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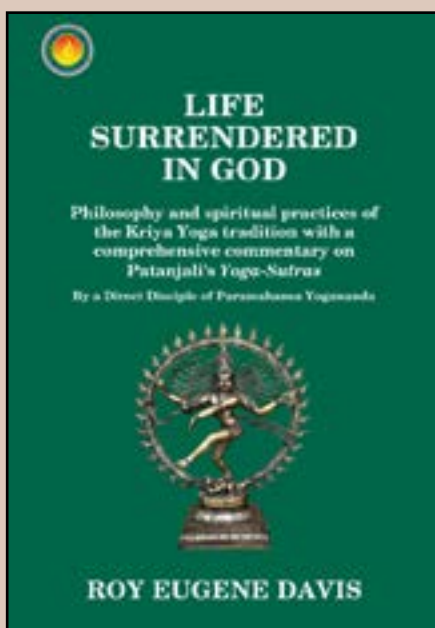
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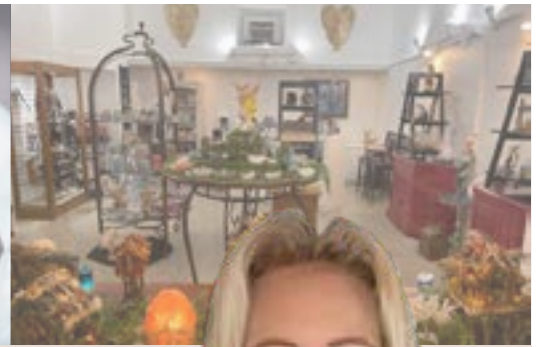
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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>

Email dr.tomsannar@gmail.com

PUBLISHER: We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the one **God**, no matter what name we use.

1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all my questions and has the ability and the willingness to fulfill all of my desires.

2. Unification. I unify my consciousness with the consciousness of **God**. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

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8. Positively Present. I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

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11. Gratitude. I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

12. Tithing. I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure and my talent to my spiritual source.

**The greatest
optical illusion
is separation**

HORIZONS

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Co-incidence has meaning. If you find yourself reading these words, there is a message for you.

"And the day came when
the risk to remain tight in
a bud was more painful...
than the risk it took to
blossom." Anais Nin



**Horizons thanks
everyone willing
to take the risk**

HORIZONS MAGAZINE is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

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HORIZONS MAGAZINE

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THIS MONTH'S THOUGHTS ABOUT THINGS

*"I want to look back on my life
and be giddy with joy that I was
the one who got to live it.
So far, so good."*

HELLO AND WELCOME TO THE OCTOBER 2022 HORIZONS MAGAZINE.

Last week Fave Uncle **James William Burnett** took his final walk, dropped his Earth robes and entered immortality. 89 and in good health, I've always called him **Uncle Daddy**. He's dad's younger brother and looks just like him except shorter. He lived 2 miles away and built my house when I moved up from Miami in 1984. As a Jehovah's Witness, he found my library amusing.

Daughter in law **Sweet Melissa** stood watch over his 2 day hospice journey. It's comforting to know we survive in consciousness after the change called death.

Rumi says: *Don't say he's gone. Death has nothing to do with going away. Your mouth closes here, and immediately opens with a shout of joy there. The parrots of heaven will be cracking sugar as we laugh together, you and I. In one form upon this earth, and in another form in a timeless sweet land.* We'll meet again, **Uncle Daddy**.



Uncle James William Burnett

When we feel a loved one is gone from our life for good since they have passed out of physical form, we misunderstand. It's just a misunderstanding when we mistake the death of the body for the death of our loved one. The caterpillar doesn't die when it becomes a butterfly, it just moves its consciousness into a new body, leaving the old one behind. We survive in consciousness after the change called death. You meet again when you drop your own body. You can also in quiet times feel their presence and imagine you are hearing them talking to you. You're not imagining it. Sometimes you see signs everywhere. They're just letting you know that life goes on, it just changes form. You will meet again, know that.

Some people have troubled families and loved ones pass before they can resolve issues and make amends.

It's possible to find closure if the other is unwilling, absent or dead.

A friend once asked me how she could do **Forgiveness Work** on someone who's been dead for many years.

I told her *it doesn't matter if someone is alive or dead, where the issue lives is in our consciousness, and we are the ones who control our perceptions there. My process is this. It's pretty standard and very freeing.*



The process to find closure if the other party is unwilling, absent or dead.

1 — Place a chair across from you. In your mind's eye, imagine sitting across from you anyone with whom you do not feel total alignment or support.

2 — Imagine an infinite source of Love and healing flowing into the top of your head (from your Higher Self or the Creator/God/whatever of your understanding), and let the source of love and healing flow down inside your body, fill up the body, and overflow out your heart to heal the person in the chair before you.

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ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit www.abraham-hicks.com.

WHAT'S THE POINT OF THIS?

QUESTION: In thinking about coming here and pre-paving coming here, and saying why, if I have **Source Energy** in me, what is the point of me coming out, because she evidently has communication with you - can I not, for the purpose of talking to a room but just for my own alignment...

ABRAHAM: That's what we wish for all of you all the time - we want you to know your connection with **Source Energy**. We want you to discover the awesome power of non-resisted thought. We want you to discover what it's like to direct your thoughts into harmony with your own **Inner Being**. And the more you do that, the more you know when you're doing it and when you're not; the more you know the degree to which you are doing it.

Esther sometimes has said to those up close to her "I think I'll just go get **Abraham** and I'll just be **Abraham** from now on - it'll be easier for all of you." And almost everyone says "Oh, but you're so much fun." And we don't want **Esther** to withdraw her consciousness from her **Esther** perspective, which we think is the point of your question, because there is value in your physical human consciousness. At our very best we are general in relationship to the things you want in comparison to the details that you are offering. The thing that we want you to hear is, in the details of the life that you live, you put incremental detailed information in your Vortex, and then the **Law of Attraction** gathers them together and makes them a stronger and more magical, musical scenario.

But we are not creating your reality, you are creating your own reality. We are backing up the reality that you are creating. Which gets to the point of am I the physical human or am I the Nonphysical? And we say when we are in sync with each other, is there a distinction that needs to be made? So then, that brings out your question a little further - well, is there value in me not being so tuned-in, tapped-in, turned-on with you? Yes, the value is this: In your not being completely tuned in with what is Nonphysical knowledge and understand-

ing of what's in the Vortex, you reach into the contrast that you are living with more definition, and you ask for things that we don't ask for. There is a reason for the physicalness of that which you are - you're more detailed in what you are asking for.

QUESTION: So that's the expansion, it's coming because I've got that human perspective that's separate.

ABRAHAM: Because words don't teach, it's only life experience that teaches. And so you said "I'll go into an ever-changing (you used the word dynamic), I'll go forward into an ever-changing mix of consciousness, and from that ever-changing mix of consciousness, I will sift the nuggets of my personal desire." You all said that. "And as that nugget of personal desire, that unique nugget of personal desire is honed by me and specified by me and launched by me, **the Universe** expands in a way that it could not if I did not exist in that state of consciousness." Your physical life causes you to do the asking.

QUESTION: Right. But isn't it my human-going-back-temporary-ness, even though that's an illusion, let's say, but isn't that perspective that allows me to choose...

ABRAHAM: Yeah. So you said something like this "I'm pure **Nonphysical Energy**," you said before your birth into this body, "I'm pure **Nonphysical Energy**, and I know the Laws of **the Universe** and I am fully empowered. And now, with a part of this consciousness that is me, I'm going to present or project or focus into a new **Leading Edge** environment where there are unlimited potential new experiences and so many unknowns."

Now, humans say why? "Why? Why would I be all knowing and all powerful - what could possibly be the reason that I would focus my consciousness into something that's new?" And we say because in the new, in the new combining there is a new desire that is born. In other words, it's this eternal never-ending creative experience. It's what eternity is about. Without exposure to contrast...now, let's think about this, let's step back - are you all right? Because this is right out there on the **Leading Edge**.

So, the differences that we have described between you in your human-ness and Nonphysical is that while there is resistance in every particle of **the Universe** - even in Nonphysical - the resistance that exists in the Nonphysical where **Source** is, where what you call God is, where your **Inner Being** is, would not be discernible from your physical perspective. It is so refined that if there were an instrument that could read contrast, it could not read contrast in Nonphysical because it would

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OPENING PANDORA'S BOX: FINDING OUT WHAT'S ON THE OTHER SIDE

Dr Joe Dispenza holds a Bachelor of Science degree and is a Doctor of Chiropractic. His post graduate training includes the fields of neuroscience and neuroplasticity, quantitative electroencephalogram (QEEG) measurements, epigenetics, mind-body medicine, and brain/heart coherence. As a researcher, lecturer, author, and corporate consultant, his interest lies in demystifying the mystical so that people have all the tools within their reach to make measurable changes in their lives. Visit www.drjoedispenza.com.

"My question is about dreams. What do they mean? And is it possible to change them?"

"I'm having trouble with menacing human faces and figures ... Are there ways to understand and get past the images without quitting?"

"I keep having the strangest nightmares. I wake up from them and go back to sleep and they just take back up where they left off. Have you ever had such an experience - and what might be an explanation?"

Even though our students come from vastly different backgrounds, this happening is common to many. Our letter-writers - usually people who are relatively new to the work; in early stages of practice - are beginning to encounter unfamiliar energy and entities, often in dreams, and are seeking to understand their experience.

This is the stage of the work I often refer to as "**Opening Pandora's Box**." If you're familiar with the **Greek** myth, **Pandora** is given a box by the gods and warned never to open it.

But she can't deny her intense curiosity, and when she opens the mysterious box, she releases what have come to be perceived primarily as punishments - hardships; illnesses; worries - before she rushes to close the lid, keeping hope safely contained.

I say "perceived" because, over time, the telling of this myth has become decidedly influenced by a negative bias. But the lesson of **Pandora's Box** is really about the gifts of insight that are possible when we withhold judgement - and stay open and curious.

And that's a perfect lesson for any stage of this work, particularly when we come up against the uncomfortable and the unknown.

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SO WHAT ARE YOU WEARING TO THE MASQUERADE BALL CALLED LIFE?

If I were invited to a dinner party with my characters, I wouldn't show up. —Dr. Seuss, *The Sneetches*

The reality is most of us don't actually "know" anyone. How can we if we don't even "know" ourselves?

Upon waking up the morning I knew I was getting a divorce, it became clear to me that I didn't know the man I called my husband. I only knew the character I had created for him, a character that fulfilled the character I had created for myself. Because ultimately all relationships are interactions with the characters we create, bouncing off each other like pinballs in an arcade game. We each play our roles diligently until one of us tires of that game,

desiring a new costume or a new face, while the other is hurt and angered at our absolute gall to change costumes midstream. And then the real fireworks begin. My entire marriage was based on a figment of my imagination, a fairy tale told to me that I manufactured into reality, although based purely on fiction. Part of my fairy tale was that I could not love myself and that I needed someone else to do it for me.

In the beginning he was my knight clad in shining armor, sexy and smart, and an awesome lay. I was a beautiful young princess, powerful but feminine, and in need of a man who would whisk me off my feet, throw me on the back of his horse, and gallop away into the sunset.

Even as the chinks in the armor began to show, I held on to my story because it was the only thing I believed would finally end the hurt hidden deep down inside. I certainly couldn't fix it. I either didn't know what needed to be fixed or was unwilling to do what it took to fix it.

I remember the night we met. I was new in town, a small town where word of fresh meat traveled fast. I was at the home of one of my fellow filmmakers, working on a new film, the news of which had also spread about town.

I was the new girl who had landed smack dab in the middle of the cool people and, without realizing it, wore a big target on my back for all the "knights." I was the prize to be won, mounted, and eventually thrown out, used and discarded, when new meat came to town.

I realize now that I put that target on my back, as it fit nicely with my beliefs about myself at the time: damaged, suspended while moving, and not enough. I feel so much compassion for that younger self, and when I look back I want to give her a hug and say you are awesome and I value you.

But without the learning of these early lessons I wouldn't be the me I am, so there you are. And there I was, the new girl, surrounded by people I thought knew more than me, trying to fit in, trying to feel relevant.

And the scene was set. Me, tipsy on the giddy feeling of being surrounded by all of these seemingly **It People**, and the **It Boys** knowing I was giddy, and him arriving on his horse (or sporty black **Honda**). Me, having just fallen off the back of another horse, I needed to be shown love, and I felt lost and insecure in a new place with no one I knew around.

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Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. herbcorner.net

HERBS FOR FUNGAL INFECTIONS

Often fungal infections go undiagnosed, this may be because many times they are mistaken for bacterial or viral infections. Unfortunately, they can be persistent and hard to get rid of. Anyone can get a fungal infection; some can live naturally in the body naturally, or we can come into contact with fungal spores without being aware of them because they are all around us (in the soil, plants, water and even in the air we breathe).

Fortunately, there are some herbs that can be very beneficial for overcoming fungus in the body. The studies done on **Turmeric** found it to be more effective than prescription medications in fighting off many types of fungal infections. This is because it has strong antifungal properties and contain the constituent's **curcumin** and **ascorbic acid**. When working with 23 different types of fungus these studies also found it to worked like hydrocortisone in fighting off **Candida albicans** and other fungal infections along with the biofilms they form.

There are herbs that balance the gut flora helping the immune system in its ability to fight off fungal infections like **Olive Leaf** which contains oleuropein; a strong antifungal constituent with the ability to mess up the reproductive cycle of fungi, cutting of their sugar supply (its food) starving off and kill fungus. And **Oregano** which contains carvacrol and thymol these have strong antifungal, and antimicrobial properties. **Oregano** is one of the most powerful antifungals for the most persistent systemic candida. Just be careful using **Oregano** if you are anemic because it can block the absorption of iron.

According to **The University of Maryland Medical Center Pau d' Arco's** compounds are helpful for preventing and fighting off candida and yeast infections. And **Oregon Grape Root**, **Goldenseal** and **Barberry** all contain berberine a potent antifungal constituent which inhibits fungi/yeast from producing the enzymes that help them reproduce.

...continued on page 29...



THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

*Magic is easy! Just change your perspective,
and poof, the whole world has been transformed...*

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder." See <https://www.tribalsoupproject.com/the-mysterious-man-with-the-ladder.html>

THE WRITERS

The Man with the Ladder had a few friends who were intimate with words. They met, every couple of weeks in the park, in an outdoor, literary, grass salon. Besides the Man with the Ladder there were three regulars-- Anatole Sweet, who was employed as a reader for the Encyclopedia of Encyclopedias, Harry Byrne North, who was the editor of the Journal of Astrological Computing, and Sidney Ardrup, who was the bibliographer and indexer for Bawdy, Grab and Reach, publishers of Recreational and Institutional Pornography.

Each of the literary participants was convinced that any of the other literary participants could be easily replaced. But each felt the absolute need for a good audience, and the **Man with the Ladder** was the best listener any of them knew and the only listener in the group. As the unique element in the little circle they were happy to permit him to host the salon's gatherings and arbitrate arguments.

