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**April 25–29** Kriya Yoga retreat  
**May 16–20** Panchakarma and Kriya Yoga  
**May 23–27** Kriya Yoga retreat

**ayurveda** *ayur* life, *veda* knowledge. A natural system  
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**panchakarma** *pancha* five, *karma* action. The five  
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CSA founder, Roy Eugene Davis (1931 – 2019),  
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# 12 STEPS OF SPIRITUAL FREEDOM

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

Email [dr.tomsannar@gmail.com](mailto: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.

**3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.

**4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

**5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.

**6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

**7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

**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.

**9. Persistence.** I persist through faith. I maintain focus and discipline.

**10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

**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.

**ARTICLE SUBMISSION:** You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to [HorizonsMagazine@gmail.com](mailto:HorizonsMagazine@gmail.com). Time sensitive articles must be submitted 3 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for.

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Andrea de Michaelis  
Publisher

## 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."*

### HELLO, WELCOME TO THE MARCH 2022 HORIZONS MAGAZINE.

These are strange times, for sure. Yes, there's a lot of misery in the world but there's also a lot of beauty and happiness. If you're able to help solve the misery by all means do so. Another way to help is to let those around you know they are seen.

Acknowledge them, give a glance and a smile, nod as you pass familiar faces in the store. Have a kind word where one is needed. Help friends stay uplifted and motivated and focused on what good is right in *front of them that they may be missing*. We all need reminders. Remind them that *yes there is misery but there is so much good and beauty, focus on that. If you cannot help alleviate the misery, take your focus off it.*

### STOP BEING AFRAID OF WHAT OTHER PEOPLE TELL YOU TO BE AFRAID OF

It's all about perception. When I was 8 years old, we visited some cousins who lived on a remote country road in a ramshackly farmhouse. There were 6 of us kids in the yard and the oldest began to tell a story. There was an old woman, legend has it, who was killed walking home from the market at sundown and her ghost still haunts the road to this day. He and his brothers told stories of people who'd encountered her and the tattered yellow dress she wore with long blue mens' sweater and men's work boots, carrying her groceries in a big potato sack.

As they spoke, I noticed a stooped figure walking toward us, way down the road. I saw her clear as day, yellow dress, blue sweater, boots, potato sack. The cousins couldn't see her, they said, but my brother and I did! The closer she came the more afraid I got, since the story was that she came back with a butcher knife to get revenge.

She did keep looking in the potato sack, probably checking her knife. By the time she got 100 feet away I was frantic, crying and afraid, knowing we were all about to be murdered.

Thankfully my mom ran out of the house to save me! But instead she walked over and took the potato sack from the killer ghost woman. WTH?? Of course, there was no killer ghost, the woman was merely their grandmother who was walking home from the market as she did every sundown. Except I wasn't told, "My grandma visits at sundown."

No, my cousins had carefully set the scene so that when I saw the old woman on the road, I'd think she was the killer ghost of the "legend" they just told me. Had they said nothing, I'd have thought I was watching an old woman walk on the road. But since their advance story was that a killer ghost roamed the road at sundown, that is what I saw.

### IT'S ALL ABOUT PERCEPTION. WHAT HAVE YOU BEEN "TRAINED" TO SEE?

Everything you see on tv, the internet, news, shows, interviews, documentaries, have ALL BEEN DESIGNED TO psychologically CHANGE THE WAY YOU VIEW REALITY. Enjoy it but take note of where each tries to lead you and why. Make sure that's where you wanna go. You're only aware of the reality you CHOOSE to observe. Don't give any airtime to the reality from which you're trying to escape. Like cable tv, more than 100 channels are yours for the clicking and you can only be intensely focused on one channel at a time. That's why it's really important to stay on the channel you want.

Abraham-Hicks said *"If you were in the vortex 70% of the time, you would have no discomfort in your physical body."* *I've totally experienced this to be true. When I'm in a good place nothing bothers me. If I've got a little resistance going my allergies and hay fever may act up, an old carpal tunnel may act up.*

Not surprisingly, Abraham-Hicks says about allergies: *"Do you know what has happened to someone who has a sensitivity to food? They're insensitive to their emotion, until it got big enough in the form of an allergic reaction to get their attention. You don't have a sensitivity issue, you have an insensitivity issue, you haven't been aware that you weren't in the Vortex."*

*...continued on page 53...*

# 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](http://www.abraham-hicks.com).

## ABRAHAM ON PAIN

**ABRAHAM:** When you feel the pain, acknowledge what pain is: Pain is help on the way. Pain is what it feels like when the help is flowing, and I'm really not letting it flow - as much as I would like to. OW, pain is a combination of faster moving energy (*which is help*), and my resistance.

So, as you embrace the pain (*because that means help is on the way*) and then try to relax in order to let the help in, you actually relax into the pain - relax into the pain. As you accept the stiffness as energy flowing, then rather than cursing it, or damning it, or wanting it to go away, you say, *bless this stiffness, this is help on the way*. Can you feel the difference in embracing something and in pushing something away? In relaxing in to the pain rather than resisting the pain? In acknowledging the pain as evidence of energy flowing which is healing energy?

## ABRAHAM ON FACEBOOK, ONLINE DEBATE & OFFLINE WARNINGS

**GUEST:** When people talk about disasters and negative experiences "Oh, have you heard about that?" I'm like "No, I haven't. I don't know what you're talking about," because I don't want to draw that kind of energy, but I was curious as to why humans, why do we like to

advertise what's going on? Like "Oh, I got an A+ on my test," and we're always looking for a response from someone else. I'm just curious as to why people like to advertise their feelings to other people because they're just asking for it, and sometimes when they ask for it, they don't like the response they get. Is it better just to keep it to yourself, rather than advertise it to other people?

**ABRAHAM:** When Esther has an experience where the Universe is very quick to respond to the vibration that she gets going, she'll say, "*Imagine if we deliberately focus our thoughts on all things and we would allow the Universe to emphasize the direction of our thought.*"

It sort of startles her when she focuses on something unwanted and then receive the repercussion of that, too. But all of it is the process of practicing and through what humans would call trial and error - of course there is no error; you just get better and better at it - *but there is a well meaning reason that is at the heart of why people poke around at problems*. And it is because people really are, whether they acknowledge it openly or not, they *are solution oriented*.

And in their seeking a better life, they believe something that is an absolutely flawed premise in this attraction-based Universe, they believe they can guard, or protect themselves, from unwanted things.

So, they are well meaning when they want to point out to you that there could be danger there, there could be something unwanted there; and then they shore it up with evidence, especially really well-meaning evidence. They look for the documentation to support their point of view. Everyone is doing it because they want to be right; they want their philosophy of life to work for them.

*...continued on page 22..*







# YOU HAVE TO BELIEVE IT TO BECOME IT

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](http://www.drjoedispenza.com)

**At workshops around the world, it's not uncommon that someone stands on the stage and tells the story of their own personal healing.** Often they will begin by acknowledging the fact that, because they had been dealing with their health condition for so long, they became used to thinking and feeling in certain ways, doing the same things every day, behaving in certain unconscious patterns, making the same routine choices, and even taking the same medications—without experiencing any changes in their health condition.

They also elaborate on the fact that they were sent to several different specialists to whom they told the same story, reciting the same case history, only to receive limited recommendations and advice to utilize similar medications, surgeries, or treatment options. Unbeknownst to themselves, in the process of repeatedly retelling the story of their past, they were constantly reaffirming their state of health, which ultimately became their identity. In other words, they told the story so many times that they identified as the personality who was unhealthy. They biologically became the story.

When it came time to apply the work, many of these people also shared the realization that, although they knew this work was the truth—because they saw it

work for other people—they had the subconscious belief that it would not work for them.

If you have this belief, this is precisely the moment when it's time to get off the bench and step onto the playing field, because this is the moment when it matters most. This is the time when you have to change that belief, and do the work with a new level of energy.

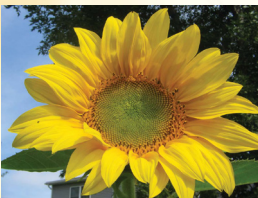
## THE DEFINING MOMENT

I say this as a reminder, because if you do the work without the belief that you can be or will be healed, then you haven't changed any aspects of your thinking, behaviors, or emotions. But if you get up from your meditation and believe in your new state of health, and thus your new future, more than when you sat down, then you have created a change in the way you're thinking and feeling. You've changed your state of being.

This is important to note because it's this new feeling that causes you to believe in your future—and when you believe in your future, you're no longer feeling separate from it. You only feel separate from your future

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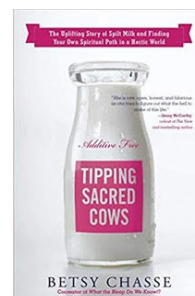




# TIPPING SACRED COWS

## The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World

Betsy Chasse. Writer, filmmaker, storyteller, changemaker and most importantly mom. You may have seen my film “What The Bleep Do We Know?!” or possibly one of my other films Song of The New Earth (Producer), Pregnant In America (Producer), Radical Dating (Producer/Director), The Empty Womb (Producer/Director), or read one of my books, Tipping Sacred Cows, Dancing In The Unknown, Stories of Becoming Myself, or my most recent Killing Buddha. **Get a FREE Digital copy of Tipping Sacred Cows by joining Betsy at [www.betsychasse.net](http://www.betsychasse.net)**



**In my search for enlightenment, I’ve also spent weeks walking around telling myself over and over again that I am six feet tall and beautiful, but nary an inch showed on me (except maybe on my hips).**

I would close my eyes and sit listening to subliminals about how I was not my body and I could soar into the deepest realms of the universe, only to be woken up by my then three-year-old pounding on my face with her new plastic hammer toy, shouting “**No sleep, Mama, no sleep!**” That’s right, honey bear, I am a no-sleep mama. And nope, no endless universe there. Somehow I couldn’t make the connection between living my everyday life and ascending into the stars. There was a huge disconnect. Shocking, I know.

Today, the word or idea of **enlightenment** has more meanings than a porcupine has quills. After every seminar on the subject I attended, every book I read, every type of meditation and practice I attempted, the concept still eluded me. Why? I asked myself. Why can’t I be **enlightened** like everyone else?

**We know what the word means, but do we actually really know what enlightenment is? Is enlightenment actually something we can achieve, is it something we should be seeking?**

After years of study and many fireside chats with friends and gurus, I have come to realize that the concept of **enlightenment** from every form of study shares a common thread woven into myth, just as the stories told from culture to culture have similar themes and characters.

Many interpretations of enlightenment speak of complete surrender, a letting go of attachments to all that you believe in, even love, because you should love everything. They speak of a closeness to **God**, a complete sense of peace, like watching that guru on the stage all blissed out and smiling all the time—until you see them lose it at the airport over their seating assignment.

Some people suggest Transcendental Meditation as a way to find enlightenment. Others say that living in a cave in the **Himalayas** is the only way to true enlightenment. They believe that giving up all connection to the world is the only way to truly find your way back to the light. The definitions of **enlightenment** run the gamut from realizing your true self to creating balance in your life and all the way to suddenly, with a grand poof, ascendance from this plane on to the next plane of mastery. It seems every belief has its own path to enlightenment. Now we’ve just got to pick the right one.

