

So what are some of these extracts, and how beneficial are they for your skin? One of the most popular is rattlesnake extract! Extracted from the rattlesnakes teeth, this product is an amazing substance clears your skin in seconds and will make you glowing in no time. These completely organic, natural products are definitely worth a try.

Many people have tried this

and really say it is an amazing product to lead you to amazing results.

This rattlesnake extract will get rid of aging too, once you use it you'll look like you've never aged a day! It will help under eye bags and define your features. Every night before bed all you do is apply the extract on your face after you do your skin care. If you get into this routine your skin should be glowing in no time!

Everyone has spent so much money on surgeries, or dangerous chemicals made in a lab, and other various products for no reason, when now we have this for you!

Another way to spice up your skin care routine is a new extract from the Australian Box Jellyfish!

Jellyfish are unique in the animal kingdom for their longevity, and with an extract from their tenta-

cles, used on your face three times a day, when you wake up, right at noon, and right before bed, it'll be like you never age too!

The average person to use this has reported burning, stinging sensations that really let you know the extract is working.

Be careful though if you miss one dose, a lot can go wrong. So try to set a reminder to get you on a specific schedule.

Just one dose to the face and everyone will wish they had your skin. When they ask, thank me later.

Another product that will make your skin look like the skin you paid to have done is Golden Poison Frog extract!

This extract, from the skin oils of the frog, is absolutely worth it in the end.

All it takes is five droplets a day. It will come in a mini container and

needs to be warmed up.

You'll know it's working after a numbing sensation starts to spread from the application point.

Use this product for about two months and your skin should be glowing and perfect in no time!

The last and final remedy is the Boomslang oil. Boomslangs are a snake found in the heart of nature, and their oil can be injected or used as in place of coconut oil in your daily cooking.

Applied in the face, this natural filler can get rid of all wrinkles. This one needs to be applied to any area where your wrinkles are very bad and over night they will go away, like magic!

And if you cook with it, just wait until you see the difference in your figure. You'll drop the pounds in no time after it alters your digestive tract.

All these products will leave you begging for more. Once you use them once you will never want to stop. Many have called in saying these were the best products ever!

If you think I am crazy for recommending these products, you are just boring.

Open yourself up to new things and live on the edge. Try these new products and hacks as soon as possible and you will not regret it.

Because all these items are so rare and hard to get, it could take up to months to receive these in the mail. And, at their cost, you might have to save up for a few months before ordering them. In those months you are waiting to try to do everything you want before you try the products just in case.

Enjoy!

## USING BEACH SAND TO CONNECT TO YOUR INNER OCEAN

BY MARTY COHA  
EXECUTIVE BEAUTY DIRECTOR

Has your body been feeling off lately? Low-tides and murky waters got you down? Well that could mean only one thing, your inner ocean is off balance. In this guide we will teach you how to connect back to your inner ocean and be able to rehydrate your soul.

First things first, go to the beach! Make a day of it, frolic in the sun and let the wind violently disrupt your hair. Ride a bike, but don't bring anyone with you! This will disrupt the main focus, which is you. This day is meant for you and you only.

Once the sun looks like it's beginning to set, go towards the

water. It can be in a crowded or secluded area, up to you. (Pro tip: go to a highly populated area, have everyone watching you, inspire them.) Walk into the ocean until your feet and ankles are fully submerged. Gently place your index finger and middle finger into the salt water. Then purposefully guide them up and down your arms. Do this with intent and concentrate on the pushing and pulling of the tides within.

This is an epidermal cleanse, to trick your body into resetting the desolate desert back into its original form; the ocean.

Set intention and break down barriers for yourself. Remember that you are an ocean, vast, deep, and mysterious.

Once you're done dousing yourself in the saltwater, hug yourself! Embrace every part of your flaws and thank the universe out loud that you are able to be an ocean.

Now that you are significantly wet, pick up some soft sand into the palm of your hands. Stare at each grain of sand and marvel at its complexity. Notice how they all look alike but carry their own personal journey. Embrace this idea but exfoliate yourself with it.

With one palm filled with sand, your pointer and thumb, pinch a clump of sand, and begin to aggressively rub against your body.

Go with the flow, allow that restless ocean to release, and rub the sand wherever you see fit. Ex-

foliate the desert off of you to allow your truth to shine through. You are chafing away all of that guilt and doubt you've ever felt in your entire existence. Get free!