The group filtered into the park from different directions and leisurely drifted together at ten o'clock in the morning. By two minutes after ten they were locked into a frantic competition to see who could use the fewest words to capture the most sense. Because each of them valued words slightly more than they loved the sense that words made, they struggled terribly.

First someone would say something like "The best things in life may be free but the store is always out of them." And someone would add: "And they spoil when you take them out of the box."

"And you can't claim them as dependents on you tax returns." the next man would join in only to have someone start the ball rolling again by saying: "Whereas, the worst



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things in life cost ferociously but are available on easy credit and are childlike and cling and never grow up."

And that's how it would go, each furiously shoving words in the direction of sense until by ten minutes after eleven, exhausted, they collectively collapsed into desperate silence.

It was supposed to be spontaneous but of course, they cheated. Each spent the two weeks between their meetings polishing their adverbs and pronouns and getting their phrasing just right. And they often fought over who was going to give the spontaneous aphorism he had been working on for two weeks first crack before they forgot key words to such phrases as "Pride goeth before a fall and passion after a spring" or "Even truth can leave you unprepared for reality and feeling that you have been deceived."

Sometimes they would have dense little intellectual scuffles about which contemporary writer managed secondary plot components better or deployed adverbs of motion best.

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SETH SPEAKS

Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. www.sethlearningcenter.org

MOVING PAST NEGATIVE IMAGES

SETH: "Now listen to me. When you find yourself facing such negative images in your mind and projecting them into the future, you should at once mentally wipe out that image and replace it with a constructive image, seeing yourself, for example, sitting in command of a well-ordered room. This must be done immediately and upon every such occasion and under every such circumstance. This exercise will indeed wipe out the previous negative image."

THERE ARE NO ACCIDENTS

SETH: Any accident - and this applies to each of you - is no accident. Your good health or poor health is no accident. All of this has meaning to you.

If you cut your finger, it is no accident. If you stub your toe, it is no accident. If you come down with the flu, or with a virus, it is no accident. If you have a chronic physical difficulty, it is no accident. If you are creative, it is no accident. If you get good news, it is no accident. If lovely things happen to you, it is no accident.

You form your reality. And this applies all the way down the scale from your consciousness that you think of, to the tiniest molecule in Lauren's eye!

Bob (Class Member): I was thinking about my motorcycle accident. It was basically the same thing. It's true that I solved a lot of problems, but I can't help thinking that I could have solved the same problems without doing something so radical.

SETH: Perhaps now you will work out problems at conscious levels. It is only when you are not willing to face consciously your own beliefs, and face them through and make distinctions, that seemingly unconscious accidents occur: when all of a sudden you are not as quick as you should be; or, when all of a sudden, your reactions are not as good when a car comes that should not be there.

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Each of you has your own way, and an event that seems horrendous from the outside-from the inside, from your private viewpoints, may be something else entirely.

In nature, there are no accidents. If you accept the possibility of the slightest, smallest, most insignificant accidents, then indeed you open a Pandora's Box, for logically, there cannot be simply one small accident, but a universe in which accidents are not the exception but the rule.

...continued on page 29..



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ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends. See www.MichelleWhitedove.com

Dear Whitedove,

What does it mean when a toddler grows up and as an elementary school aged child she is still speaking with her imaginary friends? **-Proud Momma, in Pompano**

Dear Momma,

Many children have invisible friends although parents usually regard them as fictional characters that are a product of an active imagination. The truth is far more interesting than fiction. There is a wide spread phenomena of small children communicating with their guardian Angels. These invisible friends are guardian angels that inspire, protect, and are always positive companions for our children.

Parents may call them invisible friends but actually our babies are conversing with their unseen support team. At birth every soul is assigned two guardian Angels and two spirit guides. Babies can see them and laugh with them; many toddlers play with them and the fairy kingdom too. The children that continue to keep those lines of communications open are natural born Mediums. This type of Medium is more powerful because they have developed their gifts of seeing spirit, listening to spirit and honing their Psychic-Medium skills for a longer period of time. So please encourage your daughter to pray and meditate, this will help her to follow the guidance given to her from the Heavens. Let her Angels guide her!

Dear Michelle,

I had a feeling that something was amiss at my work-place so I began to think about making a change. Not long after, I friend told me about a position where I could incorporate my spirituality and my corporate background. I would have never been job hunting but this coincidence set me on a new path. Tell me; do coincidences and intuition work together or were these just a series of random events that led to a happy end?

Thinking too much in TN

Dear Thinking,


Congratulations on following your intuition. This inner knowing has helped to guide you to a place that was meant to be! There's nothing in our Universe that is random...everything has a purpose. God has a grand plan and intuition is your innate guidance system or spiritual GPS that leads you to your destiny. When consecutive events accumulate into a meaningful pattern then this is called synchronicity. These are divinely synchronized events that are placed in front of you - on purpose. So give thanks to your unseen support team for orchestrating the Divine Twist of fate.

Dear Michelle,

First I want to thank you. During the course of my reading you warned me of an impending personal disaster. You also told me that not everything is written in stone and some outcomes can change with intervention such as prayers and action steps.

...continued on page 35

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JUST DO IT

How many times have we tried to commit to do something that will help us. How many New Year's resolutions have gone out of the window within a couple of weeks. What is it that prevents us from accomplishing what we set out to do.

It is not external circumstances that prevent us, but it is our mind. Our mind is unruly. We do not even know what is in the mind. If we do not know what is in there, how can we harness it. We experience our mind through thoughts.

But where do these thoughts come from? While driving you might think: Where do all these cars come from. Why is there always traffic when I drive. Why can't people drive more efficiently. These are thoughts, but they are not productive, and we did not choose to create them. Then where did they come from? We did not consciously create them.

We want everything to align with our personal needs. This of course is not possible. The whole world exists outside of us, but we want it to be a certain way. No matter what we think about the traffic, it will be as it is. Those random thoughts come from stored energy that we have created through emotional reactions that were not resolved.

As a child we might have been told that we will never be able to do math. So, every time we need to work on a check book or budget these impressions arise and we throw our hands up and feel defeated. We have not resolved the issue. We know in reality that the statement is not true and we can absolutely do it. Since we did not resolve the feeling of inadequacy, we reinforce it every time we see numbers.

Similarly when we make new year's resolutions, our conscious mind wants to do it, but impressions in our mind talk back to us and steal our energy. The mind is programmed to think. It cannot be quiet. If we do

not engage the mind with productive thoughts it will automatically create a series of thoughts from stored impressions. **Mataji, Ma Yoga Shakti** always stated: "An idle mind is a devils workshop." Yes, unresolved energies and impressions in our subconscious mind rise to the surface when the mind is idle.

Most problems can be resolved simply by not demanding the world to fulfill our personal needs only, and looking at the many options available. But, the mind wants to tackle problems or goals only in its own way. Once we understand that the mind always creates thoughts from previous impressions that have not been resolved, we need to take control.

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SPIRITUAL GRAFFITI

Jeff Brown is author of *Spiritual Graffiti*, *Ascending with Both Feet on the Ground*, *Love It Forward*, *An Uncommon Bond*, *Apologies to the Divine Feminine From a Warrior in Transition*, *Karmageddon*, an award winning documentary, and *Grounded Spirituality*. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

Most of the greatest achievements on the planet are unknown to others — private overcomings, silent attempts at belief, re-opening a shattered heart.

The real path of champions truly lies within — the transforming of suffering into expansion, the clearing of horrifying debris, the building of a healthy self-concept without tools.

The greatest achievers have found a way to believe in something good despite being traumatized and fractured on life's battlefields. No matter what else they accomplish in their lives, they are already champions.

One day the world will realize that it is much harder to heal a shattered heart than excel at athletics. Go(I)d medals all around.

- ~ Jeff Brown, "Love It Forward"



NOTES FROM THE UNIVERSE

International tax accountant turned entrepreneur turned writer for "the Universe" and one of the teachers for The Secret, Mike Dooley runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

If you just physically pretend on a regular basis, no matter how silly it may seem, that "it" is yours, that your life has already taken off, and that you've found true happiness, a tipping point will be reached, stars will be realigned, and new acquaintances will start insisting, "I don't know why, but you look really familiar..."

And it'll be because their inner eyes already see the legend you are to become.

Swear,

The Universe



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

ELESTIAL QUARTZ

Photo by Karin Wolf



Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks. 20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit. Visit <http://highspringsemporium.net/> and Facebook

The segue from summer into fall in north central Florida is usually a gentle shift from intense heat, mosquitoes and high humidity into cooler temperatures, welcoming golden sunlight and a welcome relief from tourist frenzy.

The **Equinox** this year has allowed for a blessed yet brief relaxing back into balance, but we are now once again awaiting the renewed forces of chaos and uncertainty all around us as symbolized by a hurricane. By the time you read this, the hurricane will be behind us but the energy of storm will not.

...continued on page 31



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RUMI AND THE DODGE DART

Mitch Ditkoff is a human being, currently living in Woodstock, NY. Most recently, he has launched "The Year of Living Creatively" -- an online course for anyone committed to following their heart's desire and manifesting a creative expression of who they are and how they want to serve. Visit www.mitch-ditkoff.com

One of the amazing things about life is that every moment has, contained within it, the potential to spark an awakening – a meaningful, memorable, life-changing insight about ourselves with the potential to take us to higher ground.

And to make things even more interesting, we never know WHEN these surprise moments will occur and what impact they will have on us.

Which brings us, I guess, to the following story - a kind of "as above, so below" moment for me back in **Denver, Colorado** in 1979 - something I learned that I am still plumbing the depths of (even if, technically speaking, I am not supposed to end a sentence with a preposition).

Back then, having taken a vow of renunciation and living in one of **Prem Rawat's** ashrams, I was (at least in my own mind) on the high road to happiness, having left "the world" behind like a too heavy bag of rocks.

My day job at that time? Being the Community Coordinator of **Prem's Denver** operations - a role that required me to attend to a wide range of often unglamorous tasks: event planning, fundraising, meeting facilitation, administration, bill paying, troubleshooting, and tending to the needs of our out-of-town guests.

And while the opportunity to be of service was almost always a thrill, it was also very demanding - requiring a lot of attention to detail -- the kind of attention that took up most of my bandwidth.

After a day of dealing with details, my preferred routine, upon returning home, was to sequester myself in my room and read the poetry of **Rumi** - a dependable way to leave the density of the day behind and connect with a timeless realm. It was, at least for me, a kind of homeopathic dose of divine sanity -- a dependable antidote to the mundane and a chance for me to renew, restore and rejuvenate.

So, there I was on my couch, **Rumi** book in hand, when the phone rings. It's **Dennis**, the Community Treasurer.

"Hey **Mitch**," he begins. "I need you to dig into your files and tell me what the vehicle identification number is of the **Dodge Dart**."

"What?" I manage to say. "WHAT do you need?"

"I need you to dig into your files and tell me what the vehicle identification number is of the **Dodge Dart**. You have the folder. I know you do. It's in your files."

"Oh, I reply. "OK. Give me a minute."

Looking through my files to find the vehicle identification number of a 1974 **Dodge Dart** was not, shall we say, high on my list of things to do after a day of having more things to do than I preferred.

But **Dennis**, God bless him, was on a mission and, for some reason, known only to him, absolutely needed the **Dodge Dart** vehicle identification number. And he needed it now.

Finding my way to my desk, I opened the file drawer and located the **Dodge Dart** folder.

"OK, **Dennis**, I got it. Here you go: AZR5903432T-GL79642A."

"Great, **Mitch**, thanks. Let me read it back to you to make sure I got it right, AZR5903432TGL79642A."

"Bingo!" I replied, you got it. Glad I could help."

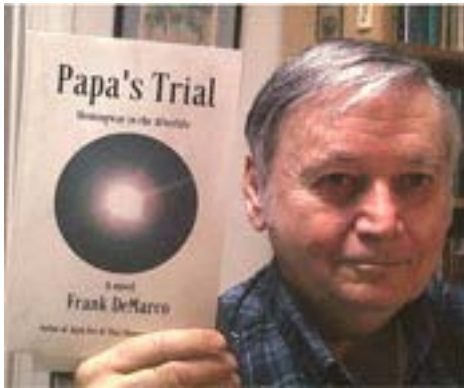
And with that, I hang up the phone, return to my couch, pick up my **Rumi** book and begin reading again, chuckling at the play of it all and realizing how important it was for me to let go of my preferences from time to time in order to REALLY be of service - even if letting go of my preferences was the last thing I wanted to do.

"OK, lesson learned," I think to myself, diving back into **Rumi**.

"Out beyond ideas of right doing and wrong doing, there is a field. I'll meet you there."

...continued on page 46...

FRANK DEMARCO: MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)



INDECISION

Frank DeMarco, co-founder of Hampton Roads Publishing Company, is author of 4 novels (recent: *Papa's Trial: Hemingway in the Afterlife*) and 13 non-fiction books including *The Cosmic Internet*, *It's All One World*, and *Awakening from the 3D World: How We Enter the Next Life*. His books are rooted in more than 25 years of psychic exploration. Since 2005, **Frank** has been actively engaged in an on-going series of conversations with various non-physical beings, including historical individuals, "past lives," aspects of personal guidance and a generalized group he calls "**the guys upstairs**." This column is an excerpt of these conversations. Contact him with questions. www.ofmyownknowledge.com. On Facebook he is [Frank.DeMarco.10](https://www.facebook.com/Frank.DeMarco.10).

Friday, September 23, 2022
6:10 a.m.

DeMARCO: So, my friends, I sampled the audio file **Bill Ebeltoft** sent the link to, and sure enough it reminds me of a state of mind I don't get to easily otherwise. Not the realer reality I visited once, but, let's say, one story up from my normal dwelling place. I'll have to try using that as background while I do something, see how it plays out.

*This ties in with my ongoing concern as to whether to do **Discovery** again.*

TGU: You aren't asking for a "Should" or a "Shouldn't," as you once might have done. This is good. You are asking, more, "What if?"

DeMARCO: Exactly. The pros and cons, please?

TGU: IN FAVOR of doing another program:
Past experiences almost universally good.
This specific program, **very**

Your hope as always is that the right tool applied in the right way will open the closed door, or will find the lost key - however you want to think of it.

NEGATIVE:
Could it be a diversion, or evasion of doing real work?
Being with people full time for a week will have its difficulties.

There is a question of health concerns, and we say no more.

DeMARCO: I suppose any course of action, for anybody, at any time, has its upside and downside. These seem pretty minor. Not exactly crossing the Rubicon.

TGU: Not like **Gateway**, no.

DeMARCO: I suppose it would be worthwhile to take even an off-chance, if there were the possibility of results as dramatic as **Gateway** produced.

TGU: Only they weren't what you hoped for, let alone expected; they were an entirely different order of things.

