

PATHWAYS

MIND • BODY • SPIRIT • ECO RESOURCES
IN THE MARYLAND - DC - VIRGINIA REGION

SPRING 2026 • FREE
NOW IN OUR 51st YEAR



THE PATH OF PATIENCE, BY MENTWAB EASWARAN (MENTU)

Voting As An Act Of Resistance: Why Voter Engagement Might Be The Most Important Thing You Do This Year
Using AI As A Tool For Inner Awareness • When To Have A Mediumship Session • Compassion Fatigue
Yoga Without A Single Beginning • Brain Health In Midlife, High Stress • Book Review: Evolutionary Groups
Embodied Knowing In The Garden • Integrating Reiki And Astrology ... And Much More
Spring 2026 Natural Living Expo • Sunday, March 22 — Preliminary Program Inside!

www.PathwaysProductions.com



NATURAL LIVING EXPO • SPRING 2026 EXHIBITORS

Exploration • Enlightenment • Education • Engagement

Expo exhibitors offer an amazing variety of mind-body-spirit-eco products and services. The following businesses are participating this Spring. Visit our Spring Expo page online for the final Expo program: www.PathwaysProductions.com.

Note: The [*asterisk] indicates there is an associated Speaker Workshop. See the Workshop Schedule for details.

Akashic Records Guidance - Kelly S. Jones, LLC*

Receive the transformational guidance, healing and energetic shift that aligns and awakens your Superconscious Self here and now. Intuitive, spiritual catalyst, Kelly S. Jones becomes the voice of your soul through the Akashic Records and Christ Light Transmissions, which is always anchored in love and truth.

www.KellySJones.net

Alice Jones

Alice "Alicja" Jones offers Spiritual and Past Life Readings, connecting with your Higher Self, Source, Angels, Archangels, and Ascended Masters, investigating Soul path/relationships, and Akashic Records.

www.AlicjaJones.com

Amorco Essence Inc.

We sell electroformed jewelry, crystals and handmade soaps infused with crystals' healing properties.

Angelic Wisdom 111 with Cheryl Ganzer*

Cheryl Ganzer is a USUI Reiki master — and Divine Angelic Messenger — delivering powerful messages of love and light from The Archangels. In your 30-min. session you will learn how to cut cords with Archangel Michael and connect with the Archangels and Angels, and you will receive Divine messages on health, love, family, career, etc. A special gift from the Archangels... A mini Reiki attunement and gift Michael good luck medal.

www.Angelicwisdom111.com

Antara Mastery*

At Antara Mastery, we go beyond coaching, using energy alignment and inner mastery to clear emotional blocks, reduce stress, and drive transformation. Rooted in mindfulness, resilience, and deep transformation, we help individuals and organizations cultivate self-awareness, overcome challenges with confidence, and unlock their full potential for lasting impact.

www.antaramastery.com

Ascendere LLC

Ascendere will provide Reiki, AO Scanning, and Sefi Dot services along with the ability to purchase

crystals, jewelry, sage and much more!
ascendere-llc.com

Ascending Dawn - Intuitive Reading*

Ascending Dawn Doula, LLC offers intuitive guidance through Tarot and oracle readings, blending astrology, numerology, and chakra insights. Specializing in transitions and transformations, we provide compassionate support to help you align with your purpose and navigate life's journey with clarity, balance, and empowerment.

heal.me/jenniesikes

Aura Photography - Shining Vitality

I offer Aura Photography and a complete description of the colors revealed in my aura cave. My clients can view their aura and see how the energy infusion can change it. 20 minute session, \$45.

shiningvitality.com

Avillion of Universal Insight*

Avillion Aura Photography with Ultra Imaging. We provide: Polaroid Photo of heart Chakra, Chakra Report with 2 printed Full Body Pictures, Comprehensive Aura Care package, Interpretation & Spiritual Reading upon request.

Avillion.org

BEMER Group*

BEMER Circulatory Therapy: Experience an 8-minute BEMER EVO session to boost circulation, enhance energy, support recovery, and promote overall wellness. Learn how gentle PEMF technology can help optimize your body's natural healing and performance. Stop by for your complimentary session and feel the difference!

PawsHolisticCare.Bemergroup.com

Bippity Boppity Two*

Hi, I'm Anna — a Certified Sound Bath Practitioner, Reiki Healer, and Oracle Card Reader dedicated to helping you heal, reconnect, and realign with your highest self. By combining sound healing, Reiki energy work, and intuitive oracle guidance, each experience is thoughtfully customized to support clarity, harmony, and renewal. Bippity Boppity Two is devoted to

creating and holding sacred space for wherever you are in your healing journey — helping you realign, restore, and step fully into your transformation. bippityboppitytwo.glossgenius.com

Black Star Jewelry

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www.blackstarjewelry.com

Blended Bakery

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blendedbakery.co

BrandArtYoga (BAY)

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www.brandartyoga.com

Breathing Starlight, LLC

Small Veteran-owned business of handmade Pagan goods, services, and oddities.