Pour some sand onto your scalp and release all that brain tension from the outside and work your way in. You might experience some burning sensation during this stage, but trust that it's all a part of the process. Understand that physical pain is your inner pain leaving your body from internally to externally.

Once your skin is a vibrant, glowy, shade of red, pour some sand into a mason jar. (Pro tip: have the mason jar be the color purple since purple is a regal color and you're royalty.) Again, notice

how the sand is willing to go anywhere, even if it is an encapsulated glass bottle. Remember this and hold tight to this ideology.

Tiptoe back into the ocean with a new mason jar, and swim out as far as possible. Ignore the lifeguard just keep swimming. You're on a journey of healing and self discovery, the lifeguard isn't; they know nothing. It's important to be far out in order to instill the idea that vulnerability is strength.

Once you feel exhausted and can't see the shore open the lid to your jar and watch the water rush into it. Quickly, cap the water and swim back to shore.

Once you've made it back home, keep the water and sand in a dark enclosed space.

## GLOW UP WITH GLOW N' FLOW FACE MOISTURIZER

BY ALYSIA MARTINEZ  
STAFF WRITER

Everyone loves a good face moisturizer, especially one that makes your face glow. Dermatologists have recently produced a moisturizing product that leaves your face soft, hydrated, oil free, but most importantly glowy.

This product has been on the market for about three years now and if you're just hearing about it, have you been living under a rock? The moisturizer is called Glow N' Flow.

It is a great product to get that glow you've been waiting for.

All in all, the product is definitely

worth it if you want to experience extreme suffering- extreme beauty with an added glow to brighten up not only your face but your life as well.

\*Side effects include skin rash, dermatitis, dizziness, drowsiness, headaches, insomnia, dry mouth, internal bleeding, nausea, change in sleep habits, upset stomach, sweating, chills, liver

failure, allergic reactions, weight-loss, increased thirst, indigestion, kidney failure, sinus- infection, drooling, blurred vision, heart failure, sore throat, hot-flashes, high blood pressure, tremors, weakness, fatigue, body aches, constipation, unusual dreams, anxiety, anemia, seizures, brain damage, coma, personality change, confusion, irritability, difficulty breathing, twitching, cramping, memory loss, lethargy, restlessness, lightheadedness, loss of coordination, dry nose, dry mouth, dry throat, loss of appetite, visual distortions, mild hallucinations, tendon ruptures, joint pain,

forgetfulness, abnormal eye movements, falling, nerve deafness, heart attack, stroke, low red blood cells, life threatening skin reactions, chest tightness, clammy skin, fainting, fever, wheezing, pupil dilation, shivering, difficulty walking, loss of balance, numbness, doom feeling, emotionally and mentally all over the place, slurred speech, extreme itchiness, mild death, severe death, sudden death, long and lingering death, gruesome and painful death, uncontrollable laughter, and lastly, loss of all limbs.

# WHY GOING BLIND IS BETTER FOR YOUR SPIRITUAL HEALTH

BY MAVRIK FARRIS  
STAFF WRITER

We all know that keeping up your spiritual health is a long and everlasting battle. Negative energy is commonplace in the average working environment and setting up boundaries to keep out negative energy is a long, tiring and sometimes expensive experience.

Many things like acupuncture, spiritual cleanses and meditation can help work towards truly connecting with yourself and the universe, but new studies have revealed even faster and more efficient ways to become spiritually enlightened.

"It might seem unique, but physical blindness is a fast and effective way to restore your energy and spirituality" says spirituality and mythic Gian Carlo.

Gian sees a lot of patients who come to him seeking help with built

up negative energy from weeks of hard work. When pent up, negative energy can cause health problems and mental illness.

Big changes in one's life like a change in Whole Foods stocking or the removal of a local Starbucks can have extremely negative impacts on one's spiritual energy and many conventional methods to dealing with this are time and energy consuming.

Because of this, Gian has begun recommending that his patients with built up negative energy to spend several hours a day going completely blind.

"Blindness" says Gian Carlo "is an incredibly cathartic experience that many Buddhist monks use to center their own energy and become more spiritually connected with the earth."

After watching a documentary about them, Gian underwent spir-

itual training for several weeks in order to spiritually strengthen himself, then began blinding himself for several hours at a time.