DeMARCO: Yes they were. How would I have known what to ask for?

TGU: How would you know now?

DeMARCO: Looking at your list, the negatives seem theoretical and not too important, the positives mostly hope.

TGU: Your choice.

DeMARCO: As always, yes.

Then the next question is one of my responsibility - or not - to write a summary of the way we now see the world, in the wake of 20 years of discontinuous but connected instruction by you and by life.

...continued on page 30...



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL.

WELCOME TO OCTOBER 2022

Welcome to October! This year, the month brings us a rich diversity of religious observances. Some of these dates recur every year, but quite a few are timed by the phase of the moon.

Ramadan, Passover, Easter, and Hanukkah are typical examples. The **Islamic lunar calendar (the Umm al-Qura)**, used in **Saudi Arabia** and most of the **Arabian Peninsula**, relies on astronomical calculations with sunrises, sunsets, moon phases, moonrises, and moonsets based on the geographical location of **Mecca** to determine the start of each **Islamic** month.

In modern computer software, **Islamic lunar calendar** is the default **Islamic** calendar in the **Arabic** setting of **Microsoft** software. In **Judaism, Talmud** says, "The other nations count by the sun, while Israel counts by the moon," In **Hinduism**, there are various ways of reckoning the New Year; most common is the day after the new moon in the month of **Chaitra** or, in **Gujarat**, the day after the **Diwali** new moon. In many religions, the observance begins at sundown, the day before and concludes on the sundown of the date.

October 4th: Feast of St. Francis of Assisi, Catholic. Patron saint of animals and the Environment.

October 4th: Yom Kippur, Judaism. Day of atonement to reflect on sins and seek forgiveness from God.

October 5th: Final day of Navaratri, Hindu. The **Goddess Durga** is worshiped in all of her 9 forms during this festival.

October 8th: Mawlid an Nabi, Islam. Celebrating the birth of Prophet Muhammad.

October 9th: Full Hunter's Moon in Aries

October 9th - 16th: Sukkot, Judaism. A day in the Jewish faith that remembers when the Jews journeyed to the desert on the way to the promised land.

October 23rd: Sun enters Scorpio.

October 24th: Diwali: A 5 day festival of light that combines several different festivals in honor of gods, goddesses, harvests, new year's, etc. It is celebrated by Hindus, Sikhs, and Jains.

October 25th: New Moon in Scorpio, partial solar eclipse visible in parts of Europe, Asia and Africa.

October 27th: Birthday of Baha'u'llah, Baha'i. A day honoring the birthday of the prophet-founding of the **Baha'i** faith.

October 31st: Halloween. Samhain: Pagan, Summer's End. Wiccan, beginning of the spiritual New Year.

October 31st: Day of the Dead parade, Mexico City.

Images related to the **Day of the Dead** or **Dia De Los Muertos**, have become a common sight in **American** pop culture and items with iconic images can be found at many retailers in **October**. It is a two day holiday largely celebrated in **Mexico** that reunites the living and dead.

Families create **ofrendas** (Offerings) to honor their departed family members that have passed. These altars are decorated with bright yellow marigold flowers, photos of the departed, and the favorite foods and drinks of the one being honored. The offerings are believed to encourage visits from the land of the dead as the departed souls hear their prayers, smell their foods and join in the celebrations!

Day of the Dead is a rare holiday for celebrating death and life. It is unlike any holiday where mourning is exchanged for celebration. A **Calavera**, or sugar skull, is a decorative skull made (usually by hand) from either sugar (called **Alfeñiques**) or clay which are used in the **Mexican** celebration of the **Day of the Dead**.

GARDENING THE MEDICINE WAY



Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbals, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak. *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds!*

CREATE A FOOD FOREST IN YOUR OWN YARD

A wonderful enhancement to a traditional vegetable garden are fruiting trees and plants that beautify your landscape and provide years of harvest. You can create a food forest in your own yard. A food forest is, by design, more self-sustaining than a regular vegetable garden. Once the plants are established, the plants nurture each other. Vegetable gardens are generally planted each spring and either mowed over or tilled under each fall/winter. The process repeats each growing season.

While a vegetable garden technically contains **fruits**, like **tomatoes, cucumbers, and watermelon**, it does not include established fruits. These are all permanent plants outside the scope of an annual vegetable garden. A food forest can be 1/8 of an acre or 200 acres. Possibilities are limited only by the imagination.

It is recommended to establish your food forest in stages such as planting hedges and/or canopy trees in the first year or two, then later shrubs and a ground cover layer. A typical order would be wind-break hedges and edges, canopy layer, shrub layer, Perennial ground cover layer, annuals, biennial and climbers.

If you are in Florida and wish to stick to natives, some excellent choices for your food forest could be **Beauty Berry, Chickasaw and Flatwood Plums, Elderberry, Muscadine Grapes, Passion Fruit and Red Mulberry.**

Additional trees and plants favorable to tropical climates include:

**Avocado • Banana • Carambola
Dragon Fruit • Guava • Loquat
Mango • Cranberry Hibiscus
Moringa • Okinawa Spinach
Pigeon Pea • Sweet Potato
Cuban Oregano • Katuk**



Mango in bloom



Muscadine grapes

When turning your backyard into a food forest, it's good to take it slow. Prepare the soil and plant a few trees and shrubs, and see how they fare.

Over time you can continue to add plants to the site until you have a food forest that is productive, beautiful and easy to care for.

For more info on creating your best garden and landscape visit [University of Florida's IFAS extension's website](https://ffl.ifas.ufl.edu/) at <https://ffl.ifas.ufl.edu/>

Happy gardening!



SOUL SONGS • ABRAHAM FUN

Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. Join "Abraham Fun" on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

SHIFTING ENERGY WITH YOUR THOUGHTS

Despite the rock-solid appearance of things in physical experience, everything is energy. And in order to change a stubborn, unwanted situation, I must approach it beyond the physical level.

I must shift the energy of it. How do I do that? By my thoughts. I can use my thoughts to change the energy of any circumstance - lack of money, illness, loneliness, work overload, hateful people, low self-worth, or lack of purpose, for instance.

In fact, I came into physical expression fully aware I was entering a mixed-bag world full of things I would want and things I wouldn't want to touch with a ten-foot pole. That was A-OK by me, for I knew the power of my thoughts. And now I'm remembering what I once clearly knew.

Every time I encounter a persistent, unwanted situation, I can transmute the energy of it by asking, "What do I want here?" The answer might be more money, good health, companionship, a manageable workload, enjoyable people around me, self-confidence, or a sense of fulfillment and meaning.

When I use what I don't want as a trigger to think of what I do want, I transmute energy. It may take a little while for the results of my efforts to show up in physical reality, but it will be dramatically worth the wait.

THE SILENT TREATMENT

I pause now, breathe deeply, and allow my thoughts to subside. Becoming still, calm, and relaxed, I release the need to get things done and make things happen.

I turn my attention to my breath or perhaps listen to an inner sound in order to stay focused within.

I rest in this state of alert passivity for a few moments, a few minutes, or longer, knowing that this is a time of intense receptivity, intense allowing of all that I want to come forth.

I am welcoming my deepest longings for physical and emotional health, money, love, and every good thing while I'm in this quiet, peaceful place. I am actually setting in motion events and circumstances that will bring blessings, answers, solutions, even miracles.

It seems that I'm doing nothing, but I can actually accomplish more this way than any other way. I am allowing the good that ever seeks me to start finding me. Now, without effort, in the silence.

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Skin Care for Acne
Skin Care Solutions for Aging Skin
Skin Care for Dry Skin



ABRAHAM HICKS

...continued from page 7

Esther Hicks

need to be an instrument that is so refined that it does not exist. That's just to make a distinction - it still exists, it's just not discernible from your human perspective. So what are we saying in that? We're saying something that our earlier friend wanted to say - there's a sort of grounding in the physical-ness, there's a willingness to expose yourself to a greater degree of contrast, because out of the contrast is born the new.

You weren't as willing as you act like you are now in this regard: You knew you were being born with **Guidance**, and you knew that while you were going to be exposed to contrast, that you would feel when you'd gone too far. You knew that your **Guidance System** would let you know if you were reaching beyond the bounds that your **Inner Being** would be willing to go. You knew you weren't going to fall out of an airplane, you knew you were completely safe in the process of that. You were willing to come into a physical experience where you did not have that kind of control, because the expansion was the bigger prize; the eternal nature of your beingness mattered more to you than the security of staying the same.

And so, it's this perfect process where the **Non-physical** part of you said "We'll remain here constant and sure, and you're the pioneers out here on the **Leading Edge** where you will discover something new that you want, and as soon as you want it, we will acknowledge the perfection of that which you have honed from this, and we will give our undivided attention to the new desire that is born within you, and we will make it so vibrationally."

And because we are all creators, and the **Leading Edge** is out here where you are, you said "And I, in my physical form, will connect with the **Energy** that creates worlds, and together, we will make this idea that was born out of contrast something that is real, that is tangible, that others can live and see." Do you get it? Out of war, you want peace, and out of a desire for peace, you discover a way to live it. But you do it in concert with this **Energy** that creates worlds. This is a big topic. We got all over it.

QUESTION: So in a way I agree to be ignorant of that.

ABRAHAM: "I agreed that instead of a band like that of exploration, that I would be born into a body where I had a band like this of exploration, because I knew out of a band like this for exploration that it would launch more rockets of desire over here where they're tended by that band of exploration. I was willing to get out there on the **Leading/bleeding Edge** a little bit for the purpose of discovering something that is more."

But there's a really big point that we have not woven into this - the why of all of it. Why? Why, if I'm **Pure Positive Energy** and I'm experiencing no resistance, which is what so many humans think is the objective that we are teaching here (it isn't - we can see how you might decide that from what you hear from us), if you're in a place of no resistance, why would you come into a place where there was more resistance? Because out of that you give birth to new ideas.

Well, what's the point of giving birth to a new idea if in giving birth to a new idea, I'm just going to allow it and receive it - what's the point? In other words, what's the point of expansion, what's the point of evolution, what's the point of becoming more? Because it's so fun to go from less to more. It's so satisfying when your life gives you an idea of something that you might like to experience beyond what-is.

And when your life gives you a big idea, a big reason for wanting something to be better, and then you find ways of releasing resistance of what's missing, and finding the belief in the Laws of **the Universe** and the steady eye of your **Nonphysical Inner Being**, and you get in concert with that, so that you have the vision of what you're reaching for, so that the vision of what you're reaching for is more emphatic than the reality that exists outside of it or the reality that even gave birth to it, and then you stand in the power of that **Energy**, you get to witness all of the forces of **the Universe** bringing your idea into reality.

Let's say you're a painter and you're really good at it, and you've painted a lot of really good things, and you have a gallery and there's a lot of stuff in there - people come and they look at it, they are uplifted by it and they like it - and you just stand there all day and just look at what you've done, or you go into your workshop and you paint some more. Well, what's more appealing to you - to just stand there and appreciate your previous work, or to be inspired by new beauty, to discover new mediums and to discover new textures and to find new ways of displaying your creative genius?

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Esther Hicks

ABRAHAM HICKS

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What's more satisfying to you, to stand there and watch what has been done, or to be in the process of becoming more? We're just asking you in practical terms - what feels better to you?

Becoming is a big deal; becoming is a big deal. In fact, it's an eternal deal, it's a deal that you can't stop becoming; you can't cease being in the process of becoming. But a lot of what we say falls on deaf ears with you, with humans, because you just keep wanting to get the becoming done so that you can have become. (Fun) "I don't want to create my fortune, I just want my fortune. And I don't want to attract my lover, I just want to be with my lover. I don't want to come to know it, I want to know it." And we say it's the becoming that is what life really is, the never-ending becoming - that's the juicy stuff.

And so that's why physicality is so delicious, because in physicality there's a start point - here I am and now what do I want? And life causes you to launch it whether you want to or not.

But when you come to understand the **Laws of the Universe** and then you deliberately click into the vibration of what you've already given birth to even though it hasn't manifested, and then you get to tune into the **Energy** so much that you begin seeing the vision and seeing the movie and having the daydream and feeling the impulses, and then you follow those feelings and you follow those impulses and you watch your own hands in the clay turning the thoughts that once you've thought, the vibrations that you once offered, you get the experience the delicious experience of those thoughts turning to things. You get to witness that.

And in your lazy human-ness, you might say "Oh, big deal," but we promise you it is a really big deal. Sometimes you're so tired that these words just sound like "Oh, really? I'd just like to die and rest." (Fun) But **what's making you tired is your own resistance. And when you discover the power of non-resisted thought, then you're going to explore the pallet of diversity into which you are focused in a whole new way.**

You're going to love every single person that does every single weird thing. You're going to appreciate all the

trouble that they make for each other because it's the stuff that your new thoughts are made out of. You appreciate this broad pallet of this physical experience because out of it is born your dreams to which you don't have access at first. But because you don't have access to it at first, it makes the discovering the access of it that much more sweet to you. It's like being really, really hungry before you eat as compared to eating all day long and not wanting to eat any more.

You come with a hunger for the expansion of that which you are. And why is that hunger never satisfied? Why is that hunger to expand never satisfied? Because it's that good. In a sort of similar way you might say - **Esther** says it often to her family and friends - I'm never going to be hungry again. And then they all laugh because they know that isn't true, because sometimes they eat and they are so satisfied, but isn't it nice that you become hungry again?

Isn't it nice that the details of your body and the cellular machinations of your body are always putting you into a place where there is more desire for more? And while the analogy is not perfect (they never are), it's sort of like that - you have an eternal hunger for being that is satisfied by launching rockets and acknowledging that there is a gap for a while, and then the satisfaction is in closing that gap and feeling the power of who You are.

But these words are not reaching you quite yet in the way that they one day will because as you think about some of the things that we've been talking about here today and you acknowledge the existence of the **Law of Attraction** and you acknowledge the existence of your **Vortexual Reality**, of your **Vibrational Reality**, and you pay attention to the way you feel, and you do something about tending to your own vibration, you get out ahead of things by prepaving and pre-planning, you put yourself in the most conducive possible opportunity to receive inspiration from your **Inner Being** by praising and appreciating and rampaging and meditating and soothing yourself

In other words, you use all the tricks that you can find anywhere, anything that causes you to feel good, you do it on a really regular basis, and then you being your day by tuning yourself. And then as you move into your day, with the first thing that feels a little off to you, you make your effort to pivot, you make your effort to find a thought that feels better, and if that doesn't work, you change the subject, and if that doesn't work, you take a nap, but your quest is always the same

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ABRAHAM HICKS

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Esther Hicks

thing (for the nap) (Fun), your quest is always the same thing: Your quest is alignment, your quest is knowledge, your quest is wholeness.

And so, we get your questions. It's like "**Abraham**, I don't quite get it - I was whole and then part of me came and I deliberately caused a sort of separation - what's the point of that?" And we say what you're calling a separation, we're calling a refinement, was for the purpose of you discovering in a more tactile way things that you would like to create in this environment where things become tangible.