So I began a quest to understand the true meaning of **enlightenment**, because if I was going to walk around blind-folded in a field for six hours looking to manifest it, I had better know what it was. I suppose when one begins a quest they should start at the beginning, but even that’s an arguable point over cups of kombucha with friends.\*

The idea of enlightenment is as old as the hills, and many ancient philosophies and practices talk of enlightenment, although they used different terms. **Enlightenment** became the word of the day because of its resemblance to the word **Bodhi** and the German word **Aufklärung**, used by philosopher Immanuel Kant in his 1784 essay *Answering the Question: What is Enlightenment?* Kant said, “Enlightenment is man’s emergence from his self-incurred immaturity.”<sup>1</sup> Which pretty much falls in line with what the **Buddhists** and **Hindus** meant when they used the words **Bodhi**, **kenshō** and **satori**—all basically meaning to have woken up and understood, or to know one’s true self. Basically, to be enlightened means we finally grew up!

In **Buddhism** (and I use that term loosely as there are multiple versions of **Buddhism** with different ideas about reaching enlightenment: so many roads, so many tunnels, so very confusing—sheesh), the idea is that one attempts to reach **nirvana**, **Buddhahood** (or **enlightenment**).

*...continued on page 32*



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# HERB CORNER

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](http://herbcorner.net)

## BUSTING BLOOD CLOTS NATURALLY

**Blood clots can be prevented naturally if you start early. Sometimes clotting happens in the blood vessels when blood flow is sluggish, the blood is thick and sticky or obstructed by plaque.**

The problem arises when the clots form inside the blood vessels and don't disintegrate. If the clot breaks off it can travel through the body and cause a blocked blood vessel, heart attack or stroke.

**There are many causes of blood clots** some of which are HBP, high cholesterol, and high homocysteine, it can be due to illnesses, immobility, lack of exercise, surgery, pregnancy, obesity, smoking, air travel or it can be from medications.

**Herbs, diet, supplements, and lifestyle modifications can help reduce the risk of developing clots.** You can reduce your chances of producing clots by making some easy lifestyle changes; changing your diet, improving your blood sugar levels, get more exercise, reduce alcohol and smoking consumption and staying hydrated can help you reduce your chances of producing more clots.

**There are supplements that can be used to thin the blood and prevent clots**, just remember to talk with your doctor since each person is different. For instance, **L-arginine, Pycnogenol, Omega-3 Fatty acids, Fish oil, Vitamin E, Niacin, Lycopene, Resveratrol, Vitamin B6, C, D, K2, Selenium and Magnesium** can all help. They can increase the production of nitric oxide, reduce the inflammation within the blood vessels, relax the muscles in the blood vessels. They also have **anticoagulant** properties and help lower the fibrin in the plasma that causes some clots.

*...continued on page 24*





# 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 Lot

**The Man with the Ladder woke up one morning feeling dazed and confused like he always felt for the first few minutes of every awakening. But this morning something deep inside him seemed to stir before he did and told him something had changed about the world around him.**

He instinctively glanced about his cluttered room, his rumbled bed, he shifted as best as he could through the cluttered events of yesterday and the rumpled events of the night before, but nowhere did anything stand out to warrant this deep intuition. If the world had not changed in some small way in his proximity, it could only mean one thing: *somewhere, somehow, something out there, perhaps far away, had changed so radically his body knew it the moment he awoke.*

This realization having sobered him into wakefulness, he had enough forethought not to go blundering out the door and possibly smack right into some nuclear war or perhaps a black hole forming in his kitchen-- black holes have to form somewhere, right? He knew he had to approach this problem strategically but not knowing what the problem might be, only it's magnitude, he opted for the safest course. He dove back into bed, pulled the covers up to his nose and waited for whatever it was to come to him.

He waited. He waited some more. He waited until he thought he had waited so long that whatever it was must be --even at that moment-- standing outside his bedroom door, breathing heavily. That's when the phone rang and startled him out of his pajamas. Hesitantly he picked up the phone.

*...continued on page 28*

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# 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](mailto:karen@karenmoneywilliams.com)

## FROM SMALL ACORNS

When I'm joyful, I'm fully connected to my true nature, my inner self. I then allow my heart's desires to flow to me with ease. I fulfill the overall purpose for which I came to physical expression, and I effortlessly contribute to the good of the planet.

But what if joy sometimes seems far away? What if, some days, I can't find one gall-darned thing to feel remotely joyful about?

It doesn't matter at all - not one iota. The only thing that matters is that I am trying to move, when I can, in the direction of joy.

That may mean I discipline myself to think one less self-disparaging thought, one less worried thought, one less resentful thought. It may mean a tiny shrugging-off of someone's rudeness or a turning away, just-this-once, of a painful memory. It may entail responding to someone's smile even when I don't feel like it or pausing to savor a pleasant sight when I'm feeling rushed.

Joy can come in little fits and starts like this, and it gradually builds momentum. I don't wait for circumstances to change. I start here where I am, and I start small.

*Angels-Oasis.com Awaken-Institute.com*



*Morgana Starr  
& Daena Deva*

**Angels Oasis** is owned by esteemed Psychic Mediums and Spiritual Counselors, **Morgana Starr & Daena Deva**. They have a combined 50 years of Spiritual work. Known as **New Thought Leaders**, they are helping to guide and shape lightworkers from around the globe. Angels Oasis is located in Historic Cocoa Village, Florida and is a beacon of light for the local spiritual community. Knowing they wanted to expand their reach, they launched **Awaken Institute**, their online Spiritual School. Awaken Institute allows awakening souls to develop their gifts safely, with guidance they can trust. You can learn more at [www.Awaken-Institute.com](http://www.Awaken-Institute.com)

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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](http://www.sethlearningcenter.org)

## WHAT TO DO WHEN TOLD YOU HAVE A SHORT TIME TO LIVE

NOPR, The Nature of Personal Reality, Session 646

Seth: No man or woman consciously knows for sure which day will be the last for him or her in this particular life, that each calls the present one. Mortality with its birth and death is the framework in which the soul, for now, is expressed in flesh.

Birth and death, then, have their function, intensifying and focusing your attention. Life seems more dear in your terms, corporeal terms, because of the existence of death. It seems obvious, but the full enjoyment of life would be impossible in the FRAMEWORK, NOW, of earthly reality without the knowledge of death.

You have been given an opportunity to study life and to experience it more fully than you ever have before in this existence. Its intensity and brilliance, its contrasts and similarities, its joys and its sorrows, are here for you to perceive, whose eyes are opened by the fact of the doctor's pronouncement.

Now I tell you: *That intensification, appreciated and understood, and the experience of life and living, accepted unconditionally, can bring you in this lifetime another birth in which the doctor's pronouncements are meaningless.* Spiritually the death sentence given you is another chance at life, if you are freely able to accept life with all of its conditions and to feel its full dimensions, for that alone will rejuvenate your spiritual and physical self.

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## NEGATIVE FOCUS ROBS YOU OF ENERGY YOU NEED TO HELP

Seth, The Nature of the Psyche, Session 800

Seth: You form your own reality. That reality contributes to the experience of others, but each of you possesses a unique, original stance in space and time that is yours alone in quite practical terms, regardless of time's relative existence.

Only when you operate from your own stance can you help others to the best of your ability. To anticipate danger, or to imaginatively take on the troubles of others robs you of the very energy with which you could help them.

...continued on page 24

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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](http://www.MichelleWhitedove.com)

**DEAR WHITEDOVE,** Are you sure that the creator sent an angel to help me?

**DEAREST,** Why not you? We are all created equally, we may be at different levels of consciousness because we learn at our own pace. It's not that anyone is better than another. It's equal opportunity with **God**. Don't you love that about the **Creator**? We are all equal and we are all loved the same. But because we are working through this colorful life at our own pace and in unique ways, that means we are at different levels.

Think of school and the grades; some of us have gone on to college, some of us are still in high school. And some of us will repeat the same grade over and over because we just can't seem to learn the lessons. So our **Angels**, they stick with us through all of our blessings and though all of our perceived misdeeds. With great unconditional love they see us through.

I'm reminded of **Neale Donald Walsh** who wrote "**Conversations With God**". Many people asked me "but why would God talk to him?" Well **God** talks to all of us, it's not that **Michelle Whitedove** is special or **Neale** is special - but the fact is we are all equally special. Our creator loves us dearly and **God** communicates with all of us if we would just learn to listen.

You must realize that your mistakes are just lessons learned, value your journey and devote some time to your relationship with **Great Spirit**. Converse by prayer, then meditate to listen, which is how we make the connection for guidance. Also, pay attention to the signs along the way.


It's the same with your **Guardian Angels** - develop that relationship. There isn't one human being that's on this Earth right now that doesn't have an unseen support team, spirit guides, ancestors and the guardian angels that assist us throughout the duration of our life long journey. Don't ignore them, you are greatly loved, I assure you!

**DEAR MICHELLE,** When I was 19, I was in a combat environment and I was leading a small group of people, and I had this feeling to not go into this one area. I shrugged it off and I shrugged it off a second time. I actually heard a voice in my head say "don't go there". We found out later there was a mine field in that area. But still, I don't know what that voice was.

**DEAR,** That is called divine intervention. Your unseen support team was hard at work, **God** and your helpers were talking to you - that's intuition! It may even have sounded like your own voice in your head, although that was a direct message from **God**, letting you know whatever you do, don't go there! Because it would have cost you your life. And it wasn't your time to cross over yet, it wasn't time for you to exit this journey called life.

...continued on page 29

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# ESSENTIAL LIFESTYLE HACKS



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## REFLECTION


**Reflection simply means looking at a something that has happened from a different point of view.** Examining our thoughts of what happened, our response to them and the decisions we have made and their consequences. Or looking at others and their responses.

In day-to-day occurrences we react to life from either a learned response, which has become automatic or from an emotional response that comes from our feelings. Very rarely do we take time to think and weigh our responses to situations. Life is so full of happenings and going by so fast it requires us to react quickly. It does not allow us to take time to think outside of our comfort zones or familiar responses. Almost like going blindly through life taking the same routes over and over without exploring new destinations.

If we could look at reflection as an exciting journey into fulfilling our life, we would practice diligently. We are not trained to understand that our thoughts are as powerful as our actions. Thought is a strong vibration which precedes physical action or more mental thought.

Our thoughts are also not necessarily unique. They are strongly influenced by our subconscious and unconscious mind. We may not be aware of our reactions consciously because they are stored in our unconscious mind.

We live by pre-programmed behavior, thoughts, and emotional reactions. The same behavior is repeated over and over with no change. So we wonder why our life is not changing. Reflection is one of the tools to make permanent changes to our programs.



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The question to ask is: “Is my life the way I would like it to be. Are there areas in my life that I would like to change or improve?” We all have some part of our life that we wish to improve especially in our health, careers, relationships or difficulties. Change takes time and effort. And in today’s world time is scarce. But time is also flexible. If we love something or we know the benefit, we will always have time for it. Reflection only takes a few moments of our time and therefore is the perfect tool for change.