Being energetic and spiritually aware can be exhausting at times, so blindness is a great and easy alternative to being mentally aware. After just weeks of this treatment, Gian Carlo says he began to feel changes throughout his entire life. He was more positive and outgoing, and he felt less negative energy being drawn in from his surroundings.

After some practice, Gian also began experimenting outside of his home. He now goes blind while shopping, going to work and even driving. He recommends spending as much time as possible being blind, and for those who truly want spiritual oneness, he recommends debilitating damage to your eyes.

"Going completely blind

means basically recharging your spirituality at all times," Gian Carlo explains, "And even though damage to your eyes hurts at first, overall its an experience I would recommend."

For those wishing to try blindness at home, we recommend three quick and easy steps to easily recharge your spirituality.

Step 1: Light scented candles in a circle around your body. Seven or eight candles will do but quality definitely matters toward your experience. The more expensive a candle is, the better quality it will be, so be sure to go over the hundred dollar mark when purchasing in order to truly get the best spiritual experience.

Step 2: Prepare and drink a gallon of cucumber water. Cucumber water has been proven to spiritually recharge you and acts as a conductor for good energy.

Drinking as much cucumber water as you can will turn your body into a lightning rod for good vibes.

Step 3: Sit in the circle and put on your blindfold or prepare your self blinding kit. We know that blinding yourself may be a difficult process, so we prepared a blinding kit that can be purchased from our student store that makes the process easy. Complete with hot rods for cauterization and alcohol for cleaning the wound, our blinding kit is 100% guaranteed safe and made with all natural ingredients to ensure your spiritual health.

We know that being spiritually aware is hard, so try out or new methods of blindness for extra good vibes.

Be safe and have a wonderful day!

\*Paid Advertisement

## FIVE WAYS TO SPICE UP YOUR LIFE

BY LUKE DUGUAY  
PRODUCT DEVELOPMENT ASSOCIATE

Being a high-school student during a pandemic is boring. It seems like every day you wake up only to have nothing interesting happen for all of the 24 hours you're given. But here's the thing: only you can change that. And you can start by purchasing our 10-piece Stardust Pack-Kit™ from the sig Online Web Store! For only \$89.99, here are our recommendations for how you can spice up your mundane student life.

### #1: Waker-Upper

There's a reason the stars in our sky shine so brightly. Many illegitimate scientists may say it is because of their incredible heat, but we're here to tell you that that's not the case. See, stars actually contain extraordinary amounts of caffeine,

allowing them to keep lighting up the night sky without burning out for billions of years. That means that even with how tiny our Stardust Pack-Kits™ are, each one of them still contains around 120g of caffeine, more than your average cup of joe. With such varied usage, any drink you want can wake you up in an instant, even water! And if you're really creative, you might just put some in your bowl of cereal. Just pour and mix!

### #2: Glowing Skin

Being up and alert might not be all that it takes to make you shine: you might need a super-special skincare routine! Well, our 10-piece Stardust Pack-Kit™ has you covered. If one Pack-Kit™ is mixed in a 1 to 4 ratio with any lubricating gel, it will transform into an illuminating and exfoliating skin

cream that will make you glow like you never have before. A special blend of basic skincare ingredients and placebos are included in the Pack-Kits™ to make your skin shine like the stars the dust is collected from.

### #3: Incense Replacement

Stars wouldn't be able to burn so bright if their dust wasn't so flammable! That's why we highly recommend burning a small pile of our Stardust in place of any incense. Commonly used during meditation or to generally relax, incense has actually been known to cause cardiovascular issues involving the wisps of smoke it produces. A remedy for this would be burning a small pile of Stardust (about half a Pack-Kit™), creating a wonderful smoky aroma without any risk to

your heart. Carcinogens are only a problem for your lungs.

### #4: Healing Crystals

If you followed the last tip correctly, you'll see that when the Stardust has finished burning, small crystals will have formed, just like glass from sand. These crystals have the power to gently heal anything they are placed around. If you need positive mental energy, they'll shine into your third eye and help be an optimist in any situation. Small cuts will heal within three to seven days if you take a warm bath near the crystals. Just carrying them around in a little baggie will enhance your entire day!