We want you to accept that this time and space is the **Leading Edge** of Creation. It's nice to have a thought and it's nice to have a dream, but oh, isn't it even more nice for that dream to become a reality? It's nice to think nice thoughts, it's nice to think about love, but isn't it delicious to have an object of attention to which you are flowing your love?

The tangible realness of this physical time and space is the epitome of creating. That's why you took your creative genius and you brought yourself here. But then, you shoot yourself in the foot by clamoring with each other and judging each other about how well you're creating, and by making judgments about what's the right thing to create and what's the wrong thing to create, until you sort of have polluted the whole tray of colors and substances until you don't allow yourself the satisfaction that could be there if you weren't in judgment of each other.

If you would just accept the perfection of all of the differences of that which you are, if you could accept the perfection without judgment of all of the differences that you are, then you would have this huge pallet from which to choose.

And when you launch a desire and then follow the lead of how your **Inner Being** feels about it, and then witness all things coming into place to give you exactly what you want, you would lose your sense of competition, you would lose your sense of people getting more than their fair share of the pie, you would lose your sense of injustice, you would lose your sense of vulner-

ability, you would discover and practice and hone and own your sense of invincibility and of perfection and of worthiness. And you would feel satisfaction all of the days of this physical life, and you would set future generations up for more satisfaction as well. That's really what's going on here.

Nothing is going wrong, except that you have temporary lapses in allowing yourself the satisfaction that is potentially here for you at all times. You could move from interest to being head over heels in love to being fascinated - the range of positive emotions is endless when you are tuned-in, tapped-in, turned-on to who You really are.

And so, in a practical sense, when we say to you we would like to help you to discover the awesome power of non-resisted thought, that means in very practical terms, we would like you to pick out a car and attract it to you, we would like you to pick out any amount of money that you want to be your basis of lifestyle and attract it to you, we would like you to pick out any number of variety of people and attract it to you. **In other words, in very practical terms we would like you to understand that this awesome power of non-resisted thought means you get to choose it, and it will come right to you if you don't have thoughts that counterbalance it.**

But you keep insisting on being human. (Fun) You keep saying "No, no, we're supposed to struggle and sacrifice - we're not supposed to feel that good." And we say where do you get that stuff? You're not getting any of it from your **Source Energy** - you don't want to measure your life by the degree to which you suffer. "I suffer a little less than the rest of you, and I'm not sure if that's a good thing or bad thing. I'm still suffering - don't get me wrong. (Fun) It's still not that good for me, I'm still suffering, but I don't think I suffer as much as the rest of you."

Are you afraid to let yourself be exalted? Is that the real fear that you feel? Is it not fear of falling out of an airplane, is it fear of not being who You really are? It is that - it's exactly that. It's the way you feel when you deny the power that is really You. It's the way you feel when you deny the clarity that is really You. It's the way you feel when you deny the expansion that is really You, or the possibilities that is really You.

You're powerful beings - you want to know your power and you want to exercise your power and you want to acknowledge your power and you want to add benefit to the world with your power. You do - you want that - and nothing less than that will do for you; it just won't do.

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Licorice contains 25 different antifungal constituents known to reduce yeast, thrush, and candida. Some of these constituents help soothe inflamed mucosal tissue of the mouth, vaginal lining, and digestive lining.

The studies done with **Calendula, Cinnamon and Cloves** found them to contain potent antifungal, antiviral and anti-inflammatory properties helping the body fight off fungus and yeast.

Beyond herbs, **Coconut oil** contains **lauric and caprylic acids** which have been found to directly attack fungal and yeast over-growth. They also help with fungal removal through bowel elimination.

And **Tea-Tree oil** contains strong antifungal properties helping to inhibit the growth of many types of candida or fungal infections especially for nails, skin, and vaginal infections.

By rotating or combining these herbs you can gain a much broader potency in the elimination of fungus from within the body.

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SETH SPEAKS

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A universe in which, therefore, following logically, your consciousness is a combination of an accidental conglomeration of atoms and molecules without reason or cause that will vanish into nonexistence forever even as, indeed, they would have come from nonexistence.

Once you accept, you see, that idea, then if you follow your thought completely enough, you must accept the idea of a random accidental universe, in which you are at the mercy of any accident, in which mind or purpose have little meaning, in which you are at the mercy of all random happenings, in which 300,000 human beings can be swept off the face of the planet without reason, without cause, simply at the whim of an accidental happening.

And if that is the universe in which you believe that you live, then it is a dire and foreboding universe, indeed.

In that universe, the individual has little hope, for he will return to the nonexistence that his random physical creation came from.

Following that line of thought, then, if you follow this through, a group of atoms and molecules were accidentally sparked into consciousness and song and then will return to the chaos from which they came; and the individual has no control over his destiny, for it can be swept aside at any point by random fate, over which he has no recourse.

All of this can be related to ordinary life. Whenever you think that you have a headache, simply because you have a headache; or you bump into a door simply because you bump into a door; or you have an accident simply because you happen to be in a particular place at a particular time; whenever you feel yourself powerless, then you think that accidents happen and that you have no control over them. The only answer is to realize that you form physical events, individually and en masse. And as I have said time and time again, you form the physical reality that you know.

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MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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TGU: More specifically, why can't you bring yourself to write the book?

DeMARCO: Yes.

TGU: But maybe it isn't another book the world needs.

DeMARCO: That would be fine by me.

TGU: Can't you follow where your feelings lead?

DeMARCO: I can when it's a clear direction. Not so easy when it's blankness.

TGU: Now, you know better than that, in a way. That is, you have known better, and now it would be well for you to remember better.

DeMARCO: And to do that?

TGU: Use what you know. Your ever-twisting acronym, for one thing.

DeMARCO: Twisting is right. Latest iteration (and I'm not satisfied with it yet) is **PERC: Presence, engagement, receptivity, clarity.**

TGU: Regardless, center on that. Now, with your mental space clear and you in a state of quiet receptivity, sit with the question. Where would your feelings lead you?

DeMARCO: I may have to list things as they come, sort them out later.

TGU: That's a good use of bullets, just as valid as using them to list things you're sure of.

DeMARCO: Most of the things that are associated with "success" I don't like. Publicity - particularly reaching for publicity - especially.

Too much physical activity is beyond me.

Zoom etc. opens up possibilities I am not paying enough attention to.

I like to teach, I like to encourage.

I guess I no longer believe much in books, in my writing them I guess I mean. That's a shocking statement, but it's true.

TGU: Or is it that you feel defeated ahead of time at the idea of getting your books accepted by a publisher with the ability and will to get them out there?

DeMARCO: That too.

TGU: Remain in the clear receptive state. Continue.

DeMARCO: I liked teaching those weekend courses. But I would have needed for **TMI** to promote them, which it did not do. **Bob Holbrook** was willing to expand it to a weeklong program, but that was perhaps more than I could do.

What I really would have liked would have been to have a continuing seminar with the same people, to help them as obstacles arose. At the same time, maybe the weekend was all that people needed. No point in fostering dependency.

Actually, what I would have preferred would be to be part of an ongoing group, exploring. I don't have to be the leader (speaking of the blind leading the blind), and I don't have to be a follower; can't do it for long even if I wanted to. A group of peers, perhaps alternating leadership according to specialized knowledge or aptitude.

We've been meeting for two and a half years on Wednesdays, but I don't know what we're accomplishing. Something, I think, but I don't know quite what, and perhaps nobody else does either. If this is the group of peers I just mentioned, the form of it hasn't jelled. And maybe an hour a week isn't enough to do anything beyond remind us.

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CRYSTALS, ROCKS

ELESTIAL QUARTZ

Photo by Karin Wolf



Sharron Britton

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Storms bring change. This can cause a sense of fear and unease as many people deeply desire consistency in our lives. Although rapid unpredictable changes are challenging to navigate, they provide us with innumerable opportunities to find new insights into the patterns deep within us that need to change. This requires us to be open to becoming conscious of things we have not wished to see.

Chaos strips away the conceits we create within our minds and allows us a look inside aspects of our being that we would not or could not bring into conscious awareness. We then have choices about how to shift and reintegrate this energy.

One of the best crystals to assist us in learning to receive the blessings from the opportunities offered is elestial quartz. While these crystals were forming, tectonic shifting caused the crystals to shatter. When conditions stabilized, the crystals began to form once again. Elestial crystals can be found all over the world.

They are sometimes called **Fenster quartz** (*fenster* is the German word for window as the crystal formations inside elestials often resembles looking through multiple windowpanes.) Some of the finest **elestial crystals** come from **Brazil** where they are known as **jacare quartz**. **Jacare** is what Brazilians call **caimans**, a close relative of the alligator, because clusters of elestial crystals resemble the bumps and ridges on an alligator's back.

Elestial crystals

have many functions and meanings within the metaphysical community. I have found them to be one of the most effective crystals to helping to guide us through the murky waters on our unconscious being to uncover the insights we need as we grow in the power that only self knowledge can bring.



Smokey elestial quartz, Minas Geras, Brazil

Those who are on a journey to understand past lifetimes and free themselves from old bonds and constrictions can find great assistance in working with elestial quartz.

Meditating with one can open doorways which could allow reconnection with past lives that can now be seen in a different light based on our experience in the present. Once we truly know that nothing human is alien to us, we become more capable of accepting others as they are so we can find better ways to connect with them. That can help us heal strengthen the web of life that holds us all and now feels tattered and frayed by the tempest surrounding us.

Elestial quartz can be found in almost any rock shop.

I have found that the folks who are called to use one know exactly which **elestial** is right for them as soon as they hold it in their hand, so I recommend choosing yours in person if possible. You can find **elestial** formation in all the varieties of quartz - **clear, smokey, amethyst and citrine**. Your inner consciousness will help you select the one that is right for you.



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Betsy Chasse

TIPPING SACRED COWS

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Because I was unable to show myself love, I looked outwardly for a man to do it for me. I attempted to fulfill my need to feel safe in this den of lions. I quickly donned my mask of damsel in distress, because that usually got the guy, and what I got was a romance novel complete with a Ryan Gosling impersonator, poetry gliding from his tongue and muscles gleaming. Cue the music and the sunrise, and off we went. What should I have expected, being an impersonator myself?

How does a relationship sour? How do we go from poetry and flowers and Sundays spent in bed to hate and resentment and fear and a bitter battle where everyone ends up bloody and headless? In retrospect, having taken the time to watch the replay with a broader understanding of why I made the choices I made, I believe it's because we fall in love with the mask, not the man, and we let the man fall in love with our mask instead of the real us.

As an actress, I played the role my husband wanted, the role I thought was the real me, the role I thought would make me happy. I played the role very well because I was so desperate for love and so afraid that no one would love me. I got so lost in the part, so method were my acting techniques, that I even hid the real me from myself.

To hide the shadows of our true selves, we create amazingly intricate masks designed to cover up the authentic face of who we are. The masks are created from the images of our beliefs about who we think others want us to be and the beliefs we carry about ourselves.

They are carefully painted to hide what we so dislike about ourselves or are afraid to reveal, so pieces of us hide in the shadows, kept in the dark where even we often lose sight of them. Some dark part of me thought, I am not really lovable, but if I wear this mask of worth of love, then I will be loved. So wear it I did.

I built my princess-and-supreme-hostess mask from the feathers of fear and rejection. I painted it with colors to ward off failure and everything I believed being vulnerable would bring me. I learned to gain what I wanted through other means, by wearing masks of my own creation.

In my marriage, before we had children and were free from the trappings of real life, kids, car payments, and laundry, it was easy to play the goddess, secure and happy and carefree; powerful, sexy, and smart. All the things my handsome prince wanted, and in turn he played gallant and brave, wise and all knowing, able to protect me from the dragons of the world.

Except that is not who we really were. Deep inside, underneath our masks of feathers, gold, and glitter were two maybe not completely broken but very dented individuals just wanting to feel loved and safe and secure and seriously hoping the other one would deliver that.

My relationship with my ex-husband was probably no different from most relationships out there. We started out madly in love—not with each other, but with an image we each projected outwardly. This was really hard for me to admit, this idea that I wasn't being authentically me, the reality that I had adopted certain behaviors in order to fulfill a destiny I thought I wanted, but hadn't really done the work necessary to make sure it was me that wanted it.

It was terrifying and humiliating at first to say that everything I thought I was, I wasn't. I wanted to be the supreme hostess in a way, but I realized I didn't want it the way I had achieved it. By pretending and lying, I felt as if I had cheated myself because that reality wasn't based on anything but false beliefs and judgments. Was I creating this life out of fear or out of my true soul's desire? What did being happy and secure in myself, feeling true love, really look like? This was the work I hadn't done, because I never understood I needed to, or how.

Clearly my marriage was built on a foundation of fear and lack of self-worth, and somewhere along the line my ex-husband and I began to see the real people behind the masks. Even the best of actors break character every now and then, and every once in a while our soul's desire peeks out, like a glitch in the hologram. And it makes us wonder if that way is really possible.

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Betsy Chasse

TIPPING SACRED COWS

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When finally I could no longer ignore the quirks in the system, I realized there were bugs I needed to weed out.

Even if you don't know it, the real you is within you. Even if you have covered it with so many layers it's impossible to see, it's there and working very hard to break free. My life after my divorce has been about finding that real me mixed in with all the masks I created. My process has been about uncovering the beliefs I have about myself and tearing down the reality I manufactured to hide those beliefs.

The whole concept of creating masks to hide who we really are is complex. Of course it is, because if we humans were easy, there would be no suffering, starvation, war, or general unhappiness. But hopefully the dots will be connected enough for you to find your way back to who you really are.

Ever since I was young, I believed I wouldn't be loved unless I was successful at whatever it was I was doing, be it acting, music, or business. I tied my self-worth to being perfect and exuding happiness. So outwardly, I wore the mask of a confident, sexy, secure, ballbusting woman, and in turn people loved me. And I believed they would never love me if I wasn't those things.

We start out our lives as pretty, happy little beings, all warm and cozy in our Bugaboos, but slowly we gather up beliefs about ourselves and the world and how it works. And we start to worry that if we actually told other people about those beliefs, they might think we were seriously nuts, so we hide them. Sometimes those beliefs frighten us so much we hide them even from ourselves. Me, insecure and afraid of failure? No, not me!

We build intricate masks so we can fit into society and base them on what we think our communities and our family and friends want from us. We use them to hide our crazy, and we start to congregate around other people who wear the same masks. There is safety in

numbers, or you could say like attracts like. But however you want to put it, we feel better when people agree with us.

Why did we become such good liars? If you think about it, it's no secret that our society doesn't really want to know the real us. At work, a woman showing vulnerability is often considered not up to the task of getting things done, so women put on the mask of emotionless robot or bitch. If a soldier were to tell someone he's conflicted about war, he would be considered weak, or a pacifist, so he dons the mask of coldhearted killer.