*...continued to page 35*



## 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>

**For every day that goes by, I renew my promises. And apart from spinning, twirling, and somersaulting as often as possible, they include slaying your dragons, granting your wishes and basically showing you a really fine time.**

**Really, really fine.**

**Your promise was to let me.  
There's nothing we can't do,**

**THE UNIVERSE**



## 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 about spirituality and emotional healing, and Grounded Spirituality. Visit Jeff at [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**Many of us on the path fight hard in the hope that those we grew up with will move beyond their survivalist identifications and see through to a more authentic way of being.**

**We do this for them, and we do this for us. We want them to see us, to understand us, and to join us on the quest.**

**But many of them will never become that. They are on a different trajectory. We stand on the shoulders of their trajectory, but we look off in another direction.**

**If we don't accept this, we risk waiting on them for decades and holding ourselves back from pioneering the next stages of human development.**

**We must accept that which doesn't want to grow, before we can energize that which does.**





# CRYSTALS, ROCKS, MINERALS

## DAILY USE AND PRACTICE

### LARIMAR

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 find us on Facebook

**Today is warm and sunny but not too hot - a perfect spring day in Florida.** The redbuds and azaleas are blooming and recent rains are coaxing the wildflowers out from under the ground. On **March 20** we will usher in the official first day of **Spring** here in the **Northern Hemisphere** as we celebrate the **Vernal Equinox**. This is the time we will have balance between the darkness and the light as we move on the wheel of time towards the longest day on the **Summer Solstice**.

**Equinoxes** are good times to honor our own internal balance and regain our footing in harmony with the earth and one another.

Here in **Florida** we are surrounded by ocean so I look to the spirit of the sea to cleanse our souls of energies that can disrupt our sense of joy and wellbeing. The stone that has called out for me to share with you is **larimar**.

**Larimar** is a special variety of **pectolite** found only in the **Dominican Republic** that has the colors of the **Caribbean Sea**. Beautiful blues and wisps of white like sea foam make **larimar** a highly desired gem for use in jewelry as it takes a lovely polish.



Larimar sphere

*...continued on page 31*

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# 10 REASONS WHY PEOPLE DON'T SHARE THEIR STORIES

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.mitchditkoff.com](http://www.mitchditkoff.com)

**I'm sure you've heard the expression, "Suppose they gave a war and nobody came?"**

**-- a question whose roots go back to an old Carl Sandburg poem. The same question holds true for the storytelling revolution.** I can flap my mouth about the power of personal storytelling until the cows come home, but unless you and a critical mass of others step up, nothing much will happen. This is a volunteer army I'm talking about, a self-appointed crew of courageous people willing to make their way to the front lines of their own life and tell it like it is -- to share stories that will spark reflection, insight, wisdom, and love in others.

Are there obstacles on this storytelling battlefield? Of course there are. But the biggest ones are invisible -- old thoughts, assumptions, and beliefs that stop us from speaking up. What follows are the ten most common of these obstacles:

## 1. "MY STORIES ARE NOT INTERESTING ENOUGH"

This is the biggie, the mother of all obstacles -- the belief that you are not heroic or important enough to speak up -- that your stories are mundane, insignificant, and meaningless. Nothing could be further from the truth. You are a human being, the "crown of creation", a member of the species known as homo sapiens -- "the wise ones".

You already have a ton of experiences worth sharing. If you don't think your stories are interesting, it's probably because you haven't probed them deeply enough. In other words, if your story was a box of Crackerjacks, you haven't found the prize yet -- or what William Blake, the 17th century poet, once described as "eternity in a grain of sand."

Bottom line, everything becomes interesting the moment you become interested. You can find meaning anywhere. The stories you tell don't need to be earth-shattering. They don't need to be cosmic. You don't need to be a spokesperson to speak. All you need to be is a human being who wants to elevate the conversation on planet earth. Sometimes, it's the simplest of stories that pack the biggest wallop.

## 2. "NO ONE WILL CARE ABOUT MY STORIES."

Well, it is certainly possible that no one will care about your stories. And it is certainly possible that no one will listen -- especially these days, when ADD is almost epidemic and listening is in short supply. Your assumption about this, however, most likely comes from your past experiences and if you buy into this belief, it will become a self-fulfilling prophecy.

Maybe, from time to time, you've made attempts to tell your stories and have had little success in getting people to pay attention. Join the club. But just because it's been that way in the past, doesn't mean that's the way it's going to be in the future. Just because your last relationship ended badly, doesn't mean your next one will. Hopefully, you have learned something from your experience -- something that will increase the odds of your next relationship being all you want it to be.

The same thing holds true for storytelling. If you want to increase the odds of people listening to your stories, there are some simple things to pay attention to:

- Make sure you care about your story.
- Practice telling it and get feedback from friends
- Choose a time to tell it when people are most available to listen
- Be animated in the telling. Modulate your voice.
- Before beginning, set some context and get permission to tell it.

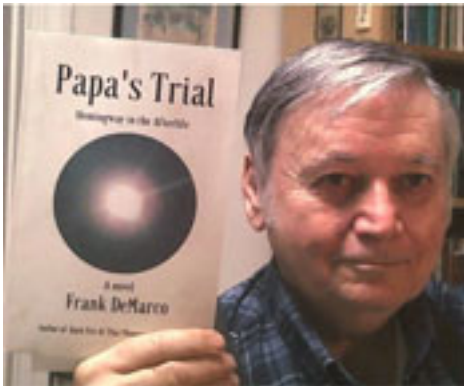
## 3. "I AM NOT A GOOD STORYTELLER"

There's a high probability that you and I have never met -- that I know nothing about you other than the fact that you are reading this. But that's not entirely true. One thing I know about you is that you are a way better storyteller than you think you are. First of all, you are very experienced. You grew up on fairy tales. You watched TV, movies, and read books -- all of which were made of stories. Indeed, 65% of your present day conversations, explain sociologists, are composed of stories. It's the DNA of how human beings communicate. It's the spine of our interactions.

*...continued on page 44...*



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



## AFTER WE LEAVE 3D

**Frank DeMarco**, co-founder of Hampton Roads Publishing Company, is author of 4 novels (most recently, *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](http://www.ofmyownknowledge.com). On Facebook he is [Frank.DeMarco.10](https://www.facebook.com/Frank.DeMarco.10).

Monday, August 9, 2021  
2:20 a.m.

**DeMARCO:** *So. More on spirit and the living-present moment, I expect?*

**TGU:** Slide-switches.

**DeMARCO:** *Yes. Maximum focus, clarity, receptivity. Also, maximum temporary openness, call it: willing credulity while I await later weighing and pondering.*

**TGU:** *Now, consider. You - and we, of course - are as vast as reality, in the sense that there is no part of reality from which we are walled off. That we are, at the same time, unimaginably small, is not relevant, for quantity is not relevant. That is, the sort of measurements one continually comes across in 3D do not apply outside of it. The vast reality exists; that doesn't mean it exists as bricks and stones and molecules. Time exists, in a way. That doesn't mean it exists in measurable metronomic nanoseconds, nor for that matter in days or years. You exist. We exist. But we don't exist in discrete particles as we seemed to when we measured ourselves by 3D standards.*

*Does honesty have weight? Is curiosity measurable? Do the virtues or vices exist in some form when the conditions that make them relevant do not? Just as it would be irrelevant to consider what color our eyes will be, we having dropped the body, so it is irrelevant to consider any aspect of ourselves measurable by the senses. There is no hell to burn you in enteral fire because, for one thing, there is no “you” to burn, even if there were fire to do the burning.*

*So we are attempting to give you hints about your future, even knowing that nothing you live among will exist; that nothing you experience yourself to be will*

*exist; that none of the “rules of the road” like time and space and gravity will exist.*

**DeMARCO:** *I see the problem. Stating it that way does clarify things somewhat, though. It reminds us that our future can't be a mere continuation of 3D life in some more etherealized form. Bob Friedman's old question, “What do they do over there?” can be answered somewhat by a few negatives. They don't live constricted by 3D rules; they aren't supported by 3D conditions, any more than they are constricted by them. We already figured out that they don't go to work and earn a living; now we remember that nothing we know is to be expected or relied upon.*

**TGU:** Not quite nothing.

**DeMARCO:** *Nothing sensory, nor sensory-based. That doesn't leave a hell of a lot.*

**TGU:** So what does it leave?

**DeMARCO:** *Our thoughts, I guess. Our character, I suppose, though I don't see how that manifests in the absence of 3D conditions. You said from the very beginning, more than 20 years ago, that you regarded our minds as habit-systems, and I see that now. The neurons don't exist; the grey matter was physical; it is gone. The moment-by-moment consciousness that lent us chronology and sequence (even if at the expense of limiting our effective RAM) is gone.*

**TGU:** *Now can you understand at a deeper level what we meant by our distinction between crystallized and uncrystallized souls? If a mind cannot hold itself together in the absence of external “physical” 3D conditions, what can hold it together?*

*...continued on page 34...*



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS

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



## WELCOME TO MARCH 2022

**Spring, full of green shoots and colorful flowers, is on its way!** In the Northern Hemisphere, we celebrate the first day of spring on the **Vernal Equinox**.

The word “equinox” comes from the Latin for “equal” and “night.” As the sun crosses the Equator (Earth’s midline), the hours of daylight and nighttime are very nearly equal.

The equinoxes are the only times when the sun rises directly due East and sets directly due West for everyone on Earth. This year, it falls on **March 20th**. Cultures around the globe have different traditions for welcoming the new season, from festivals to parades.

**March 1: MAHA SHIRAVATRI**, a Hindu festival called “Shiva’s night” which honors this significant Deity.

**March 1: LAILAT AL MIRAJ**, a Muslim holiday commemorating Muhammad’s journey from Mecca to Jerusalem where he ascended into heaven.

**March 2: New Moon in Pisces.**

**March 2: ASH WEDNESDAY**. The day in the Christian Church that marks the start of Lent.

**March 17: ST. PATRICKS DAY** - Christian

**March 17: PURIM**, The Feast of Lots in the Jewish faith that honors the survival of ancient Persian Jews who were marked for death.

**March 17 - 18: HOLI**, a Hindu festival of colors that welcomes spring and a new harvest in India.

**March 18: FULL WORM MOON IN LIBRA.**

**March 20: VERNAL EQUINOX**

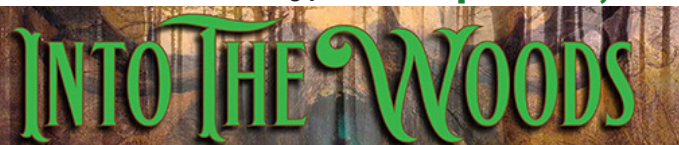
**March 20: OSTARA** - Pagan/Wiccan celebration of The Spring Equinox.