### #5: Pill Packing

Last on our list but certainly not least, the 10-piece Stardust Pack-

Kit™ comes with an accompanying 20 Pill-Pocket™ pill molds so that you can pack up any small amount of Stardust to go! Whether you follow some of the tips in this guide or you just swallow a pill outright, there's no situation where carrying a couple Stardust Pill-Pockets™ doesn't come in handy!

While small, this guide is essential to kicking off your personal Stardust journey. If the product becomes part of your daily lifestyle, consider joining our monthly Stardust wellness subscription, which delivers a month's worth of Stardust Pack-Kits™ and a copy of our sig newsletter. Remember: stay safe, and take advantage of the world around you!

\*Paid Advertisement

## CRYSTAL SUNGLASSES

BY NEIL EIKLOR  
STAFF WRITER

The world is so full of toxic energy that sometimes blocks our inner flame from shining. These Crystal Sunglasses™ will improve your life! The sunglasses are made out of one hundred percent natural erionite crystals mined from deep within the earth. Wearing them will give you life and you will connect with nature on a spiritual and physical level. Bask in the sun while looking and feeling like your best self.

The frame is made of a lightweight mercury compost to ensure a durable product. Although these sunglasses have no UV ray protection and are not recommended by physicians, we feel these sunglasses will improve your mental and emotional health all while improving your views and help to connect you with nature!

Sally bought her crystal sunglasses and had thoughts about their healing abilities. "I wasn't sure how \$500 sunglasses would help me in the long run." But things

changed as soon as Sally decided to let the power of the glasses take hold: "Once I sat down and ate a few cans of organic white beans while wearing the sunglasses, I immediately felt like a better person." While we are unsure of possible side effects of wearing these sunglasses close to your skin, we can guarantee you will feel like a brighter and better version of yourself! We have over 50,000 unconfirmed 5 star reviews on our Yahoo page from satisfied customers!

If you're not 100% satisfied with our product, call our customer service center!

We concentrate on putting out the best not medically certified products that may benefit you! You can believe in our products because we believe in them! Improve your mental and emotional health, all while improving your views and connecting yourself with nature now, with your very own Crystallized Sunglasses™!

\*paid advertisement

## Meet the sig staff



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THIS IS ALL A JOKE. NOTHING IN THIS ISSUE IS REAL. THE THOUGHTS AND OPINIONS NOT ONLY DO NOT REFLECT THE THOUGHTS AND OPINIONS OF THE SCHOOL DISTRICT, THEY DO NOT REFLECT THE THOUGHTS AND OPINIONS OF THE WRITERS WHO WROTE THEM. APRIL FOOLS!

## A PHYSICAL DETOX VERSUS A SPIRITUAL DETOX

By HAYK TOROSYAN  
STAFF WRITER

Detoxification should be a natural bodily process. Your body is equipped with detoxification pathways to remove toxins so you can enjoy optimal health. Unfortunately, higher levels of toxic exposure in our daily environment mean the pathways get overburdened and toxins accumulate. It may be time to aid your body in detoxification if you're experiencing these symptoms of toxin overload: Bad breath or body odor, depression, excess body weight fatigue, lack of energy or mental clarity. The most noticeable benefits of balanced, healthy detoxification are typical-

ly physical. When toxins build up in major organs such as your liver, kidneys, gastrointestinal tract, and skin, they can also migrate into your bloodstream and brain. As you detox, you may notice sustained energy as your body has to work less to keep itself clean. Pair that with shedding unwanted pounds, fresher breath, clear eyes, and glowing skin and you'll start to reap the emotional benefits of detoxification.

While the spiritual benefits of detoxification are usually less immediately noticeable, you might say they're the most rewarding. Imagine improved confidence and personal empowerment as

you establish new routines and healthy habits. When your body is free of excessive toxins, you may benefit from increased longevity and quality of life as you reduce the impacts of premature aging, inflammation and chronic disease.

Finally, you may find yourself more aware of your identity, centered in the present moment, and connected with your higher power. Witnessing the physical effects of detoxification can make you feel better, more stable, centered, and balanced. Excess toxins resulting in adrenal fatigue can lead to symptoms such as moodiness and insomnia. As you detox your liver and strengthen your adrenals,

you'll likely sleep more soundly, wake feeling refreshed, and find you're able to manage stressful situations more easily.