We think nobody wants to hear about it, so we cover up. What would happen if we let it all hang out, zits, stretch marks, and all? For a long time I worried that letting it all hang out would lead me into total seclusion and loneliness. No one would love me, and I would die alone. So, with my warrior mask securely in place, I moved forward in life, my eyes covered with feathers.

Imagine what would happen if, after your coworker asked you, "Hey, how's it going?" you said, "You know, my life kind of sucks right now," instead of donning the mask of perfection and saying, "I'm great!" Okay, perhaps some discernment is in order, and maybe dumping on your coworker right before the big staff meeting isn't such a great idea. But what would happen if you were honest, if you didn't try to hide your true self?

This has been an eye-opening exercise for me, this willingness to be real with people. Okay, I didn't just all of a sudden start running around playing the victim and complaining about how shitty I felt because my life was a mess, my marriage was over, and I was broke and lost and everything else. Instead, I started by playing with what was lurking in the shadows of myself. I began to bring those things out and express them openly. In that moment, they were the real me. Although they weren't pretty, if I wanted to find the real me underneath all the manure I had piled on top, I had to be the me I was at that moment. Only then could I expand, change, or become something else.

The real me at the time I got divorced, who was sweating and suffocating under the mask of flawlessness, was insecure. The real me was unhappy with my body, my career, and my marriage and unable to accept love,

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Betsy Chasse

TIPPING SACRED COWS

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especially from myself. In that moment, that was real, but it didn't have to stay that way. To the shock of many of my friends and family, I began to show the chinks in my armor. I cried when for years I hadn't.

When someone I knew asked me how I was, I told them, "I am in a very dark place," as opposed to putting on my pretty, happy, dancing mask. When I truly shared myself, others began to share themselves truly with me, and I suddenly realized I wasn't alone.

I gained more friends than I'd had in a while, only this time I was being surrounded by people who also wanted to be authentically themselves.

At this point you might be wondering what this has to do with spirituality and living a spiritual life. Remember, I come from the belief that life—all of it—is spiritual, and peeling back the layers of the onion I've closed around my true self is the journey, the spiritual path.

In doing this, I get closer and closer to my true self, my light self, my spiritual self, if you will. I decided that in order to become what I wanted, I needed to be who I was. I could undo what needed to be undone and find what had been underneath all along.

There was a balance here that I couldn't overlook. There was a risk of becoming a victim when I was doing this work of being my authentic self. Still, I had to continue to work on finding who it was I wanted to be, because I didn't want to swing the pendulum the other way. That would mean falling backward, back to sleep, only this time I might get stuck in the shadow world.

I began to find things in my life that reflected my true self, the self I wanted to be. My ex-husband had said I was mean, and that I wasn't compassionate, and part of me believed him.

It stung when he said that, but once I took a moment to see beyond his reflection, I could see that I was actually a very compassionate being. I asked myself why I believed him. It all boiled down to "a winner never quits, and a quitter never wins," a saying engraved on a bracelet given to me by my father, whom I revered and adored.

Now, what I understand this sentence to mean now and what I decided it meant when I was six are two different things. Not entirely different, just nuanced. In my childhood home there was no room for complaining.

My parents were of the generation that said you didn't complain about it, you just endured it, or if you could, you changed it. My father told me that if you wanted something you had to work for it. It probably wouldn't come easy, so if you wasted your time complaining and not working, you weren't going to get it.

When he said this, his intention was to give me resilience, but I, in my limited understanding, took it to a whole new level where it has stayed for my entire life.

Somehow, my belief that winning would bring me love got twisted up with my father's words, and I decided that complaining was bad and would interfere with me getting the love I wanted.

I was competitive from an early age—baton twirling, violin playing, dancing, singing, you name it—and I spent hours a day practicing. While other kids were out playing, I was in the driveway doing triple spins with my baton until I could no longer see out of my swollen eye (having whacked myself in the eye one time too many).

Now you might think that my parents were awful for making me do all these things, but they weren't awful at all. My mother often begged me to come inside and even refused to allow me to practice into the wee hours of the night.

I had taken on the belief that if I gave in—if I complained or even uttered a word about my exhaustion, my frustration, or my fear that I would never get it—I would lose all hope of achieving success. I was committed, and my parents simply honored that. Hence the mask of the warrior; I've got it all under control, girl.

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TIPPING SACRED COWS

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Flash forward into my adult years. My mask securely in place, I often took others' (especially my ex-husband's) need to feel heard, whether about why they were upset or why their body hurt, as complaining. And I would offer a way to change it. That was my version of being compassionate.

I believed that they really wanted whatever it was they were working on, or practicing, or desiring, and in my own little way, I was trying to help them. But in doing so, I lost sight of the possibility that they simply needed a moment to complain. They needed a shoulder to cry on, not advice, not tough love.

They didn't want a bracelet to wear. After coming to this realization, I asked myself, How can I still be compassionate and supportive without being harsh? My answer was to take off my mask and listen to them, without inserting my own baggage, my own fear of feeling vulnerable, and experience their vulnerability, and in turn my own.

When we are real, real with ourselves and with others, we gain the ability to see the masks of others and reach behind them. And if we hold our own and others' realness with compassion, we give each other a haven for that safety we all so desperately seek. In that safety you find a willingness to expose yourself, masks become unnecessary, and the real you shines.

For me, I found a sort of balance in the ability to be okay with being multilayered. As I did the work of uncovering myself, I found that I wasn't just one thing—there were many aspects of me and I could be all of them. I could love each and every part of me, the happy It Girl, the vulnerable girl. Sometimes hanging out with my layered selves hurt, but these named layers were no longer caricatures, masks. They were me, all of me.

[MORE next month. Can't wait? Get a FREE Digital copy NOW of Tipping Sacred Cows by joining Betsy at www.betsychasse.net](http://www.betsychasse.net)



Michelle Whitedove

ASK WHITEDOVE

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Sadly, my worst nightmare happened but I wanted to thank you for helping me to prepare and to be in the moment with my loved one. I cherish those moments because that is all I am left with. My Question to you is: Why do most psychic-medium's read only the positive aspects of life and don't mention anything negative? I've had my share of readings over the years. -

A Sister in Mourning

Dear Sister,

I am so very sorry for your loss and the grief that you are experiencing. Although death is an inevitable part of life, some losses weigh heavier than others. As a teen, I made a vow to God that I would relay information as it was given. As my connection with our creator and the Angel realm grew, I understood that it is not up to me to edit the messages. Even when, the messages don't make sense to me, I relay them because this work is not about logic and intellectualizing the information.

As a Spiritual Medium, I have found that God gives me the right words when I deliver news whether considered positive or negative. That being said, Mediums are not all-knowing, we are merely conduits for information that flows from the Spirit World. Only God is all knowing.

A medium once told me that she asked God, why she didn't receive visions and world predictions. She was told that wasn't her job, she was here to utilize her prayers to help the world, to teach and to spread love.

So you see, even Mediums come here to Earth with a mission and purpose. Every Medium is not going to give the same type of reading because our gifts have been developed differently; although it is my prayer that every Medium gives their messages from Heaven unaltered.

HOROSCOPES OCTOBER 2022



ARIES – (March 19 – April 18)

ARIES: MOOD FOR OCTOBER 2022

Since May 10, Jupiter has probably boosted your desire to open a new chapter in your life. Whether it is on a personal or professional level, you can't stand still and are burning to make your life evolve. Jupiter will temporarily abandon you at the end of October but remain in the sky. This is an excellent opportunity to continue your incredible momentum!

ARIES: LOVE FOR OCTOBER 2022

Jupiter will leave your decan on the 28th and will not return until December 20. Take advantage of these last (transitional) lights to consolidate the foundations of a new life cycle, which will take shape, if not already done, only from this date. Ask the others about their feelings about your choices. Take the time to meditate on this subject!

In a Relationship: you have probably laid the groundwork for a new beginning since last May. This month, it will be in your best interest to ask the other person's opinion on the subject. Your partner may approve (1st, 12th)!

Single: you will be curious to know the feelings of those who count on you on a new beginning that you have started or is on the horizon for the end of December. Don't hesitate to involve them in your plans if you like someone!

ARIES: MONEY FOR OCTOBER 2022

To boost your career plan and income, you should ask for a bonus or a profit-sharing scheme rather than a salary increase this month! You'll have a better chance of getting what you want!

ARIES: WORK FOR OCTOBER 2022

You will undoubtedly be eager to communicate your priorities about what you have in mind. You will have the opportunity to share with your colleagues, partners, and associates! You will probably have the art and the way to transmit your enthusiasm to them and give them the desire to believe you and follow you (the 1st, the 12th!)



TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR OCTOBER 2022

Ready to help anyone who asks for it? You should win the prize for being a good friend in October! In the background, you continue to prepare for what is to come and will be born next year. In that case, you will be keen not to stand aside and to continue to manage your responsibilities towards others with diligence and benevolence!

TAURUS: LOVE FOR OCTOBER 2022

Until the 28th, Jupiter urges you to fine-tune the details of a new life cycle that is on the horizon in 2023! However, do not neglect to get involved daily. Manage the housekeeping and show those around you that you care about them (1st, 12th)! From the 23rd, your listening skills will be precious to them!

In a Relationship: if you have in mind a life project that you need to prepare beforehand, involve your loved ones in your perspectives or (and) show them that you act as much for them as for you! The best way to get people to support your cause!

Single: your projects (which will come to fruition in 2023) will not prevent you from being present with those around you. They will be sensitive that you are committed to helping them as you serve your personal goals (on the 1st, on the 12th)!

TAURUS: MONEY FOR OCTOBER 2022

In October, you will probably be more concerned with meeting the demand, with getting the job done (whether in the family or in the office) than with asking for money. Everything is in its own time, and at the moment, it is the ordinary that you will have to manage first!

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HOROSCOPES OCTOBER 2022



TAURUS: WORK FOR OCTOBER 2022

If you wish that one day soon, perhaps when prospects open up for you (from mid-May 2023 onwards), think now about making yourself indispensable. In particular by serving the common cause with speed and dedication. This will be appreciated in high places but not only! Your colleagues will also appreciate your willingness to participate, to do your part without begrudging or shirking!

GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR OCTOBER 2022

You'll be pretty happy and determined to get what you want! Whether it's love, money, or a project that lifts you off the ground, you won't beat around the bush to entice those you love and those you need. But be sure to be at least a little sincere if you really want to keep your supporters loyal!

GEMINI: LOVE FOR OCTOBER 2022

Until the 28th, Jupiter will continue to favor your initiatives to open up the future as you wish. Take advantage of this to mobilize your troops around projects that excite you. You will not hesitate (on the 1st and 12th) to use your magnetic influence on the other person. You persuade them (not without some reluctance) to follow you on the adventure!

In a Relationship: the October state of affairs assures you of the incredible power of seduction! You also have an eloquence that should allow you to rally the votes of those you love around a life project which took shape this spring!

Single: you should enjoy a good popularity rating in society, with your family and friends! This is a good sign that your prospects are attractive and worthwhile!

GEMINI: MONEY FOR OCTOBER 2022

If you need money to carry out specific projects close to your heart, you can use your charm to get your bankers on your side! Hurry up and make your requests before the 28th!

GEMINI: WORK FOR OCTOBER 2022

You will have no lack of ideas or brilliance when presenting your projects to those around you, who should endorse your proposals, which are indeed very appealing. Rely on your current radiance and eloquence to convince and seduce. Keep in mind that from the 28th, Jupiter will eclipse and will only reappear in your line of sight from the 20th!

CANCER – (June 20 – July 21)

CANCER: MOOD FOR OCTOBER 2022

Nothing and nobody should affect your serenity in October! As long as you are doing well on all fronts (family, business) and responding to demands, you should get through and end the month at peace with yourself and others. From the 23rd, the Sun will boost your life energy...for the better!

CANCER: LOVE FOR OCTOBER 2022

In October, you will take care of your loved ones and be attentive to their needs when Jupiter continues to highlight your social and professional life. However, there is no question of sacrificing your family life! In October, you will have to find a balance between your boss's demands and the expectations of your loved ones (1st, 12th)!

In a Relationship: your loved ones are asking for you, and you will certainly wish to spend time with those you love. Try to be present with them as often as possible. You should not get too caught up in your currently valued activities!

Single: from the 23rd, the Sun will boost your power of seduction and your thirst for conquest? Before that, be careful not to neglect those you love despite the social recognition you aspire to, which now seems within reach!

CANCER: MONEY FOR OCTOBER 2022

This month you will probably be more concerned with preserving family harmony and keeping the mood at home than your finances. It's a good bet that Jupiter has helped you make your finances grow!

CANCER: WORK FOR OCTOBER 2022

The dynamizing influence of Jupiter on your professional status diminishes from the 28th. This giant planet of the zodiac will only return to the (positive) charge from December 20 to finish what started (you ensure an excellent recognition)! In the meantime, measure your progress and do everything possible to consolidate it!

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HOROSCOPES OCTOBER 2022



LEO – (July 22 – August 21)

LEO: MOOD FOR OCTOBER 2022

No autumnal sequence in terms of morale. Jupiter continues to boost your enthusiasm and your desire to surpass yourself. Focus on the first half of the month to communicate your determination to progress (the 1st, the 12th)!

LEO: LOVE FOR OCTOBER 2022

Do you aspire to spread your wings, to think bigger? Whether your desires concern your private or active life, take the time to talk about them with your loved ones to make them aware of your choices that involve them closely. You can make yourself understood by distilling your messages gently and taking care to respect the other person!

In a Relationship: are you planning to push back certain previous limitations holding you back? You care to inform those around you through loving communication that should hit the nail on the head and earn you their support (1st, 12th)!

Single: your principles of life are evolving? It is no longer a question of keeping your desires to yourself! Instead, you must inform those close to you of your new ambitions, which should not shock anyone. You can express your aspirations with tact (1st, 12th)!

LEO: MONEY FOR OCTOBER 2022

If you ask for money (a raise, for example), you will know how to do it. Charming and charming, your messages will be received loud and clear (1st, 12th)!

LEO: WORK FOR OCTOBER 2022

Jupiter, who has been boosting your ambitions since May 10, will temporarily move away from your sphere of influence from the 28th. It will only return to your path from December 20. In the meantime, take advantage of a sky that is still favorable to your initiatives to anchor the message in the heads of your superiors. This you will do with great art (1st, 12th)!

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR OCTOBER 2022

You will probably be in good company in October as you are determined to enjoy life's pleasures and spend your money to please yourself! In fact, to not exceed your budget and not worry those who finance you or depend on you, you will have to be careful not to sin by excess. Just to keep everyone smiling!

VIRGO: LOVE FOR OCTOBER 2022

Jupiter tends to exalt your magnetism until the 28th, while Venus makes you want everything! You will not be afraid to express your desires openly in the first half of the month, even if it means going a bit over the top (1st, 12th)? From the 23rd onwards, you can communicate in a fluid and creative way!