www.breathingstarlight.com

Coffee Karma Cafe

We sell organic reishi mushroom coffee, tea and hot cocoa. We also sell gluten free snacks and beverage accessories.

www.homecafesubscription.com

Daring To Dream Now

Crystals, Gemstones & Gifts. Beautiful crystals in various forms. We have crystal specimens, raw stones, tumblers, spheres, points & towers. We also have a variety of carvings such as skulls, dragon heads, hearts, moons, stars and many more.

www.daringtodreamnow.com

Discover Natural Healing with DoshA Ayurveda*

Explore the healing power of natural herbs and foods. Understand how lifestyle choices can create either imbalance or harmony in your life. Delve into Ayurvedic practices, including Pulse Diagnosis, Marma therapy, seasonal cleanses, and

self-massage techniques.
doshayurveda.com

Dreams of Stardolphin Visionary Art

Gallery quality prints, embellished canvases, greeting cards, magnets, bookmarks and light encoded pendants and healing discs of my Original Artwork. I also have an Oracle Deck and three Children's books I wrote and illustrated.

www.stardolphin.com

ECKANKAR of Northern Virginia*

Spiritual freedom awaits you — here and now! Reclaim Soul's divine birthright through direct, personal experience with the Light and Sound of God. Rediscover unconditional love through the power of HU (a universal word of spiritual liberation) — and much more!

eck-va.org

Enhanced Mind and Body

Experience the revolutionary Energy Enhancement System (EESystem) at our booth! Learn how scalar and bio-photonic energy fields support cellular regeneration, boost energy, reduce inflammation, and promote deep healing. Discover how this cutting-edge technology is helping people optimize wellness, balance mind and body, and elevate their natural healing potential.

www.enhancedmindandbody.com

Exalt Pro Wellness*

Ear candling, an ancient practice with roots in various cultures, promotes relaxation, relieves sinus pressure, and enhances overall well-being. Discover the natural approach to ear care that nurtures your ears and senses. Stop by to learn more.

www.Exaltprowellness.com

Frequense! Frequency Meets Nutrition! | Reverse IR

Is your brain a little tired or slow? That's where Nootropics come in! Stop by to try samples of RISE, powerful Nootropic "brain vitamins" to help your brain work better — safe substances, often found in plants, to boost your brain's energy, clarity, creativity, and memory power. Additional products include: SOURCE Trace Minerals for bone strengthening and gentle detoxing. REVRS to repair DNA and lengthen telomeres, causing us to AGE BACKWARDS. CBD/CBG RELIEVE cream 2000mg. FACE moisturizing cream. Also, because Insulin Resistance is an underlying factor (often

Using AI Awareness Tool...

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ters less than how you use it. Specific, focused questions generate better responses than vague prompts regardless of which AI you choose.

Step 1: Record the Full Experience

Write everything exactly as you experienced it: the dream, ceremony, Tarot spread, or moment of insight. Skip editing and skip interpretation at this stage; just record what happened. Then you can write what you felt, what symbol showed up, what made no sense at the time, and even a summary.

For dreams, I do this in the morning. I keep my phone next to the bed and write in the notes app before I get up, before the details fade. Writing takes maybe twenty minutes and it forces me to notice details I would otherwise skip. Memory is slippery, and typing captures what thinking alone misses.

Reflective Invitation:

Keep a simple notebook or your phone's notes app near your bed or meditation space. Capture experiences while they're fresh. Details that seem insignificant in the moment often become essential later.

Step 2: Your First Pass: Personal Interpretation

Before touching AI, write what *you* think it means — your gut read. What resonates. What feels important. Where this seems to be pointing.

This step matters because you need to know where your thinking actually lives before you invite other perspectives in. Otherwise, you just latch onto whatever the AI says first. Your interpretation anchors you and gives you something to compare against.

Step 3: Invite External Reflection

Give the AI the raw material and start asking specific questions. Here are queries I've seen work:

For dreams:

- "Help me find details I might have missed in this dream"
- "What archetypal patterns show up here?"
- "What is the central theme across these symbols?"
- "What am I standing too close to see?"
- "Give me a Jungian reading of this dream"

For Tarot or oracle cards:

- "What themes connect across these cards?"
- "Give me both traditional and psychological interpretations"
- "Where do these cards contradict each other, and what does that mean?"
- "What action is this spread pointing me toward?"

For ceremony or meditation experiences:

- "What symbolic meaning exists in [specific image/sensation]?"
- "Help me understand what my body was telling me during this experience"
- "What is the integration work this experience is asking for?"

For stuck interpretation:

- "Challenge my interpretation. What am I missing?"
- "What's the shadow side of this experience?"

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ASCENDERE

ASCENDERE is here to
Elevate Your Energy.
Transform Your Frequency.

Visit Us at the Pathways
Spring Expo March 22

- ✦ Live Tarot Readings
- ✦ AO Scan Sound Frequency Sessions
- ✦ Premium Flavored Sea Moss
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You need integration.
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