You may be surprised how quickly you're able to flush toxic emotions like anger or fear and replace them with positive, uplifting feelings. The mental benefits of detoxification amplify the emotional benefits. When dealing with toxin overload, you may experience brain fog that inhibits your productivity and mental health. As brain fog lifts during detox, you can experience a renewed sense of purpose, focus, motivation, and mental strength that increases your ability to control cravings and over-

come addictions to alcohol, drugs, sugar, and other unhealthy habits. Memory may also be improved as your mind is freed from unwanted thought patterns of self-doubt, anxiety, and uncertainty. Some people actually find themselves renewed by the mental and emotional wellbeing that results from detox practices and change their entire lifestyle to continue reaping the rewards. If you think you could benefit from the detoxification process, which may require dietary changes, supplements, intermittent fasting, exercise, saunas, and a variety of other methods, you can contact us to plan and oversee your protocol.

## THIRD EYE MEDITATION GUIDE

By KRISTAL LE  
DIRECTOR OF CRYSTAL PRODUCT DEVELOPMENT

The pandemic these days creates stress for everyone and we all need a way to let loose and relax. According to scientific research meditation can help reduce stress and anxiety while also clearing the mind. Meditation can also lead to the opening of your third eye.

The third eye allows you to see the changes in energy around you and help you have a clearer understanding of the world around you. Your third eye can also be used to find hidden meaning in your life while guiding you towards the steps to improve them. With this new meditation guide you can access the ability to open your third eye with help.

The meditation guide will help you unlock your third eye by using helpful phrases that'll bring a sense

of clarity to your mind. The meditation instructor is a well known guide and she has told us about the extreme healing ability that comes with opening your third eye.

Instructor Dr.\* Kate Cameron has been in the field of meditation for almost six years, practicing different techniques to help her access the deepest corners of her mind. She has put in so much time and effort into her meditation and in some circumstances she claims that, "Opening your third eye fully can give you access to fight off illness and keep your body strong and healthy while building up resistance against all sorts of viruses."

In this brand new, limited edition meditation guide you will receive two, three hour guided meditations videos that will feature Kate herself teaching you how to properly meditate to open your

third eye.

Along with the videos you will also receive a special complementary discount code for our Krystalize\* humidifier that can be used during your meditation to help speed up the process of unlocking your third eye by releasing a calming lavender air from the humidifier. The discount code "Krystalle" will give you 10% off on your purchase.

The meditation has been proven by Dr. Kate and our other employees to have worked in opening their third eye and some even claimed to have noticed a huge shift in the energy around them after listening to the meditation. Having this meditation will help change your perspective on life just like how it changes Dr. Kate's perspective after discovering the techniques that she will show you

in the guide.

Meditation is an important part of our lives since it does help improve anxiety, stress, depression, and tension. Normal meditation has already made such a big impact in our world and now it's time to take the next step towards a brighter future in meditation medicine. Yes you heard that right, if you use meditation correctly it can be proven to help save your life and can act as another form of medicine.

We don't know what goes in our body when we take normal medicine but with meditation, especially ones that help you unlock your own healing abilities, you have complete control over what goes in your body, in this case, energy. The opening of the third eye can help stimulate healing energies within your body and it can

help save you from illnesses without having any risks.

Everything is created within our minds and according to scientific research, humans have barely discovered the true power of our brain so we know that we are capable of so much more. With this new guided meditation we can use it to unlock our inner third eye and access these capabilities.

After using our guided meditation you will be able to see a new glow within yourself and your mind will be able to open up to new ideas and possibilities of all sorts of things. The meditation helps clear your mind and it will bring out and harness your new inner energy to guide you on this sacred journey of life.

\* PhD in Communications  
\* Paid Advertisement

## MOON MANIFESTATIONS TO CONNECT TO FEMININE ENERGY

By KIMBERLY GOMEZ  
STAFF WRITER

The Moon is the Earth's only natural satellite and one of the most powerful sources of energy. For centuries, the Moon has been used as a calendar, a god, and a planet.

The Moon is a symbol of divine feminine energy. The feminine energy is very powerful as it aligns with the Moon's cycle. As a woman, it is essential to align with the phases of the Moon to create new beginnings, reflect, and take action in your life.

You can easily become capable of conforming to the Moon's energy. This energy is the key to ac-

tivating your inner self. When you become attuned to the Moon, you can activate its elemental powers; powerful qualities like creativity, femininity, and positive changes.