In a Relationship: try to channel your desires that could appear excessive in a partner's eyes. Suppose they can only succumb to your sex appeal. In that case, you will undoubtedly appreciate it, but don't abuse it for your own pleasure!

Single: you can count on your magnetic radiance to attract whoever you like into your nets (the 1st, the 12th)! However, be careful not to believe that you are irresistible if you want the other person to join you in the adventure!

VIRGO: MONEY FOR OCTOBER 2022

Until the 28th, Jupiter favors returns on investments, allocation of bonuses, annuities, and bonuses. However, it will stop influencing this sector and will only come back to boost your income from December 20 onwards!

VIRGO: WORK FOR OCTOBER 2022

If your associations and collaborations have probably been fruitful since mid-May, don't abuse this current good fortune to ask for more. Your skills, potential, and talents are evident to everyone. In that case, your greed could lower your popularity rating in the eyes of those who (among others) hold power and money!

LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR OCTOBER 2022

Until the 7th, you will benefit from the graces of Venus to enhance your aura. Plus, you have the support of Mercury (between the 10th and 17th) to boost your eloquence. These are significant assets to put you in a good mood and keep you there. Especially since your state of mind will be contagious! You'll spend the month switched "on" and well surrounded!

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HOROSCOPES OCTOBER 2022



LIBRA: LOVE FOR OCTOBER 2022

Your charisma is at its best. You will not hesitate to use it to strengthen a relationship, enchant your partner, and create a magical atmosphere in your exchanges? You know how to make yourself irresistible and can count on your radiance to embellish your emotional life! The others will appreciate it (on the 1st and 12th)!

In a Relationship: an irresistible power of seduction, a desire to love and be loved. You will not lack assets nor arguments to arouse the same passions in a rather hot partner (the 1st, the 12th)! Jupiter favors your exchanges until the 28th!

Single: rely on your undeniable magnetism to attract whoever you like into your nets. You wonder who could resist your charms (1st, 12th)! Cosmic flows are likely to exalt your desire to really commit yourself!

LIBRA: MONEY FOR OCTOBER 2022

You have nothing to worry about regarding your finances. You should take advantage of your good rating to prosper (if not already done)! If you are waiting for a promotion, you can use your current popularity to get it immediately!

LIBRA: WORK FOR OCTOBER 2022

Count on your current radiance to increase your sympathy capital and make everyone want to work with you, to be a team. You will have the art and the way to shine without occulting the light of the other. You can show off your skills while fulfilling the expectations of your partners (1st, 12th).

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR OCTOBER 2022

A month that evokes a time of reflection instead, even a cosmic drag rather than a burst of sap? A less intense atmosphere but one that prepares you for what's to come? Venus arrives to boost your radiance from the 23rd. The same goes for the Sun, which inaugurates a new cycle of self-expression on your birthday!

SCORPIO: LOVE FOR OCTOBER 2022

Your rather busy daily life at the moment demands all your attention and presses you to meet the demand? However, take the time to reflect on the past. This will allow you to take stock of your emotional life and prepare yourself to start a new expansion cycle on this level from the 23rd, preferably with full knowledge of the facts!

In a Relationship: if the management of daily life and stewardship mobilizes you more than usual (on the 1st, on the 12th), in October, think however of reviewing the modes of functioning which in your sentimental life deserve to be preserved...or not!

Single: do not neglect to look back on your previous experiences and extract yourself from a rather intense daily life. Reflect on what you wish to live from now on in love. Just so you don't repeat the mistakes of the past?

SCORPIO: MONEY FOR OCTOBER 2022

Your income has probably increased if you have been promoted, changed your status, or upgraded your rank since May. If not? You have until the 28th to ask for a raise!

SCORPIO: WORK FOR OCTOBER 2022

Jupiter has imposed himself since May 10 as the provider of opportunities to improve the ordinary, make a leap forward, and will move away from your line of sight from the 28th. Take advantage of his influence to open other doors to enrich your perspectives while proving to those around you that you are still willing to serve the common cause!

SAGITTARIUS – (Nov 21 – Dec 20)

SAGITTARIUS: MOOD FOR OCTOBER 2022

You will certainly have no trouble seducing anyone you want in October. You will have the art and the way to embark your relatives, friends, and even your business partners in your dreams. If your future vision is likely to win over the people around you, just beware of a bit of excess enthusiasm that could lead others to doubt you.

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HOROSCOPES OCTOBER 2022



SAGITTARIUS: LOVE FOR OCTOBER 2022

You are formulating projects that probably concern the future of your emotional life, and you are not lacking in enthusiasm to realize them. Until the 28th, Jupiter continues to exalt your sentimental fervor and your desire to live your love life to the fullest. Just make sure that your perspectives remain realistic around the 1st and 12th! From the 23rd onwards, take a step back from events!

In a Relationship: since May 10 and until October 28, Jupiter favors your personal fulfillment. In October, you'll have a lot of charm and tender projects in your mind and heart? From the 23rd, don't rush into anything!

Single: until the 28th, Jupiter continues to exalt your power of seduction. At the same time, Venus favors your friendships (or even more if you are so inclined)! Is this the ideal moment to make tender plans? Not without thinking twice at the end of the month!

SAGITTARIUS: MONEY FOR OCTOBER 2022

Your current magnetic aura should open doors for you and make it easier to get things done. If you wish to obtain funds to finance your projects, do not hesitate to make your requests without pushing the envelope too far!

SAGITTARIUS: WORK FOR OCTOBER 2022

You have no shortage of talent or charm to influence people to your advantage. If you wish to convince them to adopt your (a priori attractive) views, try to moderate your impulses (and expectations) a little. Otherwise, you risk being too enterprising (1st, 12th)! From the 23rd, take the time to mature your plans!

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR OCTOBER 2022

You shine in all areas of your life, and people are looking for your company. You can use your charm and wit to win people over, score points, and have a few hearts. From the 28th, Jupiter will stop influencing your private life but return on December 20 to finish illuminating the perimeter!

CAPRICORN: LOVE FOR OCTOBER 2022

Since mid-May, you have enjoyed ad hoc conditions to improve your living conditions. In that case, you will undoubtedly mobilize yourself more in October to exist and prosper socially than to take care of the well-being of your family (and of yours)! From the 23rd onwards, you will be in the mood to make plans for the future!

In a Relationship: your business calls you, and you will turn to the outside world (1st, 12th) to take care of your social representation. No doubt you will return to your tender plans from the 23rd?

Single: Do you still want to make yourself comfortable and maintain warm relationships with your loved ones? You will undoubtedly use your charisma in October to defend your interests and improve your status!

CAPRICORN: MONEY FOR OCTOBER 2022

If you need money to finance your installation, bet on your current rating to obtain it! Even if this subject does not seem to be a priority in October!

CAPRICORN: WORK FOR OCTOBER 2022

Venus (on the 1st) and Mercury (on the 12th) invite you to intervene on a professional and social level. Turn away for a moment from your current priorities (your family development) so that you are not forgotten at the office. You should have no trouble getting back into the swing of things and, from the 23rd onwards, widen your perspectives through projects that tickle your fancy!

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR OCTOBER 2022

Not quite ready to put your mood on hold? Boosted by Jupiter until the 28th, you are pulled upwards by a cosmic state of affairs. It invites you to widen your horizons and get out of the shadows. You will hardly want to keep quiet or erase yourself! Just try to increase your power in October without going beyond the sound barrier!

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HOROSCOPES OCTOBER 2022



AQUARIUS: LOVE FOR OCTOBER 2022

Jupiter continues (until the 28th) to favor your exchanges. Take advantage of this to communicate in all directions. You will not lack charm or arguments to enchant anyone (1st, 12th)! However, be careful not to take off without a belt or to make promises to the other person that you cannot keep!

In a Relationship: are you determined to make your relationship evolve and become more exciting? Do you know how to convey your expectations to your partner? If they want to follow you, be careful not to drag them into adventures that are only pleasurable to you!

Single: you will have many assets in October to seduce whoever you please! However, if you are successful, consult with the other person before taking them into a world that may be attractive but may be your only criteria!

AQUARIUS: MONEY FOR OCTOBER 2022

If you want to be rewarded for your talents, you will undoubtedly boast of your merits in October. However, you risk overestimating them a little and scaring off those willing to grant your wishes within reasonable limits!

AQUARIUS: WORK FOR OCTOBER 2022

Rely on your glibness and charisma to assert your ambitions. You should not fail to be listened to and followed in high places if you manage to channel your eloquence. It will be appreciated if you do not seek to draw the light only on yourself! So don't deprive yourself of the opportunity to shine while taking care not to blind anyone!

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR OCTOBER 2022

There's no question of restricting yourself in October when you'll probably want everything and preferably... right now! Whether in terms of sensual gratification or spending, you will not skimp? However, be careful not to go too far overboard if you want to end the month satisfied rather than worry that you've blown your budget and limits!

PISCES: LOVE FOR OCTOBER 2022

Suppose Jupiter has been helping boost your income since May. In that case, you will probably be tempted this month to spend a lot of money to have a good time and, if possible, in pleasant company. Count on your undeniable sex appeal to draw attention to yourself without being tempted to go too far beyond your means to hold on to it (1st, 12th)!

In a Relationship: you will undoubtedly be thirsty to have a good time and have fun with your partner in October. You will give yourself the means to satisfy their slightest desires. However, be careful not to put too much strain on your budget!

Single: bewitching, you could be tempted to spend a lot to live magical moments in excellent company! Rather than throwing your money away, you may prefer to rely on your magnetism to enchant whoever you please!

PISCES: MONEY FOR OCTOBER 2022

Not really inclined to save money in October. You've earned a lot, increased your income? There is no reason to squander your money! Even if some opportunities to replenish your accounts will reappear at the end of December (from the 20th)!

PISCES: WORK FOR OCTOBER 2022

Until the 28th, Jupiter will favor your economic expansion and invite you to fully exploit your potential to boost your income. The giant planet of the zodiac will only return to the (positive) charge from December 20. So, in October, you'd instead manage your outings consciously than spend lavishly! From the 23rd, the Sun will boost your ambitions!



Dr Joe Dispenza

OPENING PANDORA'S BOX

...continued from page 8

... INTO NEW FRONTIERS

When we begin this work, seated meditation is one of the first frontiers we cross into. For the first time in our lives, we learn how to change our brain waves while we're sitting up - in other words, not in our usual way of lying down and passing through each stage until we fall asleep and begin dreaming.

In seated meditation, we practice relaxing while remaining awake; opening our awareness and attention to space. We learn to settle down our analytical mind and open the door between our conscious and subconscious minds.

And as we get better and better at this, our automatically programmed thoughts and feelings - long-term memories; highly charged emotional experiences; things that have long been buried in our subconscious - begin to stir and surface.

Now, we're crossing the threshold into the realm of our subconscious - where we encounter hidden aspects of ourselves; unknown to us in waking life. We're opening Pandora's Box.

As these memories and experiences rise to the surface, we often experience vivid dreams or visions that can seem frightening and dark. And it's confusing, because the associated energy seems counter to the enlightened state we're trying to cultivate.

This is quite common in early stages of practice. Some people see faces or disembodied entities. Others hear voices. Some experience recurring nightmare visions; a loop of imagery they can't seem to break. And some are so troubled by what they see and experience, they're tempted to quit.

But when the work seems hardest and most uncomfortable is when it matters most to stay with it.

WHAT OUR EMOTIONS ARE TRYING TO TELL US

This is when it's vitally important not to judge - and not to over-analyze. When we must commit to remaining open and curious. Because these experiences aren't good or bad. They're simply information ... coming from somewhere. Something is trying to get our attention.

It's the subconscious mind that's showing us "something" that's stored there. Something that's trying to surface.

Therefore, when these dreams and visions arise, the subconscious - where these "programs" are stored - is trying to vent information equal to the emotion.

That means the emotion we feel during these experiences is the key to understanding what our hidden self wants us to know.

Our implicit emotional response is what's driving these experiences. The emotion is the energy that keeps fueling the experience of the dream - and attracting the entities, weird loops, and faces we repeatedly encounter.

So when we have these experiences, it's important to notice what we feel - whether it's fear, sadness, hostility, or anger. The emotions associated with our dreams are cues from our subconscious; cues that tell us what we need to work on and overcome.

More than likely, they're feelings carried over from our daily lives; feelings we repeatedly experience - and automatically act out - but are unconsciously unaware of. That's what makes them "subconscious."

These emotions and programs are what our dreams and lucid visions are inviting us to examine and understand. Many of us are afraid to look closer.

But if we do, there's an opportunity to learn about ourselves - and grow - and transcend. Like most aspects of this work, when we overcome the emotion, we overcome the experience.

From <https://drjoedispenza.com/blogs/dr-joes-blog/>



MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

...continued from page 30

TGU: Suppose you set out to create a group of just such self-selected explorers. What would you do different from what you sleepwalked into?

DeMARCO: *I'd have some sort of syllabus, I think. Some road map, however inadequate, keeping us oriented on what we want to accomplish.*

TGU: You mean, like the road maps Daniel Boone used, in exploring Kentucky.

DeMARCO: *Very funny.*

TGU: It's a more instructive comparison than may appear at first. In exploring Kentucky, Daniel Boone made it possible for people to cross the mountains and create the first state there. [In 1792, eleven years prior to the admission of Ohio.]

Did he intend to do that?
Did he have any idea he was doing it?

Would he perhaps even have had severe second thoughts if he had realized that he was changing his hunter's paradise into a land of settlements?

But knowing what he was doing had little or nothing to do with doing it. He was acting as what people used to call an agent of providence.

DeMARCO: *Authorized local representative of the universe, as I sometimes say.*

TGU: Can you say that your life has no such implication? Can anyone? You are all living individual 3D lives centered on yourselves, and at the same time are living as part of a vastly larger pattern, some fringes of which you sometimes see, and other times don't.

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DeMARCO: *The drawback to seeing things that way - as I do, of course - is that it becomes harder and harder to know one's own motivations. Am I following a whim resulting from some quirk in my composition? Am I on the beam, doing the will of God, so to speak? Am I wavering between whim and certainty? It's all mixed together.*

TGU: And so?

DeMARCO: *Well, it can be hard to know what to do, when you try to follow your feelings but don't always know if the feelings are to be trusted.*

TGU: So?

DeMARCO: *I know, "Which you?"*

TGU: It's always your choice, you don't have to explore. You don't have to coast. You don't have to do anything: Who is going to force you? You don't even need to decide.

DeMARCO: *No, if we don't mind standing on one foot, teetering.*

TGU: Follow your feelings, knowing that the better you let them clarify, the better satisfied you will be that you are doing the right thing. The "right thing," remember, for you. That's who you are responsible for.

DeMARCO: *This is a little personal, but I'm going to send it out. What shall we call it?*

TGU: "Indecision"?