**March 20: NOROOZ** - Zoroastrian New Year.

**March 25:** Ancient Romans celebrated **HILARIA** on the 25th of March in honor of **Cybele, the Mother of the Gods**. The day of its celebration was the first after the vernal equinox, or the first day of the year which was longer than the night. The winter with its gloom had passed away, and the first day of a better season was spent in rejoicing. This festival also celebrated **Attis**, the consort of **Cybele**. Attis was fundamentally a vegetation god, and in his self-mutilation, death, and resurrection he represents the fruits of the earth, which die in Winter only to rise again in the Spring.

*Happy Spring and Blessed Be!*

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# GARDENING THE MEDICINE WAY

## SAVING SEEDS



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 Herbs, 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!*

**It's so easy to breeze through the aisles of your local super store and grab an attractive package of seeds from a display. These seeds are from hybrid plants.** Hybrids, which are created by crossing plants of two different varieties, generally do not produce offspring with the same traits as the parent plant.

Seeds saved from open-pollinated varieties, on the other hand, will produce plants identical to the parent. If you plant seeds that you save from a hybrid plant, you may get a plant that has some traits from one parent and some from the other, but it is unlikely to have the set of traits that the hybrid exhibited.

Buying quality seed makes a difference in how well your new plants will take off. Ask your favorite seed companies if they have taken the **Safe Seed Pledge**. Saving seeds from your garden helps you build a connection to it and the land.

If you want to save seed from your garden, understanding basic concepts when you are planning your garden will make seed saving much easier. Some crops like peas, beans, lettuce and tomatoes are great for beginning seed savers. These annual, self pollinating crops require little to no isolation, and only a few plants are needed to reliably produce seeds.

The best way to build solid seed skills is a combination of researching the ideal methods and experimenting with your own approach. The only real mistake you can make is to not try. Have fun.

The life cycle of a variety tells you how many seasons it will take for that crop to flower and how long the plant will live.

**Annual plants** complete their entire reproductive life cycle - from germination, through seed production and then on to death - in one season.

**Biennial crops** require a period of cold weather in order to flower and therefore need the better part of two growing seasons to produce seeds.

**Perennials** live longer than two seasons and many will not flower in their first year. In general, annual crops are easiest to save seed from because gardeners do not need to know how to overwinter plants.

Some fruits are market mature, or ready for eating, long before the seed is mature. Examples of this include cucumbers, eggplants, peas, beans, and cabbage.

Take into consideration spacing and timing when planning your garden for seed saving. For example, imagine a carrot-- you pull this sweet root out of the ground after about two months, and there is not much plant showing above ground. However, the seed is not mature for harvest at this point. The carrot plant must grow for a longer period so that the seed can reach the proper maturity. When you harvest the seed, a carrot plant can be up to four feet tall and one year old.

Seeds are happiest when they are stored in a cool, dark, and dry place. A dark closet in a cooler part of the house or a dry, cool basement are both good spaces to store seeds for a year or two. Growing and saving heirloom seeds allows you to experience and enjoy unique, traditional plants and play a role in preserving them for future generations.

*Happy gardening and Blessed Be!*



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# ABRAHAM HICKS

*...continued from page 7*

Esther Hicks

But when you begin to internalize and include, as you have been doing, your understanding of these powerful and universal and consistent Laws of the Universe, and you acknowledge that this is a law (**Law of Attraction**), that is about inclusion, not exclusion, then it all sort of clicks into place for you.

When you say 'yes' to something you include it in your vibration and when you shout 'no' at something you include it in your vibration. Then you add to that your awareness of how you *\*feel\** as you're discussing the things that you are warning people about or that you're guarded about, rather than the way you feel when you are focused upon what you do want...

**GUEST:** I kind of try and block it out... I'm kind of selfish in that way... I just let that person...

**ABRAHAM:** Well, you have no choice. Here's the thing and you notice this. This has been a topic of discussion a lot lately that is no matter how hard you try you cannot convey your perspective accurately to any other. And when you try, the odds of it taking you out of the Vortex are really, really high.

So, that old idea of living and letting live is really a good adage which says, I'm just going to offer my vibration and I'm going to tune myself to **Who I Really Am** and I'm going to allow **Law of Attraction** to then provide the evidence of my philosophy as **Law of Attraction** is providing the evidence of everyone's philosophy. In other words, no one is getting something different than they are offering vibrationally.

It's one of the things **Jerry and Esther** so enjoyed about their life and the way we talk about it. We do not pretend that **Jerry and Esther** have an advantage relative to **Law of Attraction**. They get what they think about whether they want it or not, as does everyone, you see.

But what happens is, you see, what throws people is that if you say you get what you think about and someone says, "Nu-uh, because I talked about the tigers and one didn't come and get me, and so I can't see how there is evidence of my discussion. I talk about mass murders or I talk about houses burning down and it

doesn't happen to me, so I don't really make the connection that when I talk about it that it specifically happens to me."

**GUEST:** Is it just like small talk or something?

**ABRAHAM:** Well, what it is is as people talk about whatever they're talking about, they are generating a habitual pattern which creates a level, a personal, individual level, of resistance.

And so without even realizing it, all those random conversations about all those random things are not focused enough (especially in the beginning) to bring them the specifics of the unwanted thing that they are focused upon, but it does sort of mute or put an edge on and prevent them from the robustness of the **Well Being** that they would be living otherwise.

And it is an erosion of **Well Being**, that's the way it shows in people's lives, even more than a specific and dramatic, derogatory result. It's just a sort of general dulling of the **Well Being**.

## ON TRAUMATIC INJURIES

**JERRY:** What is the role of thought in traumatic injuries? Abraham, are traumatic injuries created in the same way that diseases are created? And can they be resolved through thought? In other words, like a breakage of something that happened in a momentary incident as opposed to a long series of thoughts leading up to it.

**ABRAHAM:** Whether the trauma to your body seemed to come suddenly as a result of an accident or whether it came from a disease such as cancer, you've created the situation through your thought and the healing will come through your thought as well.

Chronic thoughts of ease promote wellness while chronic stressful or resentful or hateful or fearful thoughts promote disease. But whether the result shows up suddenly as in falling and breaking your bones, or more slowly as in cancer, whatever you are living always matches the balance of your thoughts. Once you've experienced the diminishment of well being, whether it has come from broken bones or internal diseases, it is not likely that you will suddenly find good feeling thoughts that match those of your Inner Being.

In other words, if before your accident or disease you were not choosing thoughts that aligned with well

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# ABRAHAM HICKS

...continued from page 22

Esther Hicks

being, it's not likely that now that you are faced with discomfort or pain or a frightening diagnosis, you will suddenly find that alignment.

*It is much easier to achieve great health from moderate health than to achieve great health from poor health. However you can get to wherever you want to be from wherever you are, if you are able to distract your attention from the unwanted aspects of your life and focus on the aspects that are more pleasing. It really is only a matter of focus.*

Sometimes a frightening diagnosis or a traumatic injury is a powerful catalyst in getting you to focus your attention more deliberately on things that do feel good. In fact, some of our best students of **Deliberate Creation** are those who have been given a frightening diagnosis where doctors have told them that there is nothing more that can be done for them, who now, since they have no other options, deliberately begin to focus their thoughts.

It is interesting that so many people will not do what really works until all other options have been exhausted, but we do understand that you've acclimated to your action-oriented world and so action does seem to most of you to be the best first option. We're not guiding you away from action, but instead, encouraging you to find better feeling thoughts first and then follow with the action that you feel inspired to.

## GAS IS TOO DAMN HIGH!

**GUEST:** My question is about the price of gas in the United States. It's at its highest point historically, and I'm wondering what those of us who are **Conscious Deliberate Creators** and are on the **Leading Edge** can do to find the positive aspects in that, to feel good about that, to begin to change the vibration around that.

**ABRAHAM:** *Well, here's what we would like: We would like it to cost ten times what it does, and you not care... because as long as you care what something costs, you've got a limitation set on how much money you think will come into you. So you go to the pump, and the cost of gas is high, all that does is cause you to launch a rocket that says, "I'd like more money to pay*

*for this higher price of gas." And Source says, "Alrighty, then." And then all you've got to do is bring yourself into alignment with that, you see?*

Our favorite story about that was a woman who was talking about her now-husband who was a former husband of someone else to whom he was paying alimony. And his former wife kept taking him back to Court and demanding more money. And they wanted to know what they could do, how they could shut her down. She was taking too much of the money that they wanted to spend on their now-life that they were living together.

And we said, "we wish your now-husband had ten ex-wives and we wish that they were all going to court and asking for more money ... because the most they are going to get is 50% usually. And so, if he's got that many people calling that much money through him, his income is increasing dramatically if he'll let it and they're only getting half.

**Abraham:** Anything that causes you to want more, when you come into alignment with it, it's a done deal. So the price of anything doesn't matter because if you want it, Source is arranging a way, right now, for you to have it - you've just got to stop complaining about the price of gas.

**So, here's how it happens.** You go to the gas pump - this is exactly how it happens: **Jerry and Esther** filled up the other day and it was \$725, and they were going to drive that gas out, that day. So, as you go to the gas pump and you fill up and you feel that discord of the price of this fuel. In that moment, you launch a rocket of desire that says, "**More money for fuel,**" and **Source Energy** says, "**Done. Done.**"

Then you say, "**This costs too much.**" So, the money is sitting there, but you don't have access to it. You say, "**It's terrible what they are doing.**" You don't have access to it. You say, "It's highway robbery." You don't have access to it. You say, "The Administration and their oil cronies are doing this deliberately just to put more money in their pocket." You don't have access to it. (You REALLY don't have access to it.)

## INSTEAD:

You say, "**It's nice that this gas is available to me.**" You start moving in the direction of the improvement in your money for gas. You say, "**What I need always come to me.**" You start moving toward it. You say, "**I have enough flexibility in my budget that I can, for now, put a little more of it here.**" You start moving to-

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# HERB CORNER

*...continued from page 10*

**There are several herbs that can help reduce the risks of blood clots.** For instance, herbs like **Garlic, Ginger, Turmeric, Cayenne, Oregano, even Chamomile, Peppermint and Dill** have **Anticoagulant or Antiplatelet** actions.

These herbs contain **polyphenols** which prevent clotting and help prevent existing clots from getting bigger. These herbs also have **thrombolytic** actions which help to reduce the risk of forming clots.

**Anti-inflammatory herbs like Turmeric, Olive leaf, Hawthorn and Hibiscus** help reduce C-reactive protein, an indicator of inflammation. In blood tests it helps predict the risk of heart attacks and clotting.

**Herbs rich in salicylates work in the body to inhibit the formation of blood clots.** It can naturally be found in **White Willow, Paprika, Cayenne, Ginger, Dill and Cinnamon.** **Coumarin** is another constituent found to have anticoagulant properties to help dissolve clots. **Coumarin** can be found in **Fenugreek, Rosemary, Cayenne, Cinnamon, Red Clover, Angelica, Chicory or Wild Lettuce.**

**Since clots form in blood vessels near lipids, Cholesterol lowering herbs** like **Fenugreek, Garlic, Cayenne, and Hawthorn** can help reduce arterial plaque formation on blood vessel walls. And because sustained **HBP** compromises the reliability of the endothelium lining of the blood vessels; over-time this can cause pro-inflammation or prothrombotic state which is one of the causes of a **stroke or heart attack.** Incorporating herbs like **Garlic, Hibiscus or Hawthorn** can help strengthen the inner lining of the blood vessels.