There are eight phases of the Moon. However, the most powerful phases are the new Moon and the full Moon. There are several ways we can receive the most out of the Moon's powers. Some of these special methods are realized through sacred rituals and practices.

A new Moon is the best time to get rid of all the bad energy from your life. This new Moon will allow you to get in touch with yourself so that you can begin a new chapter.

First, you must call upon the Moon's divine source of energy and ask for its power. Then, you must write your manifestations on paper. After you write down your manifestations, you must leave them in the presence of the Moon until it becomes a full Moon.

Full Moons are the time to reflect on what you have done and what you wish to accomplish. It represents a symbol of clarity and closure.

Moon rituals especially during the night time are a unique and beautiful practice in the modern world. During these difficult times, it is important to participate in a quiet environment so that you can allow

yourself to be in tune with your higher self.

The Moon's power is the strongest when it is full in the night sky. You must participate in this ritual at night to get the most power and glow from the Moon. This unique ceremony is the "Full Moon Sisters Circle."

To perform this ritual, you must set up the right space by going to a quiet and lonely place in any natural environment. You must be the only person in this specific area. You will also need to attain a clear and peaceful mind before starting.

To speed up the process, you can do any form of exercise like walking or running. The exercise

activates your body and your mind so that it can become aware of its surroundings and the Moon's energy a lot faster.

Your psychic abilities can also flare up during this ritual, so it is important to pay close attention to what your intuition wants you to let go of. This full Moon energy will last you the entire night and day after.

Not only will the Moon's power heal you mentally, but physically as well. The Moon's compelling energy will give your skin a luminous glow. You must try out these life-changing practices for a better and healthier life.

## NEWEST ITEM IN HEALTH AND WELLNESS: CHARCOAL SERUM

By MOLLY BOYKE  
CEO AND FOUNDER

The newest thing on the beauty scene: Charcoal Serum! Locally harvested in the Magnolia Boulevard Springs right next to the Burbank Water and Power building, these tiny little vials pack a massive punch in terms of glow factor and brilliance!

The vibrant green serum inside, infused with the detoxifying properties of charcoal, is sure to

invigorate your skin as the healing begins! This bubbly concoction deep-cleans your pores and your lower intestines.

When rubbed on your skin, the serum will leave a luminous glow.

The serum's green pallor comes from the special bacteria cultures growing along the springs, which promote immune system strength and overall wellness.

But what of the glow? We here at sig turned to a bioluminescence

expert to get to the bottom of this. "The luminous properties of this substance can largely be attributed to the tiny organic mitochondria living within the core cells, it's truly a powerhouse of welfulness" says Dr. Ian Mathew Leggit, whose skin resembled that of a newborn baby's. "These mitochondria stimulate the cells to vibrate and create friction, which causes light to generate. This friction can also be incredible for your skin, as it exfo-

liates and introduces positive phytochemicals that are great for the bacterial ecosystem. I use it every day, and my wife says the light coming from my face is intoxicating."

But who is the mastermind behind this ingenious product? You'd have to talk to Doctor\* Oswald Philip. As the inventor of the radioactivity serum, Doctor Philip, or just Doctor\* Phil or Doctor\* Oz, looks over the production, harvesting, and bottling of the groundbreaking

goop.

"Listen, I'm just a normal guy, but what I do know is that an amazing skincare formula shouldn't be normal. That's why I decided to take skincare out of its comfort zone, and create something truly extraordinary for all to enjoy. And what better place to start than with the substances produced as a by-product of daily life? This routine changes lives, and I should know - I even give it to my kids."

\* Spin Doctor

## How To RECOGNIZE YOUR INNER SELF ON THE O<sub>2</sub> DIET

By ELISE McMILLEN  
STAFF WRITER

Nowadays, there seems to be chemicals in everything. From processed meat to cheap plastic, there is no escape from the unpronounceable names on the back of every product we buy. What is something brand new and chemical free that everyone is talking about right now?

Oxygen. It's a covalently bonded molecule that is a unique and on-the-rise trend sweeping the nation.

The air we breathe contains unnecessary biotoxins that can be harmful to us, polluting our respiratory system through increased levels of particles of possible shad-

ow toxins, which can lead to the immediate collapse of all of your chakra, or worse; possible weight gain.