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 15

JUST DO IT

We do not even have to become aware of thoughts that prevent us from accomplishing what we set out to do. We need to **"Just Do It."**

Our abilities are limitless. Once we start to do something that we are not familiar with and concentrate on it, the flow of our energy summons information needed. It is amazing! Just start the work whole heartedly and all of a sudden one knows what is next, or how to find the resources. We need to start the action sincerely and it will be accomplished. Once the action is started the mind is busy and will not have time for those previous impressions.

This is not easy, because the mind keeps putting road-blocks in the way. It is important to not just think about it but engage the entire being. When a jogger starts to run, they might not be in the mood, but once they get going they come into what they call a flow. The flow refers to the body automatically doing the action with little effort. Similarly, when we **"Just Do It"**, a flow begins and obstacles are more readily overcome. The mind now refuses to listen to the subconscious because it is in a creative stage.

To accomplish anything, mentally or physically we use our creative energy. This energy flows from our intuitive selves. It allows us to come up with a new solution or a new way of doing something. We begin to look at things from a new perspective or angle. Once that energy flows, we will be inspired. Once inspired we begin to access our inner gifts. Everyone came with wonderful gifts and a purpose. If we never access those gifts, or lives will be very mundane and worthless. We were meant to express our gifts and will not feel fulfilled until we do.


The initial difficulty in starting anything is the beginning hurdle and the mental resistance. Even before Nike started with this slogan, I kept telling students to **"Just Do It"** because once you start everything begins to fall into place. The flow of energy gives us the ability and strength to make the efforts needed to accomplish our goals.

A positive mind finds ways it can be done, a negative mind (unresolved impressions) cannot do it. Even the mistake and defeats on our journey become stepping-stones towards our goal and do not stop the effort. We begin by being persistent with small goals. The feeling of accomplishment will drive out the negative thoughts. The more we work and achieve these small goals the stronger our mind becomes and gets the power to accomplish the previous impossible. Set a small goal and be persistent no matter what to start the flow.

Cherish your visions and goals. Our pure goals and our soul's purpose can be, and must be accomplished. It is only our previous unresolved impressions that keep us from reaching it; and they can be overcome by just starting the process and moving ahead.

Therefore : "Just Do It"

"Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained." — Marie Curie









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SETH SPEAKS

...continued from page 29

ON ASSASSINATION & MURDER

Rob: Do you want to say something about my dream, in which I get shot?

SETH: It was, as I believe **Ruburt** has mentioned, a result of deep contemplation on your part about the bookstore murder, but in a larger context, involving probabilities, murderers, victims, and the beliefs involved.

The men were all united--that is, they agreed to the circumstances. No one was trying to run away, and in a way the murderer was performing a service. Any violence or hatred serves a purpose beyond itself so that man in a way often performs services of which he is not consciously aware.

I am not saying that man is being manipulated, but that in a larger framework, even his seemingly evil acts have constructive meaning. A man who kills with hatred will have his hatred to contend with, but he is not able to kill anyone who has not decided to die--and to die in a particular manner; that is, someone who wants his death blamed on another, who would not commit suicide, who would not choose a long illness--someone who is ready to die but does not want to deal with the circumstances, and wants indeed to be surprised by death.

Now: in those terms, and in the terms of this discussion, specifically, all assassins are paid assassins hired by the victims. Again, in the terms of this discussion, many murderers are overwhelmed by a sense of guilt, and the murderous act pinpoints the reason for the guilt--so the victim pays the murderer by giving a clear-cut, unassailable reason for a monstrous guilt that was before formless, and even more frightening, since it seemed to have no particular base, but an overwhelming vitality.

Now all of those issues, in one way or another appeared in your dream, where ...you became the victim. You then discovered that you were still 'alive'..."

ON KILLING AND VIOLENCE

"You can not kill. As long as you can extinguish a human consciousness forever, then murder and killing are crimes. And, you must deal with them. As long as you believe in the reality of violence, then violence is a crime. And, you reap its fruits. There will never be a justification for killing or violence.

Since there is no death, in your terms, there is no murder. We will have some long sessions dealing with this matter. But, I tell you all, now, no good will come of violence. The gains that seem to be won will end in the violence of those who bring them about. The violence will be reborn in them. It will be part of their reality. And, others will turn against them. This applies to any people at any time.

If there is one message I would give to you all, it is that there is no justification for killing. There is no justification for hatred. There is no justification for violence. It may occur. But, those who indulge in violence are themselves changed. And, the purity of their purpose adulterated. They are no longer the selves that they were."

PRACTICING IDEALIST

SETH: In a manner of speaking, you must be a practicing idealist if you are to remain a true idealist for long. You must take small practical steps, often when you would prefer to take giant ones -- but you must move in the direction of your ideals through action. Otherwise you will feel disillusioned, or powerless, or sure, again, that only drastic, highly unideal methods will ever bring about the achievement of a given ideal state or situation.

Life at all levels of activity is propelled to seek ideals, whether of a biological or mental nature. That pursuit automatically gives life its zest and natural sense of excitement and drama. Developing your own abilities, whatever they may be, exploring and expanding your experience of selfhood, gives life a sense of purpose, meaning, and creative excitement -- and also adds to the understanding and development of the society and the species.

It is not enough to meditate, or to imagine in your mind some desired goal being accomplished, if you are afraid to act upon the very impulses to which your meditations and imaginings give rise. When you do not take any steps toward an ideal position, then your life does lack excitement. You become depressed. You might

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Mitch Ditkoff

RUMI AND THE DODGE DART

...continued from page 18

Three minutes into **Rumi**, the phone rings again. It's **Dennis**.

"Hey **Mitch**, sorry to bother you, but the number you gave me is wrong or maybe I wrote down the wrong number. Here's what I have: AZR5903432TGL7964A. Is that right?"

Laying down my **Rumi** book one more time, I retrieve the **Dodge Dart** folder and take another look at the vehicle identification number, comparing it to the one **Dennis** had just read to me.

They are not the same numbers. Somehow, **Dennis** had omitted the final "2" - the one just before the final "A."

"Hey bro, I think you left out a number towards the end. Let me read you the vehicle identification number one more time: AZR5903432TGL79642A. Now read it back to me."

There is a bit of silence on the other end.

"My bad," **Dennis** says... "I left out the final '2'. Sorry about that. Enjoy your evening."

And with that, I return to the couch, my **Rumi** book open to page 74:

*"Don't run around this world
looking for a hole to hide in.
There are wild beasts in every cave!
If you live with mice,
the cat claws will find you.
The only real rest comes
when you are alone with God.
Live in the nowhere you came from
even though you have an address here."*

PS: I shit you not, just as I posted this story a few minutes ago, my landlord called me and asked if I would go down to the basement and check to see if the sump pump was working. See you later after I return from the basement. The story continues...



SETH SPEAKS

...continued from page 45

become an idealist in reverse, so that you find a certain excitement in contemplating the occurrence of natural disasters, such as earthquakes.

You may begin to concentrate your attention on such activities. You may contemplate the end of the world instead, but in either case you are propelled by a sense of personal frustration, and perhaps by some degree of vengeance, seeing in your mind the destruction of a world that fell so far beneath your idealized expectations.

None of the unfortunate situations discussed in this book have any power over you, however, if you understand that events do not exist by themselves. All events and situations exist first within the mind. At the deepest levels of communication no news is secret, whether or not you receive it by way of your technological gadgets.

Your thoughts and beliefs and desires form the events that you view on television. If you want to change your world, you must first change your thoughts, expectations, and beliefs. If every reader of this book changed his or her attitudes, even though not one law was rewritten, tomorrow the world would have changed for the better. The new laws would follow.

Any new law always follows the change in belief. It is not the other way around.

There is no civilization, no system of science, art, or philosophy, that did not originate in the mind. When you give lip service to ideas with which you do not agree, you are betraying your own ideals, harming yourself to some extent, and society as well, insofar as you are denying yourself and society the benefit of your own understanding. Each person is an idealist. I simply want to help you practice your idealism in the acts of your daily life.

Each person alive helps paint the living picture of civilization as it exists at any given time, in your terms. Be your own best artist. Your thoughts, feelings and expectations are like the living brush strokes with which you paint your corner of life's landscape. If you do your best in your own life, then you are indeed helping to improve the quality of all life. Your thoughts are as real as snowflakes or raindrops or clouds. They mix and merge with the thoughts of others, to form man's livingscape, providing the vast mental elements from which physical events will be formed.



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

...continued from page 6

3 — Have a discussion with the person. Tell them anything you want them to know. Remember they did the best they could under the conditions at that time. You don't know what struggles they were going through. Imagine them responding to you as you would like to be responded to and understood.

4 — Forgive them. Tell them you're sorry for your part in whatever happened, and ask them to forgive you. Thank them for their part in your life. Tell them you love them and mean it. "I love you, I'm sorry, please forgive me, I forgive you, thank you."

5 — Imagine standing up with the person before you. With a hand swipe motion, cut the cords between you. All past issues are now dissolved. Imagine the person walking away as you feel love and forgiveness for them.

WHAT IS THE HAWAIIAN FORGIVENESS PROCESS OF HO'OPONOPONO?

1. Bring to mind anyone with whom you do not feel total alignment or support, etc. Imagine them standing before you. Overflow love and healing from your heart (see above) in their direction for the duration of this exercise.

2. Say and mean, "I forgive you and, for whatever my (known or unknown/ karmic across lifetimes) part in your situation, I ask you to forgive me. I thank you for your part in my life and I love you."

3. Next, let go of the person, and see them floating away. As they do, cut the cord that connects the two of you. Do this in your mind and also with a sweeping motion of your hand. "I release you, I ask you to forgive me, I forgive you, thank you and I love you."

Do this with every person in your life with whom you are incomplete, or not aligned. The final test is, can you see the person or think of them without feeling any negative emotions. If you do feel negative emotions when you do, then do the process again.

Onto another topic...

Jeff Brown is speaking below to those who don't understand law of attraction, and who consider it a form of spiritual bypassing. But you don't solve a problem with the same thinking that created it.

People who think like this DON'T GET that it takes PRACTICE to come to the level of thinking/ consciousness where you UNDERSTAND how specifically your focus of attention determines WHAT you attract, and HOW. You come to this level of consciousness by working thru your own personal issues as they arise and glean insights from your contemplation of what has happened in your life, what is happening around you now and what your part in it all is.

Every time you have another realization, another deeper understanding, you've raised your thinking, your consciousness. Your perception and belief changes as the view from each higher perspective allows you to see more than before.

Jeff Brown writes, "Next time you have a terrible thing happen to you and someone says "You chose your every experience," knock them unconscious. When they come to, ask them to thank you for fulfilling their dream. And then, insist that they forgive you before they have even healed their head wound.

Then tell them that "pain is an illusion- just be aware of it, witness it, and you will come into the Power of Now." Then, remind them that there are no victims and that they just need to "turn around" their story of victimhood. When they try to get up, push them back down on the ground, and remind them that "everything you see and experience is a reflection of you."

That is, "you must have had some issues that you needed to look at around violence. I gave you a gift. Be grateful." Ask them for some money in exchange. Tell them to give you their pin number. When they begin to get angry, remind them that anger and judgments are substandard emotions and that there is never anyone to blame. If this doesn't soften their edges, inform them that the ego is the enemy, and that the part of them that is perceiving this situation as unacceptable is merely misidentified...

"You are trapped in the matrix, and seeing the world through that limited lens." Tell them you are here to liberate them. And then, steal their wallet, so they can learn another valuable lesson about attachment and manifestation.
p.s. Do not actually do this. -- **Jeff Brown**

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Jim Egan

STORIES THAT BEND REALITY

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Once during a protracted argument the **Man with the Ladder** thought to himself, 'When the light comes on it's wonderful but sometimes you yearn for the darkness again.'

There were mornings, however, when the routines they usually got caught up in, fell away. Something mythical would touch them and they would effortlessly be transformed into the Paul Bunyan Literary Society with in place of literary arguments, a competition to see who could tell the tallest literary tale. At the end of the competition the **Man with the Ladder** was called on to decide who was the winner of the "**Maximum Spinners**" award. The prize consisted solely of the obligation to buy the vanquished something special to eat, usually Viennese pastries from the patisserie on 6th Avenue. It was a obligation mightily striven for.

One particular Sunday stood out in the Man with the Ladder's mind. This Sunday was unusual for two reasons. Not only had the decision to become the Paul Bunyan Society been unanimous and almost instantaneous, but everyone waited politely for someone else to begin the days telling.

"I guess I'll start," **Harry Byrne North** finally offered, "With a simple story about a man who, a few years ago, won the **Pierpont Norton fellowship**. You know the one that pays you a stipend for the rest of your life as long as you publish anything you write under the pseudonym **Pierpont Norton**."

"This writer had been trained as a classical musician. His instrument was the piccolo and for years he pursued his writing career the same way he practiced the piccolo. He would do the equivalent of scales for about an hour or two before he settled down to what he considered his serious writing. He would take a short story he had received a C+ in a creative writing course at college and for practice, he'd rewrite it."

"The same story?" the **Man with the Ladder** asked.

"The same story. Each day, before he settled down at his serious writing, he would reread his old college assignment and produce a new story. Then, after he finished his scales so to speak, he would turn over the pages he had just filled with practice writing and settle down to the serious job of writing his great, universal novel."

"When he finished his masterpiece he made some copies and sent them out to publishers. When the rejection notices started to come back he got discouraged, so I suggested he send one to a friend I knew at a small publishing house. By accident he sent my friend the original manuscript and kept a copy for himself."

Harry paused as a teenager in a tight skirt navigated her way around them on her skate board.

"So did they like the novel?" the **Man with the Ladder** asked, picking up the thread of the story.

"No, they hated it like everyone else. But a strange thing happened. While putting the manuscript in a return envelope, my friend noticed the practice stories written on the back of the pages. He fell in love with them and sent the piccolo player a contract. The piccolo player didn't realize they were publishing his exercises and not his serious work until he got a copy of the first proofs. He felt they were worthless five finger pieces."

"He was so demoralized by the turn of events that when his work won the **Pierpont-Norton prize** he had already given up writing and was playing **second piccolo** for the **Philharmonic**."

"Very interesting," commented **Sidney**, savoring a last glance at the teenage skateboarder as she turned a corner. "It reminds me of a quite bazaar turn of events that occurred a few years ago. A young writer published three and a half novels all at the same time. He almost became the literary phenomenon of the year, for a few months. If any of the novels were any good he would have burst on the literary scene. As it was, the curtain of fame parted slightly and he was squirted on the stage. Very few people knew the real story behind his accomplishment."

"It began when he finished the first half of a novel and sent it to his agent for criticism. The agent, who lived in Hollywood, wired the novelist back: "Loved it, finish quickly. Will guarantee publisher if second half as good as first half."

"Unfortunately, the author had worked so hard and long on the first half that he had alienated his girlfriend's affections. She felt she had been beaten out by something as mere as a work of literature. Which explains why she murdered her rival, throwing the manuscript down the incinerator and then took off with a plumber, for **Spain**. She sent him a card from there, telling him where he could find the ashes of his novel, and what he could do with them. He was nearly broken by the twin losses but while one merely

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STORIES THAT BEND REALITY

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broke his heart, the other broke the strings holding all of his other parts together."