**These are just some of the herbs that can help it is always best to work with your doctor.** Hopefully you can work out a program incorporating diet, supplements, herbs, and lifestyle modifications that are best suited to your specific needs.



# SETH SPEAKS

*...continued from page 13*

I am not saying, therefore, to turn your eyes from the unfortunate conditions of the world. Practical help is needed in all areas of the human life.

Yet it is far better, and more practical ultimately, to concentrate upon the beneficial elements of civilization-far better to organize your thoughts in areas of accomplishment than to make mental lists of man's deficiencies and lacks. Such a practice leads to feelings of helplessness and hopelessness, in which effective action seems impossible.

Life possesses an exuberance.

If this is cherished, nurtured, encouraged, then additional energy is generated that is not needed for the purposes of daily private life-a superabundance, that can be effectively directed in those areas of the world where help is most needed. The strength, vitality, and effectiveness of thought is seldom considered, Thought, you may say, will not stop a war-yet what do you think started such a war?

Throughout history the downtrodden have often risen into power, using force, rebelling against their oppressors; and yet, learning little from that experience, they turn and become the elite, the new power-holders. Their physical conditions may be completely changed. Now theirs, the offices of government, the wealth. Gone are the conditions that, it would seem, caused the uprising. Yet in retaliation they strike out, forming a new class of downtrodden who must in their turn rise and retaliate.

Despite all appearances, conditions of an exterior nature do not cause wars, or poverty, or disease, or any of the unfortunate circumstances apparent in the world. Your beliefs form your reality. Your thoughts generate practical experience. When these change, conditions will change.

To add your own energy, focus, and concentration to dire circumstances in other portions of the world does not help, but adds to, such situations.



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Jim Egan

# STORIES THAT BEND REALITY

*...continued from page 11*

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

"Hello?" he asked tentatively in a thinly disguised voice, just in case the need might arise to deny he was the **Man with the Ladder** or had ever been the **Man with the Ladder** in some recent past.

"It's me **Reb**." said the voice on the phone.

"Hi **Reb**," the **Man with the Ladder**'s intestines uncoiled, but only a notch, "What's going on out there?"

"What do you mean?"

"No need to humor me, I know something big has happened, just give it to me straight. "

"I have no idea what you're talking about. "

"So you don't know what's happened?" the **Man with the Ladder** asked incredulously, "Have you been outside? Did you look around? There weren't any nuclear wars going on or something worse?"

"It's a beautiful day, stop this nonsense and come out and see for yourself. I'll meet you over at the park. "

Sure enough, when the **Man with the Ladder** found the courage to take **Reb** up on his idea, everything did look normal, but somewhere deep inside there was still someone not convinced. Every time a passerby bumped his arm, or a cloud passed in front of the sun, he felt himself cringe waiting for some blow that never came.

The whole day came and went without incident. When the **Man with the Ladder** retired from his park-sitting duties for the day, he had almost forgotten the surety he had woken up with. While wandering home via a circuitous route, he spied what appeared to be one of the most unusual parks he had ever seen and the **Man with the Ladder** had seen some unusual parks, let me tell you. It did not actually look like a park, it resembled more of a large overgrown lot. It was so overgrown there seemed no sign of sidewalks or even curbs ringing it and it climbed so high up the side of an adjacent building it looked almost as if it intended to swallow it whole. What it was overgrown with made it even more exceptional. Try as he might the

he couldn't identify a single bloom or weed. Each seemed familiar but somehow oddly different than any plants he had ever seen.

It was not a well tended lot with few paths and a lot of litter about, but when he reached down to pick up what appeared to be an old styrofoam coffee cup he found it rooted to the ground. Inside the cup, holding it in place with its roots, was a beautiful white flower that, like the other plants, the **Man with the Ladder** was not sure he had ever seen before.

If not for the impending darkness, he would have given the large lot a more thorough examination. He might have done so anyway if the darkness and the overgrown nature of the place hadn't made him feel like there might be many sets of eyes staring at him from the thickets of bushes deep in the lot. For a moment a chill went through him that reminded him of the ominous feeling he had had that morning. Seeing nothing but an unruly helping of nature before him, he dismissed the chill and went home.

The next day, he had only just turned the corner, retracing his steps from the day before, when his heart dropped unexpectedly. Construction vehicles of various sizes and shapes were already swarming over what had been his new found park. His lips mouthed the word "No". He felt the urge to charge forward and try to stop it somehow, but the size of the machines and the way their operators so efficiently, so mechanically tore at the jungle-like brush made him feel quite small and powerless.

Already a large swath of the lot was laid bare and a machine was excreting hot black asphalt to seal away life forever. As he stood there stunned, a bulldozer plowed its way deep into a thicket stopping only before a surprisingly large tree that had been concealed there. Not pausing for more than a moment, the bulldozer churned up grass and bushes in its treads, relentlessly plowing at the tree. When several furry creatures and birds of an unusual color fled from the no longer safe haven of the tree, the **Man with the Ladder** found himself running forward shouting for them to stop.

Before he could even get their attention over the loud thunder of their machines, a figure seemed to detach itself from the lot and move toward him. The figure was that of a homeless man who appeared to have been roused from his home in the bushes like the other creatures. What struck the **Man with the Ladder** was the broad grin on the homelessman's face.

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Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 28*

"Aren't you upset with what they're doing!" the **Man with the Ladder** said exasperated, when the homeless man came over to where he was.

"No use in getting upset now. What's done is done. " the old man nodded.

The tree was leaning now but its roots still clung stubbornly to the earth. The bulldozer's treads pawed at the ground but where bushes had been was now just mud and the more they churned at it the deeper the bulldozer sank. To the **Man with the Ladder** this was a last ditch battle of Mother Nature against man's unrelenting need to squash and tame her.

"Look, it's not too late. " the **Man with the Ladder** corrected the homeless man, cheering on the tree's valiant struggle, "Nature still has some kick left in her. "

"You can say that again," the homeless man laughed, "but it doesn't work the way you think. "

Just then the treads of the bulldozer caught hold of something solid and the tree went over pulling up a large ball of roots. With it, the **Man with the Ladder's** spirit crashed to the ground as well.

"Don't let it get you down," the homeless man told him, "I'd give it to say 2100 hours," the man said, carefully sizing up what appeared to be an expensive watch, "and you'll have your park back, you'll see. "

The **Man with the Ladder** could not be comforted by such an ungrounded opinion. As he turned to walk away, the destruction being too painful to witness, he noticed the homeless man was wearing rumpled but once expensive clothing. His lack of any alcoholic aroma lead the **Man with the Ladder** to diagnosis mental illness as the cause of the man's current state and opinions.

"Do you have a place to stay?" the **Man with the Ladder** asked.

*...continued on page 48*



## ASK PSYCHIC MICHELLE WHITEDOVE

*...continued from page 14*

So you were being protected, there was this divine intervention; guidance from the Spirit World that day and other days too! Be sure to acknowledge and give thanks to your unseen support team. Intuition is **God** talking to us. You are very brave and were blessed to heed the warning.

**DEAR WHITEDOVE,** A few years ago I have been having these dreams, one time my body lifted up and went all the way outside, I don't know how to say in English, but I fly outside my house, I saw myself. And I had that a few times, I felt so good. This year I've been having these dreams, I saw my little boy in my dream and when I saw him at birth it was exactly as I dreamed.

**DEAREST,** How wonderful that you are having out of body experiences. They are dream-like travels for the soul and you were experiencing this on a conscious level. It's called an out of body experience or astral travel, it's good to remember those magical trips. It's a gift really.

The second experience that you are calling a dream of your child, which was literally a glimpse of the child's soul. His soul came to you in the dream state to let you know that he was coming, and how he was coming. This is very common with a lot of mothers.

Sometimes the babies even give you their name and you better put that on the birth certificate. Names are important. This happened to me with my second pregnancy. I knew without a shadow of a doubt that I was having a baby boy, I knew exactly what he looked like and he gave me his name in a demanding tone.

Just like you, those details were given to me in the dream state although it was an actual visitation. Some strong souls do this, they visit their parents before birth and establish a spiritual connection. Babies are blessings sent straight from Heaven.



Esther Hicks

# ABRAHAM HICKS

...continued from page 23

ward it. You say, *"I've never paid too much attention to what things cost, and I'm not going to make this be an exception."* You start moving toward it. You say, *"What I need always flows."* You start moving toward it.

And with enough deliberate training, you move yourself into alignment with this BIG pile of money that's waiting for you in vibrational escrow for gas or for anything you've launched it over there for. And then, you come and you say, *"I'm making \$20,000 more than I was last time I talked to you."* And we say, *"Good, spend some of it on gas."*

**Abraham:** Whatever you want. Whatever you want is there for you. Whatever you want. So **Esther** has no concern about dollars and gas. Sometimes, she goes into pay and comes back and **Jerry** says, *"How much was it?"* and **Esther** said, *"I don't know. I didn't notice."* She signed the ticket because it doesn't matter. Whatever it costs is what it costs and she was going to get it anyway so what possible difference does it matter? So her answer is usually, *"Well, it costs what it costs and it's there on the ticket if you want to see it."* In other words, it's irrelevant what it costs, it costs what it costs.

And then they were at a gas station in **San Diego** last week and they filled up their tank on their **Yukon**, or they wanted to, but the pump cut them off at \$50 and only gave them half a tank. And **Esther** said, *"Well, we could either go again or we could just leave it at that,"* and **Jerry** said, *"Let's just leave it at that. We can fill up again later."* And when **Esther** went in to get her receipt she heard the woman who had come in behind her say, *"I would like \$2 worth on pump 3, please."*

And **Esther** felt that pang because **Esther** saw that \$50 did not give her half a tank and she figures that \$2 won't even show on that woman's meter. And so, **Esther** started moving in the wrong direction on this subject of gas, not on her behalf, but on somebody else's. **Esther** is not worried about gas prices for herself, but she could listen to enough people that she begins worrying about them and then she's not contributing to the improvement either, you see.

And so, we want you to understand because we can feel it rippling even in this room that sometimes people feel as they listen to us, *"Well, Abraham, you're just teaching people to be selfish and to not care or worry about what's happening to anyone else."* And we say, *"We want you to care, but we don't want you to worry."* When you care, you launch into **Vibrational Escrow** on their behalf. When you worry, you do not help them get to what you've launched over there on their behalf.

So, it's possible...this ties in with your question about 'who am I' and 'why am I here' and 'who are the people gathering here in this **Abraham** energy'... And we say, You care about other people and you will launch rockets of desires on their behalf, but you can't suffer for them and be catalysts to help them receive improved conditions.

In other words, you've got to follow the dream of the improved life for them. As **Uplifters**, you've got to learn to walk your way up the **Emotional Scale** on behalf of those that you care about because you can't see them as victims and do them any good. And when you see anybody as a victim, you shoot yourself in the foot.