The most important thing for our bodies to intake is oxygen. According to most people it is the basis of life and cellular respiration, and there are many compelling claims about this elusive and mysterious basis for our existence.

Some people I know that are really smart confirmed that oxygen can stimulate brain activity, increase memory capacity, boost concentration, develop stronger alertness, raise energy levels, improve strength, build endurance, detox your blood, and enable thoughts to be think by the thinker

which in this case is you, the person breathing and thinking and doing huge, important things. (Go you!)

So, want all the benefits of oxygen, but don't feel that you're getting enough of this clean, raw nutrient through your daily intake of vape juice and iced coffee? Try the new all-the-rage O<sub>2</sub> diet, a detox proven in most young women to increase your overall importance and value as a human being, and fill the hole inside of you rooted in your trauma and deep, unceasing despair.

This is the secret: Pure oxygen breathing therapies.

Simply crack open your favorite 100% natural, clean, oxygen

tank, and breathe through the nose tube normally. This device should consist of a lightweight tube which on one end splits into two prongs which are placed in the nostrils and from which oxygen flows.

When you breathe in, the oxygen you are inhaling is attaching itself to your fat cells, splitting them into carbon and water, which you then exhale as carbon dioxide. The more you inhale precious oxygen, the more fat you burn when you exhale.

There are diet and caffeine free options for all you ladies who are willing to accept that diet is just as bad as full sugar, and that the corporate beverage industry has distorted their view of reality to fit

their twisted, misleading advertisements: We are all victims of late stage capitalism and under the influence of the evil ad machine which controls our lives as people and consumers anyway, so why not have some Diet Oxygen to treat yourself, and show moderation every once in awhile?

On The Go!® Air cartridges designed for easy use in daily life are selling for the small price of your dignity, and \$45.99.

Good luck on your journey to personal enlightenment, except if you're a Gemini.

\* paid advertisement

## IMPROVE FLOW WITH SIG® EXCLUSIVE CETRINITY® WATER

By SAVANNAH STOTTIS  
STAFF WRITER

A new product that recently came out is sure to improve your quality of life in multiple ways. Cetrinity is a unique drink containing crystals that will improve your health, skin, and energy vibration.

Cetrinity is a flavorless fizzy drink infused with crystals that have undergone numerous rituals to increase your vibrations. Not only can you drink it at any time of the day since it has no flavor and no added sugars, but it will also improve your quality of life to a significant extent.

First off, let's get into the details of what's inside this fizzy unflavored drink. Cetrinity is infused with crystals that have been charged full of energy before being infused

into the drink. Evident from the name of the drink, the main crystal is citrine. The other crystal infusions inside are clear quartz, selenite, moonstone, tigers' eye, and amethyst.

Each crystal infusion plays a specific role in the health benefits of this magical drink. For example, if your throat chakra is imbalanced and closed, then you can balance and open it by drinking this water. The way you know your throat chakra is off is when it hurts, or you have a sore throat. The health benefits are limitless.

Certain rituals done on the water are specific as well. The water isn't distilled or filtered as there is fear it could remove some of the positive energy. The moon charges it for three days before it is extract-

ed from Lake Arrowhead on every full moon, so the maximum energy possible is infused.

It is preserved for a week before it is infused with crystals. After the crystal infusion, there is a cleansing technique called smoke smudging used to remove the last negative energy and replace it with positive and tranquil life.

The bottle is smudged with smoke to cleanse it from any extra negative energy that may still be lingering. The process begins after the Cetrinity is put into a tumbled clear quartz bottle (looks relatively the same as just plain glass). The bottles are laid out onto shelves with holes in them making it accessible for the smoke to reach the bottles. Then tigers' blood incense, Palo Santos, Sage, or another cleans-

ing resource given to us by Earth that we have handy is burned under the shelves making the smoke glide over the bottles. After the entire process, the water is ready to be stocked up and sold.

Here is some background on how the beverage helps your health and skin. The moon's water is infused with the moon's energy. The moon also resembles beauty and feminine energy, meaning it will help clear your skin and help you glow with radiant beauty within hours of drinking it. Also, it will help remove nasty toxins from your body which will help with your metabolism and any bloating that you have.

Each crystal, as said before, resembles something specific that will help you prosper. The clear

quartz will benefit beauty and cleansing yourself. The citrine will help clear your mind, preventing stress and headaches that will clarify your skin and chakras. That is the main crystal in this fizzy beverage. The other crystals are all there to contribute to beauty, lowering metabolism and lowering heart rate through peace and tranquility.