"In desperate panic he cabled his agent: "You have the only copy of the beginning of the novel. Please return it so I can finish it." He got back another telegram from his agent saying: "Already gave first half to film producer for first reading. Producer notorious for taking time to consider possible scripts. Scetch out first half from notes and add second half."

"Well, the writer thought this a little presumptuous, but he took it as a compliment as well. His notes were a jumble of a number of stories but he did his best to reconstruct the beginning as best as he could, added an ending and sent it off to the agent. The agent cabled back: "You remembered the beginning all wrong. Your ending doesn't match original. Producer likes original. Am enclosing first beginning please write ending to go with it."

"Now when the writer received the old beginning of his novel he realized how different it was. With it in hand, he rewrote the ending of the novel and sent it off to his agent. When he thought about what he had done it dawned on him that he now had two novels which like the children of two sets of circumstances bore no resemblance to one another."

"Now the next cable our hero received was from Switzerland where his agent was vacationing, "Publisher loved the character of opera singer whose voice changes in middle years. Insists she be made a major character and theme of sex change be developed. Assurances will publish novel. Am off on **Safari**. Send completed manuscript to **Hollywood** address. Small advance enclosed."

"Now the author remembered no such character. He re-read both versions of the manuscript and the closest thing he could find was some dialogue in the first manuscript in which the villain is talking about a movie he saw with an opera singer who changes her sex and wins the tenor's role from her former lover."

"At this point, the author was thoroughly discouraged, but his hunger for fame and glory and food restrained him. He

thought he could make a central place for an opera star without completely rewriting the novel but of course you know what happened." The two other literary people nodded knowingly.

"He produced another novel, entirely different from the two preceding it. On the day he sent it out to his agent's **Hollywood** address he received another cable."

"Publisher who planned to publish book massacred editor and chief reader, shot self and mistress. Have shown it to new publisher who handles mostly religious books but is looking to expand catalogue. Guarantees publication if you introduce religious theme and cut out all references to sex of any kind except with, or between, any form of animals. Sending advance for anticipated revision. Will return from **Safari** soon."

"Now, as I said the young writer was hungry, physically as well as spiritually. He would have refused to continue a situation that had already become a bloated farce but he needed the advance to eat and soon found himself attempting a novel with a religious theme and without sex except with or between animals."

"He was halfway done, tottering on the precipice of a breakdown when his agent died a very interesting death in **Bologna**, dressed as a bull elephant, in a brothel called **Safari**."

"The next cable he received was from the executor of the agent's will. It said tersely, "Am returning under separate cover a collection of manuscripts with your name on them."

Everyone waited for the denouement.

"He never received them," **Sidney** responded after a reasonably dramatic pause. "Instead, he got in the mail a package of letters intended for someone else. They were first quality, literate, torrid love letters. Uncertain about what to do, Bill stuffed them in a drawer and began answering advertising agencies want ads for copy writers.

"Shortly after this he received a letter from a female editor at **H.R. and Davis, Publishers**: "I have accidentally received three manuscripts addressed to you. I was wondering if by any chance you received a package of letters which should have been sent to me. If so, we could work out a mutual exchange at an agreed upon spot in the **Bronx**. P.S. a deal might be worked out by way of publishing the three novels if that is what it takes to insure the return of the letters."

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STORIES THAT BEND REALITY

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"The novels were all published but the author of course denies the story, preferring the explanation that he succeeded because of perseverance and talent."

A general murmur of approval passed around the group.

"A very unusual story indeed." **Anatole Sweet** acknowledged, "If anyone is interested I also recall an unusual story."

The others made vague gestures of encouragement as if he needed any to begin.

"Are you familiar with the literary prize the **Yugoslav** regime gives every five years?" **Anatole** began.

Everyone nodded their head, not because they had heard of it, but because such acknowledgment was expected of them.

"As you know it's worth 50,000 dinars payable in **Belgrade**. It's an endowment of the king of the gypsies who wanted to be a writer before his brother died suddenly and he was promoted from relaxed court hanger on, to king."

"Well last year," **Anatole** continued, "my friend **Baltchar** won it."

"Never heard of **Baltchar**," **Harry Byrne-North** remarked.

"Probably not," **Anatole** agreed pleasantly. "The only thing he ever wrote was the novel that won the prize, and when it becomes clear how he wrote that, you'll understand why you've never heard of him."

Everyone settled back into a defensive listening posture.

"**Baltchar** was not really a writer. He worked in a bookstore, but his reading was confined mostly to magazines in which words appeared at the bottom of pictures. The only interest he had ever shown in anything literary was a fascination with **Shakespeare** in high school **English**. After he graduated however, he gave up reading, feeling it unneces-

sarily burdened his existence. But working at the bookstore had its occupational hazards like any other occupation.

One idle day as he flipped through a magazine looking primarily at the pictures, he happened upon a reference to the idea that if you put a hundred monkeys in a room with a hundred typewriters and set them typing, eventually they would produce a work of **Shakespeare**."

"I never thought that was very complementary to **Shakespeare**," **Harry** commented. "It wouldn't be so easy to reproduce my works," he added self assuredly.

Anatole ignored the interruption.

"Well, this little statement fascinated and intrigued **Baltchar**. It freed and bound him in the same moment. He said to himself, if monkeys can do it, why not me?"

"That's the way inspiration comes to a lot of people." **Sidney** commented, looking deliberately at Harry.

"What he understood the article to be saying was that the key to writing Shakespeare was a proper state of animated typing, done with enough patience. **Baltchar** went out that very day and bought himself a typewriter. For the first two months the only thing that came out was a jumble of letters. Sometimes they filled a whole page without a space. Other days only four letter sequences appeared, but **Baltchar** was not one to admit that he had failed where other primates had succeeded. With a mixture of desperation and jealousy, he reduced his diet to peanuts and bananas. He strove with all of his being to put himself into what he felt was a primate mentality, and began typing."

"Still there was little improvement until somewhere in the third month he started typing and what appeared on the page was a paragraph that began, *"It was the best of times and it was the worst of times"* but then degenerated into guttural syllables and what sounded like a jingle for cat food. When he stopped and looked over what he had written that day, he tried to decide whether it could be something of **Shakespeare's** that he might never had heard of.

The only thing of **Shakespeare's** he knew for sure was a few snatches from **Macbeth** and parts of a scene or two from **Hamlet**. He briefly entertained the thought of rereading **Shakespeare** but rejected the idea because he was afraid this would open him up to the charge of plagiarism when he finally started producing the master's works.

"Over the next two months interesting things appeared

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at his typewriter. One long coherent run of pages began: "Well, prince, **Genoa and Lucca** are now no more than private estates." and went on and on in that odd tone. He liked it but he decided tentatively that it was a false start, not **Shakespeare**. But when he sat down at the typewriter and resumed typing the words remained with the same tone and voice. Finally **Baltchar** gave up and rested for a few days until whatever it was, it went away.

"For a week or so after he resumed typing nothing came out but gibberish. Choppy sentences in what looked like some strange language. And then for four weeks another coherent manuscript appeared at his typewriter. It began 'I met **Nick Strayte** where you meet half of the people on campus if you wait long enough, in the bathroom.' Two hundred and sixty two pages followed."

Because the others were watching the girl on the skateboard make a well received return trip through the park, no one noticed the **Man with the Ladder** sit straight up and stare at **Anatole**, who, after shaking off the distraction, continued.

"He liked whatever it was but he had the nagging feeling it was not one of **Shakespeare's** plays. He took it to someone he knew from the library who had read all of **Shakespeare** and this person confirmed what he had suspected all along. It was definitely not Shakespeare.

"In the depths of depression he came to the conclusion that either he was doing something wrong or that the author of the article in which he had read this technique had omitted something.

He went back to the magazine in which he had read the article and wrote the author a letter.

"**Dear Mr. So and So**," it began. "I read your article in **The Bankers Quarterly**. I have to report that it was not factual in particulars. I am enclosing an example of the kind of thing that comes out when I follow the procedure you outlined for producing **Shakespeare**. As you can see it is not Shakespeare. Except for not using genuine monkeys I have followed your technique for writing Shakespeare to the letter. What am I doing wrong? Sincerely, **Baltchar**."

"He got a letter back from the author saying that he never read unsolicited manuscripts but that the altogether quaint cover letter had totally disarmed him. He said he thought that the novel was a work of genius and that, with **Baltchar's** permission, he would submit it to a publisher he knew.

"The end result was that the manuscript was published in **Europe** and submitted for the King of the Gypsies prize, which it won."

"What about **Baltchar**?" the **Man with the Ladder** asked, clearly interested.

"The author who wrote the article that started **Baltchar's** literary journey, sat him down and explained that the procedure he had written about was not a viable technique for producing **Shakespeare**. **Baltchar** believed him, abandoned his unique writing technique and as a result never wrote anything of consequence again."

After a reasonable silence the three aspirants for the **Maximum Spinner award** turned to the **Man with the Ladder**. "Well, who is the winner?" **Arthur** asked. They were surprised to see the **Man with the Ladder** pale and struggling for breath.

"Is anything wrong?" **Harry** asked.

"No, of course not, a piece of lint in my throat. I will be fine in a minute."

The **Man with the Ladder** recovered his composure quickly and picked up his role where he had set it down.

"Close as it is, the stories all being exceptionally wonderful, the **Maximum Spinner** today is **Anatole**."

Can't accept," **Anatole** said, pretending to hand the invisible award back. "The story I told you is real. Only the details have been changed to reflect the truth."

The others didn't buy it so he relented. "It's **Danish** all round," he announced, leading the way to the patisserie with **Harry** and **Sidney** sulking behind him.

"I'll catch up in a minute," said the **Man with the Ladder** fumbling with his perch. In his head he heard his own voice reading from a half finished manuscript that he would never complete. "I met **Nick Strayte** where you meet half the people on campus if you wait long enough, the bathroom. He was tall, standing away from the urinal with abandon. "I've never seen you before, he said, at least the pecker isn't familiar."



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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*I want to look back on my life
and be giddy with joy that I was
the one who got to live it.*

The view is much different from the mountaintop than from the valley and with it you gain more information. With more info, you're able to make better, more informed decisions.

With every rise in thinking, more behaviors, people and circumstances from your FORMER CONSCIOUSNESS begin to slip away as NEW PEOPLE and CIRCUMSTANCES appear, reflecting your raised state of thinking, of consciousness.

With each new realization, you begin to attract new experiences and people. You begin to understand when past momentum from prior thoughts and beliefs COME BACK TO BITE YOU. In your understanding, you're better able to weather the storms and the storms become less and less. And that's when you begin choosing your every experience.

HERE'S HOW THAT "THINK HAPPY THOUGHTS" STUFF WORKS

It works this way: As soon as you realize that your inner self-talk is what propels you into your next experience in life, that is when you begin a daily practice of thinking happy thoughts on purpose. I didn't know it until I was 30. It took another few decades to have discipline over my thoughts so I could think "on purpose."

Q: So as soon as you begin thinking happy thoughts, the bad experiences in your life stop happening?

A: No. When you begin thinking happy thoughts, you stop setting unwanted things in motion and you start setting in motion the things that you want. When you begin thinking happy thoughts on purpose, you stop activating old wounds and you begin instead finding things to look forward to.

Q: So why do bad things continue to happen if I'm thinking happy thoughts?

A: Because you're still at the mercy of past momentum, the momentum of past thoughts and actions that haven't yet come back around. You're still awaiting the karma, the consequences of past actions. Consequence as in you open

your hand and the ball drops. Consequence as in you let go of the string and the balloon floats to the sky.

Q: How do you know when your past momentum is caught up?

A: You'll know you're free of past momentum because you'll notice that what you were thinking and feeling the day before is what you can expect to think and feel the following day, and that is okay with you.

If you're a good mood person, life will begin going smoother for you. People will be less combative and you'll experience less conflict. Thanks one way to know. If you're having a challenge finding a silver lining and thinking happy thoughts on purpose, then do something that makes you happy. Whatever it takes for you to feel happy.

Look for things around you to be happy about. Skip over the unhappy things, they are not for this exercise. Think, "I'm standing, I'm walking, I'm breathing, the sun and wind feel good on my skin. I can move my arms and legs, I can hear crickets and birds and see them in the trees and the rain is making everything grow. We really live in paradise and every day is a new beginning. I never know what good awaits me right around the corner. Anything is possible and I know the Universe loves to delight me."

Begin practicing good thoughts and visualizing happy scenarios. Soon enough, you'll be free of past momentum and begin creating day to day. And once you're beyond past momentum and have begun creating on purpose on a day to day basis, it's very unlikely you'll find yourself "being raped" or "jumping off a cliff." You're simply unlikely to be within vibrational range of those scenarios.

You'd most likely be within vibrational range of asking inwardly for help, having insights, enhanced intuition, finding shortcuts, seeing increased opportunities. Sure, every thought is a choice in every moment every hour of every day in your life, but you can keep yourself within vibrational range of all sorts of good stuff once you learn to think happy thoughts on purpose. And then take time every day to think them.

Q: Is "thinking on purpose" the same as creative visualization and pre-paving?

A: Yes, they are all focused techniques for thinking on purpose.

Enjoy our offering this month.
Hari Om



Andrea

HORIZONS MAGAZINE

MISSION STATEMENT

What I'm here to do with Horizons is share a belief and formula for happiness that I've found is true for me and for others I know. To give readers the choice to entertain those ideas, some of which may be an option for them as well. We don't always know what we might prefer, how our life might change for the better if we don't consider and entertain the idea of something new.

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience.

What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation.

Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, truly in the Now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise.

So, if you read an article that touches you or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss the offering with them.

Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



*As hopeless as any situation feels,
it's really only your thoughts that
you're dealing with. And you have
the power to change those.*

Louise Hay

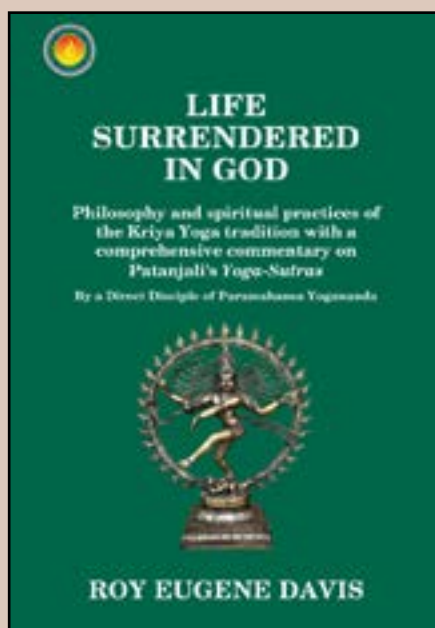
*When we think that the
world has unlimited
resources, our world
becomes unlimited.*

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