It's really interesting how powerful you are and how you're all tied in with one another. The thoughts you think about other people not only affect you, but they affect the part of their life experience that rendezvous with you.

## WHAT IS NERVOUSNESS?

**Male Guest:** I want you to explain nervousness and how that falls into our relationship to getting things that we want, and why it's there in the first place.

**Abraham:** Well, nervousness is a manifestation, an indicator, manifestations... because emotions are manifestations, aren't they? It's a manifestation of wanting something that you're not quite vibrationally up to speed with. And therefore, you demonstrated it really well because we were very specific about you, and you just kept turning around and looking behind you. You were not expectant, not really expectant of something that you want. There are a lot of people really expectant of what they want, so much so that they head this way when we're not even pointing at them. Sometimes we're pointing over there and someone comes from over there because they are so wanting and expecting, and so, we have a question or two for you. How do you think your beliefs or expectations have come to be what they are?

...continued on page 31



Esther Hicks

# ABRAHAM HICKS

*...continued from page 30*

**Guest:** Trial and error.

**Abraham:** Good words. There never is any error, but we know what you mean...Trying... so trial and error.

**Guest:** Being in the experience, going for it.

**Abraham:** And what kind of an experience has trained you to not expect what you want? Are we in agreement that nervousness is an active vibration that is to the contrary of something wanted. So what do you think has trained you into a habit of thought, a belief is just a thought you keep thinking, what do you think has trained you into that?

**Guest:** Well, the interesting thing is I'd be there and I'd set my intention, and I'd visualize what I'd want, and I'd be ready to go for it and allow it, but once I'm in the situation, the nerves comes in for a reason I'm trying to figure out on my own.

**Abraham:** Well, you just demonstrated that, and that's a wonderful thing, but we want you to try to hear the question that we're asking. What kinds of things cause you to perpetuate a vibration or a belief that prevents you from getting you what you want, now now now now now.

**Guest:** I'm assuming focusing on the false belief, right?

**Abraham:** Yeah, but what do you think, *this is really good*, what do you think, *we're just going to enjoy it ourselves*, what do you think, what do you think is causing it to be active right now? You were in a situation where we looked around the room and found you. We wanted you. You wanted to be here and we wanted you. And yet even with us pointing right at you, you couldn't perceive it in that way because there is a belief system within you that is contrary to that, but there was no reason, there was no, here it is, there was no reason for that belief system here and now because something entirely different was happening.

*...continued on page 52*

# CRYSTALS, ROCKS LARIMAR



Photo by Karin Wolf

Sharron Britton

*...continued from page 17*

The blue of **larimar** resonates with the throat chakra and many light workers find it is helpful in communicating with the dolphins and great whales that make their homes in the sea. **The Caribbean Sea** is lovely, clear and tranquil most of the time. People are drawn to its beautiful white sand beaches formed with graceful green palms and flock there for relaxation and to unwind from the stress of everyday life, but we cannot all manage a **Caribbean** vacation and travel is not easy these days.

**Larimar** can help us connect to that sense of peace so we can metaphorically release our worries into the ocean where they will be cleansed and transformed into energy we can use. It is one of those stones that seems to appeal to everyone. Some love its unusual beauty in a pendant or ring. Some like to meditate with it to connect to the spirit of the ocean. Some enjoy its beauty but also appreciate the connection they can make with the deep and mysterious aspects of the sea.

Although most of us think of tropical paradise when we ponder **the Caribbean**, it is also a powerful Mother of Storms during the summer when hurricanes are born. The great **whales**, keepers of the **Akashic Records**, can teach us how to work with the power of the seas to help harmonize these elemental forces into the lives of those who seek to make contact with their wisdom.

I have found that wearing **larimar** makes it much easier to enter the realm of the **whales** and **dolphins** during meditation. **Larimar** can also be helpful in alleviating fear and restoring inner peace. If you are drawn to **larimar**, you can find it in many jewelry stores, especially in coastal areas. When I visited **Hawaii** I found **larimar** in shops and metaphysical markets everywhere.

The **humpback whales** come to **Maui** every **Spring** and all the residents and tourists alike love them. **Larimar's** strong affinity with the **whales** make it a welcome addition to any shop in areas the **whales** visit during their oceanic journeys. Most good rock shops will carry it as well. This is the perfect stone to carry the promise of **Spring** into the summer ahead.





Betsy Chasse

# TIPPING SACRED COWS

*...continued from page 9*

Reaching **Buddhahood** means a full awakening and liberation from the attachments of our reality, instead of simply having insight into and certainty about it, or understanding it, which is a very **Western** idea of enlightenment. It's more than that. It's the big ah-ha! moment. It's being free once and for all from all the people, places, things, times, and events that have kept us chained in the prison of our suffering (and, in case you did not know it, we are all suffering).

Reaching this state of being takes years of practice and commitment and ultimately a total annihilation of self. Wow, that's quite the undertaking, and for me, something that seems utterly impossible. I mean it sounds great in theory, but who has time for total annihilation of self and grocery shopping? Because if that is what reality is about. How does a person truly seek enlightenment and live at the same time?

In the **West**, the idea of enlightenment has taken on a very romantic and, quite frankly, self-serving notion. There's some-thing twisted about that. For millennia, enlightenment existed in the **East** as a noble, selfless goal; a few centuries in the **West**, and we've turned it into a romance story involving ourselves.

For most **Westerners**, the idea of **enlightenment** isn't about reaching total annihilation of ourselves and thus relieving ourselves of our attachments, ending the cycle of reincarnation, and moving onward into the next realm. As a **Westerner** (and if you were born in a **Western** country, you're pretty much stuck being one,) I've got to say that that seems a lot to ask for. I doubt most us are really willing to give up all of our attachments, and I wonder if we should.

**Enlightenment in the Western sense is really about gaining an insight into our true nature,** an expression of a transcendent truth about who we are, a transcendental state of total acceptance and connectedness beyond the reach of any expressed language. Basically, it's an indescribable feeling of overwhelming love and connection to ourselves and everything known or unknown. So, there is **enlightenment** (total annihilation of self) that means that you (I) have to be willing to let go of everything.<sup>†</sup> Then there is

the kind of enlightenment reached through an understanding of self. If the choice is between annihilating it or understanding it, I think I'm going with understanding it. That's attainable. That's something I think I can eventually do. No annihilation needed here, thank you very much.

Many people speak of moments in their life when they have felt enlightened, when they had that ah-ha! moment. It's called an enlightened experience. I can remember moments in my life when everything felt so perfect, so connected that I couldn't even remember whether or not I existed. I was eternal. Moments when I experienced the totality of everything.

I remember once going camping and looking up into the night sky. I was in love, life was good, and the stars shone brighter than I'd ever seen them as they cruised the Milky Way. I didn't know if it was because I had a hot guy with me, a great glass of wine in me, or it was just one of those moments where everything felt right. Even the unknown didn't matter. But later, on the way home as I hit the smog-ridden freeway, the feeling was gone, and boy, did I want it again.

Like any good drug, once a moment of enlightenment happens, we begin to attempt to re-create that experience, and with every attempt it seems to get further and further away. Thus the eternal hunt through the maze for the cheese. The seeking becomes the end-game, and when we are seeking, we aren't really being.

Enlightenment isn't just associated with letting go of self or gaining knowledge of self—it is also associated with getting connected to our inner awesome; i.e., our divinity or our connection to it, depending on which belief path we are traveling. We see this in most ancient philosophies (yet another common thread) where the idea that we are divine beings full of love and light and everything that is "good" is a principal premise. It is said that divineness is already within us. So if we already have it, why, then, are we seeking it? It's truly a redundant question like, Do you have DNA in your genetic material? Erm, yes?

*When I ask some of my favorite great minds about the idea of seeking enlightenment, they often say the same thing. My favorite is Austin Vickers, who told me, "Seeking enlightenment is like having a carrot on a string in front of you. It's attached to your head, but you think it's in front of you. Why would you seek something you already have? You've already experienced the whole love and light thing.*

*...continued on page 33*



Betsy Chasse

# TIPPING SACRED COWS

...continued from page 32

*You came here to experience the opposite, so that you could then appreciate the experience of fully loving, fully being in joy, even when it sucks.” Okay, I added the word sucks. Austin wouldn’t say sucks, but that’s what he meant.*

Maybe living with my feet firmly planted on the ground is divineness in action. A perfect example: **Buddha**. It’s not like everything in Buddha’s life was all lotus flowers and green tea. Sometimes he felt pain and sadness. And man, did he fully feel it. He held still and allowed himself to be present in that moment, and in that space he was able to understand how joy-ful, how awesome it is that we can experience the full extent of the emotions of an experience.

He understood how amazing it is to be alive and to know both joy and sadness, to have loved so deeply that the loss of it hurts. He also knew that love is both constant and impermanent. Enlightenment isn’t something we strive for; it is something felt in the moment. It’s really just perspective. Can I see every experience in my life, even when it sucks, as a gift? Maybe not right then and there. Right then and there, I allow myself to feel angry, hurt, or embarrassed; later, after I’ve had time to gain perspective, I can see it as a gift.

The original concept of enlightenment, when splayed out for us to really see, requires us to be willing to let go of everything in our lives and see that it has no impact one way or another. But that’s not me. Sometimes I cry, and sometimes I yell, and often I flail. That is me. Why annihilate the self when the self is what we have been given? There is a reason the cheese is so stinky. It wants to be experienced, felt in every corner of our olfactory glands. I mean, why have the sense of smell if we aren’t going to use it?

That’s what I’ve come to realize. I became addicted to the seeking. I became so desperate for that hunk of cheese that I forgot to look at the walls of the hallway, to enjoy the art, to see out the windows (that were even windows!). I needed to read that newest book, or the old one. I needed to make sure I had all the data so when enlightenment struck, I would know. I kept telling myself I didn’t have it and I needed to get it.

So I’ve let go of seeking enlightenment. I’ve let go of judging myself for not being spiritual enough, for allowing myself to feel the way I feel and to experience life. When people ask if I’m on the path to enlightenment, I respond, how could I not be? Aren’t we all? Unless, of course, you’re asking if I’m attempting to kill off parts of me, the gifts I’ve been given to experience this life—then no. I’ll keep those. I like them; they keep things interesting.

I’ve replaced my quest for enlightenment with acceptance of my life where it is, even happiness about where it is. I know—it’s hard to be happy when things aren’t going the way I want, when life is hard and I face struggle. Acceptance doesn’t mean I’ve given up. You’ll find I say that a lot in this book. I often have to remind myself of it. Struggle is part of life, and if we got everything we wanted all the time, we wouldn’t be able to gain any wisdom, to shed any light of understanding about ourselves.

Ultimately, I believe that is what Buddha and all the other spiritual teachers meant when they spoke of enlightenment. Nirvana is when you know yourself. You know peace and connectedness both when it’s easy and when it’s hard. It takes practice and patience and love and forgiveness. Don’t worry if you don’t master it in a year or two. For most people, it takes at least one lifetime and probably more. Now that’s pretty enlightened, if I do say so myself.