This new item is \$65 for one 12 oz bottle, \$80 for one 16 oz. Bottle, and \$100 for a 20 oz. Bottle. They sell out fast and restock two weeks after every full moon. Keep a lookout for new versions of this water coming soon, such as ones infused with mainly rose quartz that will improve your love life. Get some Cetrinity!

\* paid advertisement

## THE DETOX VEGAN BURGER

By ZANDER ZANTUA  
STAFF WRITER

If you enjoy eating fast food while also trying to stay healthy, then this is the perfect recipe for you. Made out of gluten-free bread, fresh vegetables, and the most vegan meat patty on the market, this recipe will get the animal lovers drooling, while also cleansing the body of toxins (known as

detoxing). You won't feel guilty after guzzling a burger again.

First, you need to get your hands on a pure, organic veggie burger. These are made entirely out of beans, grains, vegetables, oils, etc. Because of the lack of trans fats and cholesterol, they are instantly healthier than the regular option, not to mention having 50% calories. Studies have shown that

they contain a good amount of protein, vitamins, and minerals, and they definitely aren't heavily processed to the point where the amount of saturated fat in them is enough to cause heart attacks.

Next, prepare the vegetables-lettuce, pickles, onions, tomatoes. It is scientifically proven that they bring out the toxins from your body by drawing out harmful energy as-

sociated with them, so make sure to eat your vegetables. Try to use fresh produce as they facilitate this process better, while also feeling more rewarding.

Finally, vegan cheese will top it all off. This is also made of a variety of ingredients like vegetables, plant milk, and oil for the best vegan experience possible. Again, it is not processed at all and is perfect-

ly safe for your health later on in life. The soft, tasty texture pairs well with the bland, tasteless flavor of the vegan patty.

Overall, this burger ranks as one of the best and easiest vegan meals out there, if you are willing to spend over \$15 on it. Forget fast food, you should switch to organic, healthy meals and your body will feel better in no time.

## NOT USING MOON WATER IS THE ROOT OF YOUR PROBLEMS

By AMARE COOKE  
STAFF WRITER

The Moon has been an essential part of human life since it began. The Moon is very crucial to the daily lives of humans, as it provides us with the ability to do Moon manifestations, create rituals, and most importantly provide us with energy to charge our water.

Many people may believe that Moon water is just bacteria ridden tap water sat on a windowsill during a full Moon, but that is just incorrect. The people who do not regularly use Moon water have their spiritual being and health at

risk. Moon water is created by waiting until the glow of the full Moon, manifesting positive energy into a container of water, and placing that container in sight of the Moon overnight.

Tapping into the ancient energy of the Moon to also charge the ancient energy of the simple but lively water is very beneficial.

Not practicing Moon manifestations and spending copious amounts of time trying to perfect your rituals will eat away at your productive energy. If you are noticing an increased amount of procrastination, difficulty focusing on work, and issues with your relation-

ships, incorporating more Moon water will save you. Spend more time on your Moon manifestations, and meditate, fitting this into your rigorous schedule will help reduce your stress.

If you are worried that they are not working, and your schedule is still overwhelming, you just need to spend more time on it. Sometimes spending a few hundred dollars on a class that helps you practice these manifestations run by a well trained teacher such as a suburban mother that has no connection to the original culture and use of Moon rituals is advised if you are not achieving the results you need.

Speaking of paid Moon manifestation pop up workshops, monetary issues may also be an issue in many people's lives, but it too can be solved by Moon water and manifestations. If you spend the right few hundred on a jar made of transparent crystals, and take another few hundred out of your savings to put in the jar along with some Moon water, it can multiply the money you have.

These processes have been backed by Dr.\* Karen Smith stating, "I have studied hydrology and astrophysics to learn the anatomical structure of water and its relation to the Moon, and these

techniques are congruent with my studies."

The bottom line is that not incorporating the glow of the Moon into your daily life may be responsible for most of the problems that you face. Being broke can be solved by spending money on practicing more Moon manifestations, not having enough time in your day for all of your responsibilities can also be cured by spending more time on Moon rituals. With this information, I hope you choose to incorporate the Moon and the wonderful glow it has to offer to your daily life.

\* PhD in Art History