Notes:

\* Info dump! Rumor has it that kombucha supposedly originated in China where it was said to have magical powers to help a person impressively live forever. It made its way to Russia and then the West, bringing with it the awesome reputation of being the best detoxifier of the body and mind in the world (according to its marketing and PR team). Currently, kombucha can be found being carried around in large glass mason jars by those recovering from all-night dance parties out in the woods along the Oregon coast.

† Oh, and I do mean everything: the car, the boyfriend, the kids and the dog, the ego, the knowing, the being right or even the being wrong, and the best parking spot. We have to be willing to awaken to a space in which none of that exists and it all exists simultaneously and where ultimately we don’t really notice or care because we are simply just being, or maybe we cease being at all. Maybe we actually do go poof! I’d like to add some sparkles to that if it really is how it happens. Sparkles would add pizzazz.

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)



Frank DeMarco

# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 19*

**DeMARCO:** *The rest of the larger being that it is a part of, I would have thought.*

**TGU:** *That's true enough, but mixes categories.*

**DeMARCO:** *How?*

**TGU:** *A soul crystallizes, or doesn't, within the context of the larger being that projected it into 3D, of course. Just because you may lose sight of that parental relationship does not mean it does not continue to exist.*

**DeMARCO:** *I admit, I hadn't thought of the two things in the same context.*

**TGU:** *Few do. Religions often preserve this relationship, more than what we might call free-wheeling metaphysical explorations. But now that we have called your attention to it, look at it.*

**DeMARCO:** *I suppose if a mind is projected into 3D and fails to achieve a lasting autonomy, its constituent parts - the strands that comprise it - continue to exist, with some added experiences, but no new individual point of view that can take its place at the table.*

**TGU:** *As we told you earlier. And if the projected consciousness does attain an individual status (so to speak), still it remains part of the larger consciousness of which it was created by a sort of provisional separation-process. Either way, the "you" that experiences itself post-3D does not bring its physical characteristics, any more than its Social Security number.*

*So what does it bring? We have been saying, "its mind," but that is a lazy approximation. Think: What of you survives? (Bearing in mind, "survives" is a frightened sort of word, subconsciously suggesting shipwrecks and castaways.) So let's say, what do you bring back as the fruits of your 3D excursion?*

**DeMARCO:** *The very habit-system you mentioned. The habit of my various strands having learned to function together. The new alloy produced by the 3D-conditions smelting process, I suppose.*

**TGU:** *Yes, very good. It's all non-sensory, so it's a bit unsatisfying to your image-processing habits, but there you are, it is something definite.*

**DeMARCO:** *It does feel like we accomplished something - but what does this have to do with spirit and the living present moment?*

**TGU:** *Once you remove your focus from 3D constrictions, it's all living-present!*

**DeMARCO:** *Of course it is! But I didn't see that one coming.*

**TGU:** *So think of reality in a different way, and see what changes:*

- *The living-present moment is the norm, not the exception, except within 3D.*
- *Being entirely present, rather than scattered amid day-dreams and memories and neurotic regrets and anxieties, is the universal experience, not the exception.*
- *Knowing that "All is well" is unavoidable, in the circumstances. Hoping "to create a better world" is meaningless.*
- *Judgments of good and bad, desirable and undesirable, even judgments of what a condition actually is (let alone what effects it will have) are literally meaningless outside 3D conditions.*
- *Yet you were there for a reason; were formed for a reason; worked, strove, hoped, despaired, loved, hated, all within a reason. What could that have been, and how does your new life - your re-newed life - have a footing in that 3D experience?*

**DeMARCO:** *I get, merely from the fact that we are now functioning outside of 3D, that soul is no longer driving, or not so much, and spirit flows freely through us.*

**TGU:** *That's garbled, but that is an excellent place to resume: the changed proportions of spirit and soul within the world you now live in.*

**DeMARCO:** *Very interesting as usual. I am somewhat handicapped by just having bought Be Here Now - 50 years after its publication - and remembering how little I know. but I am maintained by our track record, which does seem to have taught me one or two things. Till next time.*





Mokshapriya Shakti

# ESSENTIAL LIFE HACKS

*...continued from page 15*

The emotions and reactions to our outer world have become part of our nature and they have become our personality. *To be able to change those pre-programmed reactions we need to be willing to step out of our comfort zone and be courageous to try something new.* If we do not, we are just repeating the same predictable routine. Which leads to a very predictable future.

**When we start reflecting consciously on insurmountable problems we begin to see that there are ways to deal with them.** With every problem comes a solution. *Life will always give us problems, but how we deal and react to them is within our control.* Once we judge ourselves or others, we have lost the ability to make a change and we will have a predictable reaction which will lead us back to the same problem or circumstance.

**Best time to practice reflection is in the evening.** This advice in *Scripting Your Destiny* by Ronna Herman is a wonderful practice that will change our life.

“After you are in bed and just before falling asleep, take a few minutes to review your day. No judgment or recrimination just be an observer. What did you do that day that was not of a higher vibrational energy? How could you have acted or reacted differently?

What did you say that you could have expressed in a more loving or compassionate way? What did you not

say that you should have expressed (stating your highest truth)?

Did you project any feelings of resentment or anger?

Did you allow others to “color” your reality negatively with their beliefs (energy cords)? Did you experience more loving interaction than negative interaction?

**After you have completed the review of your day, say something like this:**

*“I call upon the Mighty Law of Forgiveness (or the angel of forgiveness) to transmute, balance and harmonize any discordant energy that I have projected today that was not of Love/Light.”*

It will be instantaneously transmuted into neutral Light substance, thereby not affecting your auric field or reality. IT MUST BE SO. IT IS THE LAW.”

Most importantly is the nonjudgment. We cannot be perfect. If during the review we find that we handled a situation well, we also need to appreciate.

By reviewing daily, we begin to understand what pre-programmed reactions we have. We see into our subconscious mind and begin to script our future.

At the end of the year or month we also need to review. Did we accomplish what we set out to do. Or did we just react to our environment.

Did we have plans, desires or feelings that were left unfulfilled. If so why, and what could we have done differently.

To be honest with oneself is very difficult. If we truly take out the judgment, know the insurmountable becomes a challenge that can be conquered. It is our birthright to be happy and healthy, it is ours, it is within us. So let us look into our own selves, through reflection, and find that which belongs to us rather than the mind’s programs and belief systems.

Andrea/Publisher writes: I subscribe to the [Yogashakti Yoga Center YouTube channel](#), it's a great addition to my morning practice. I met Mokshapriya at the Palm Bay ashram in the 90's. Like her predecessor my beloved Ma Yogashakti, she exudes very definite, palpable energy. Give her vids a watch. They educate, comfort and inspire me. You can watch the [Yogashakti Yoga Center YouTube channel](#) at [https://www.youtube.com/watch?v=w\\_LJwgiYIO0](https://www.youtube.com/watch?v=w_LJwgiYIO0)



## **ARIES – (March 19 – April 18)**

### **ARIES: MOOD FOR MARCH 2022**

Dynamic, enterprising, even passionate at the beginning of the month, you do not lack the fuel to accomplish what you have in mind. From the 20th onwards, the Sun will boost your energy and allow you to wait without losing power or morale. You express your originality and difference, and you get the necessary means, but beware of the damage if you go too far and are too directive. You deploy a great deal of energy to improve your social status but do not rush headlong into it. Combine strength and caution, intuition, fire-power, and intuitive resources to move forward without overstepping the mark.

### **ARIES: LOVE FOR MARCH 2022**

You are burning to realize a project close to your heart. You will have the opportunity to do so from the 6th. Venus and Mars join forces to reinforce the processes intended to change things and approach what is coming with passion. From the 20th, the lights turn green. Take the time to look back for a moment and extract valuable lessons that will help you avoid repeating the same mistakes. If you have a project in mind, keep your feet on the ground so that people will want to follow you. Take the time to reconnect with your intuition to nourish the slightest initiative. Your emotional life will be back on track at the end of the month.

### **ARIES: MONEY FOR MARCH 2022**

Suppose you remain reasonable in your expectations by combining passion and prudence. In that case, there is nothing to stop you from realizing your dreams and ambitions but keep a balance between helpful spending and futile excesses. Channel your demands to avoid ending the month in conflict with everyone else. You are setting up a new life direction, and Jupiter is bringing your material ambitions back into focus.

### **ARIES: WORK FOR MARCH 2022**

You are invested in a project that you are ready to start. You can count on great combative energy and crazy charisma to rally the votes around your plans. If you have the support of some people who, behind the scenes, are defending your interests, and your goals are on track, then beware of rushing into things. It could create tension between you and those in power. Keep a



responsible attitude to avoid conflicts, even if you are determined to orient your professional life differently and if you spend your energy to change things. For now, your interventions are more under the radar than in the light. In March, it's a matter of preparing for what comes next.

## **TAURUS – (April 19 – May 19)**

### **TAURUS: MOOD FOR MARCH 2022**

Determined to get what you want and to make your plans a reality, this month, you have the confidence and seductiveness to make an impression on the world around you (the 6th). From the 20th onwards, take a break to rest and reflect rather than act. Rather dynamic, enthusiastic, and offensive, you may find it difficult to channel your desire to operate freely at the end of the month, and you may become irritated. If you project yourself into an ideal future, you will support your dreams based on a more profound (even spiritual) vision of the world and your place in the universe. Your plans are based on solid thinking, so anything is possible.

### **TAURUS: LOVE FOR MARCH 2022**

You have an indisputable charm and a recognized authority. You will use this to get your message across and encourage those around you to love and follow you (on the 6th). From the 20th onwards, take a step back from events to learn from the past. Jupiter invites you to make plans, and you will not lack arguments to rally support for your projects. You aspire to live stories that transform your world's vision, contribute to your personal evolution, and assert your demands. You dream aloud of a future that inspires you.

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## **TAURUS: MONEY FOR MARCH 2022**

You will benefit from the active support (material, emotional, financial) of those around you who will be won over by your plans. If you do not lack support or the means to implement the projects you have in mind, avoid taking everything for granted, at the risk of someone wanting to cut you off. Money is not the subject that holds your attention until the end of the month when Jupiter reinforces your projects and generates situations that help you morally and materially.

## **TAURUS: WORK FOR MARCH 2022**

You stand up for your values and shine in society. Use your strength and charm to put forward your ideas and projects that you have worked out to manage your life with maximum autonomy. You are an active campaigner and use as much charm as offensive arguments to change things. Your ambitions are grand, and your dreams are immense. You involve colleagues, associates, and hierarchy in your universe.

## **GEMINI – (May 20 – June 19)**

### **GEMINI: MOOD FOR MARCH 2022**

Nothing stops you; you have the strength to achieve your goals by showing that you are the right person, no matter what obstacles you encounter. An aura of winning plays in your favor. Jupiter favors your ascension. Enthusiastic, determined, you are in an excellent position to succeed in your endeavors. Don't overdo it. At the risk of attracting unnecessary enmity, stay modest. Rely on your ability to evolve to transform your life. You currently have the means and the desire to do so.

### **GEMINI: LOVE FOR MARCH 2022**

Venus invites you to raise your standards. You want to develop your current relationship or find the person who will satisfy your desire to live a beautiful story. From the 20th onwards, you are looking to the future and carrying out a project that is close to your heart. The sky is shining on you. Stay open to dialogue, don't impose your wishes on someone who doesn't appreciate them, don't provoke a conflict, even if your relationship takes a passionate turn. In search of an ideal, you aspire to merge with the other person and transform your stories so that they resemble what you hope for.

### **GEMINI: MONEY FOR MARCH 2022**

If your goal doesn't seem to be financial in March, you are in an excellent position to claim the reward for your efforts from those who distribute the money. You

are rewarded for your efforts and rise in rank with a raise, but avoid thinking you are stronger than others. More than fortune, it is an ideal that you wish to reach: a transformation (personal, relational) to be carried out. Wait for Jupiter to move on to more tangible things.

## **GEMINI: WORK FOR MARCH 2022**

You work with drive, determination, and the ambition to excel. You spare no effort in imposing your ideas and methods. You use your charm to persuade your superiors that you are up to their expectations. From the 20th onwards, it's time for big projects. You have significant cosmic advantages to impose yourself on a hierarchy that appreciates your talents but is less fond of your abuse of authority than it sees as arrogance. You aspire to realize a dream, to serve a cause, and you invest yourself with ardor in the pursuit of your objectives with the help of Jupiter, who favors your ascension.

## **CANCER – (June 20 – July 21)**

### **CANCER: MOOD FOR MARCH 2022**

You are thrilled at the beginning of the month, strengthened by the combined energies of Venus and Mars. Still, in love or business, your impatience and self-confidence are bad advisors. Try to channel your ambitions and desires so that they do not interfere with your current expansion. Highly inspired and eager to embody your aspirations, you connect others to the same wavelength. This will be your favorite occupation in March.

### **CANCER: LOVE FOR MARCH 2022**

Venus and Mars will set your senses and sensuality on fire from the 6th. The two planets: your feminine side Venus and the yang side, join forces to raise the temperature. Take advantage of this to rekindle the flame with the one you love, or use your ardor to bewitch whoever you please. Jupiter will open up avenues for you and your ambitions. Still, tensions will arise if you believe you have the right to impose your desires on the other. Your relationships and exchanges are tinged with passion. You can get closer to some form of ideal.

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## **CANCER: MONEY FOR MARCH 2022**

If financial problems are not resolved, you will speed up getting your way, but use strategy rather than stirring up trouble. In March, you will be greedy when, if your aspirations seem to be on the right track, your demands (financial, among others) will put some people off. They will find your steps too aggressive and try to thwart them. You aspire to realize a dream, not necessarily to make a fortune. But obviously, one does not prevent the other.

## **CANCER: WORK FOR MARCH 2022**

Jupiter has opened doors for you. In March, you hope for more associations or partnerships on which you will put the pressure. From the 20th onwards, it's no longer a question of going unnoticed but rather of shining in the spotlight. Of course, Jupiter favors realizing your ambitions but beware of what you say and do. Your audacity may shock, your demands may frighten those who hold power and the money. You assert your ambitions and needs by showing authenticity and determination. People want to believe in your dreams and follow you.

## **LEO – (July 22 – August 21)**

### **LEO: MOOD FOR MARCH 2022**

Lively and determined to persuade those around you that they can trust you, it will be hard to resist the pressure you exert on the community. Still, they will let you say and do. Your world is evolving, and the situation is activating levers favorable to metamorphosis. You are trying to calm yourself down because excesses are to be banished. Focused on your work, you will not think of distracting yourself. You will imagine your new destiny.

### **LEO: LOVE FOR MARCH 2022**

Count on Venus to energize your exchanges around the 6th. The relationship with your partner takes a passionate turn. Take advantage of these intense flows to make the bond evolve. From the 20th onwards, the Sun invites you to raise the debate, even if you seem to be focused on your career plan. Avoid raising your voice and take a step towards the other. You invest yourself in improving your daily life, living conditions, and those of your loved ones and reach a form of ideal. Focus on change to guide your destiny, your inspiration peaks, and you serve the common cause.

## **LEO: MONEY FOR MARCH 2022**

Jupiter has helped to strengthen your hidden income (inheritance, return on investment, annuity, etc.). All you have to do is consolidate your recent successes and invest your money well. Jupiter tends to favor investments, so negotiate strategically rather than raise your voice. The path to something other than your income holds your attention in March.

## **LEO: WORK FOR MARCH 2022**

If your relationship with colleagues or management has changed recently, you mobilize to boost your exchanges. You convince the other person that your proposals are the best. Your arguments are as firm as they are diplomatic, and you'll get everyone on your side. Uranus is shaking up your professional world and activating your desire to free yourself from operations you can no longer stand. Jupiter is causing events likely to favor novelty. Don't attack anyone, even if you need to take your anger out on someone. Invested in your work, you think collectively. If you wish to develop your activity, you will have the opportunity to do so. Certain events are likely to change things.

## **VIRGO – (Aug 22 – Sept 21)**

### **VIRGO: MOOD FOR MARCH 2022**

You work hard without putting yourself forward, but that doesn't stop you from being noticed and appreciated for what you do. If the heavens favor alliances, it's up to you to make it work. On the other hand, if you assert yourself and try to stand out, beware of the backlash. In March, you can bewitch anyone you want thanks to your ability to touch the other person in what they are most sensitive to. This talent allows you to please, both in love and in business.

### **VIRGO: LOVE FOR MARCH 2022**

You are mobilized to work in the interest of all. Count on Mars and Venus from the 6th to encourage you to work with zeal and dedication for others. From the 20th, if you feel that your relationships need to evolve, do not hesitate to change things. You can forge a co-operative bond with your partner by listening to each other and being willing to commit. It would be a pity

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to compromise such a beautiful agreement by imposing your behavior that is not unanimously agreed upon. You are in a passionate mood, in a relationship, or you meet someone who matches your criteria.

## **VIRGO: MONEY FOR MARCH 2022**

You are more involved in the growth of your business than in your personal interest. Your commitments are very advantageous to you, so avoid confusing promising situations. You risk alienating your partners if you impose your out-of-the-ordinary ideas and methods on them. You can hope to make some material profit from your commitments as Jupiter makes them concrete and official.

## **VIRGO: WORK FOR MARCH 2022**

You are most likely to make a good impression on your colleagues, superiors, and interlocutors by displaying a willingness to support the joint effort. From the 20th onwards, to negotiate or change your status, you should rely on strategy, listening, dialogue, and consensus rather than displaying methods that will alienate your interlocutors. Attract the attention of those who want to team up with you. You convince your partners that your idea is the right one and that they should believe you and follow you.

## **LIBRA – (Sept 22 – Oct 21)**

### **LIBRA: MOOD FOR MARCH 2022**

There is no question of going unnoticed in March. Your charm and power impress the crowds. You'll come out of the shadows and get noticed. From the 20th onwards, you are not the center of the world, your needs are pressing, and you find it difficult to be satisfied with reality. However, this is what you need to do to finish the month well. You will try to understand what is weakening your family bonds to solve problems and strengthen the ranks in harmony.

### **LIBRA: LOVE FOR MARCH 2022**

Your charm is working from the 6th but use it with moderation. Especially if it is a question of influencing the other person who will give in to your slightest whims with delight if they share your aspirations. From the 20th onwards, take a step towards the other person

who appreciates that you are listening to him. You feel a form of antagonism between your thirst for love and the desire to free yourself from too fusional and reductive bonds. Be careful not to get out of hand and do not display an aggressive attitude that will not please. Your family ties are evolving in an emotionally intense atmosphere. Certain sensitive subjects are being discussed without escape, and you benefit from a favorable climate to decipher them. You want to harmonize your ties and your exchanges.

## **LIBRA: MONEY FOR MARCH 2022**

You are attracted to all that glitters at the beginning of the month, and you will glean an advantage (a raise) that will reward your talents with dignity. Don't be afraid to boast about your merits. Jupiter favors your material expansion. Count on the benevolent planet to improve the ordinary and find new ways to prosper. But don't demand too much. Stay in tune with your material life. You are focused on your inner world and your family unit until then.

## **LIBRA: WORK FOR MARCH 2022**

Creative and eager to show it, you are getting noticed positively. From the 20th onwards, rely on listening and cooperation to strengthen your business and evolve by relying on team spirit. Jupiter will serve your interests by opening new doors or by making you benefit from fulfilling working conditions. It would be a shame to spoil these good vibes by offending those around you. You are preoccupied with the resolution of family problems. You aspire to improve your living conditions. You are waiting for the end of the month and the support of Jupiter from the 26th to benefit from opportunities to progress in your activity.

## **SCORPIO – (Oct 22 – Nov 20)**

### **SCORPIO: MOOD FOR MARCH 2022**

You are determined that all should go well at home. You are eager to avoid any turmoil or conflict, so rely on your ability to combine firmness and gentleness (on the 6th) to put your family life on the right track. Jupiter is galvanizing you both in love and professionally. You lack neither energy nor enthusiasm to draw

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attention to yourself. There's no risk of a downturn in morale if you keep your family together. You don't have to do much to get everyone on your side, but you don't argue lightly. You can expect a perfect balance between heightened sensitivity and reason.

## SCORPIO: LOVE FOR MARCH 2022

From the 6th onwards, Venus and Mars will take over your private and family life. You will take advantage of Venus' soothing influence to smooth things over and find compromises in your family. From the 20th onwards, you will have to manage your finances as best you can. If Jupiter reinforces your magnetism and your thirst for love, it also endows you with an irresistible aura. Rely on these golden assets to rekindle or ignite the heart of someone you like. On the other hand, if sensitive issues need to be addressed, rely on your assertive communication and empathy to do so.

## SCORPIO: MONEY FOR MARCH 2022

In March, money is not your priority; you spend more energy managing family ties than earning money. Business will pick up from the 20th on, even if your main objective is to manage the ordinary. Gifted and charismatic, you attract frank successes that pay off handsomely. But it is the recognition of your talents that touches you the most. If material recognition is added to it, you will be delighted, even if it is not your main objective.

## SCORPIO: WORK FOR MARCH 2022

You are more focused on your personal life than on your work. From the 20th onwards, however, you go about your business and take responsibility. The daily grind demands that you be present, and there's no question of deviating from its demands. Brilliant, talented, and appreciated, you do not lack the potential and charm to transform your interlocutors and admirers. Take advantage of your radiance to extend your influence and strengthen your recent alliances or commitments. You seduce your interlocutors. Your talents fascinate as much as your bewitching charm operates. Take advantage of it.

## SAGITTARIUS – (Nov 21– Dec 20)

### SAGITTARIUS: MOOD FOR MARCH 2022

Quick to communicate and eager to be heard, you combine authority with charm to keep the dialogue open in your closest circle. At the end of the month, you gain visibility and prestige. Suppose you can count on a cosmic backdrop to support your personal and emotional development in March. In that case, you may lack diplomacy, and exchanges may become heated. Inspired by a dream that you wish to realize and which concerns your emotional or family development, you put all the chances on your side by exploiting your potentials to improve, embellish your environment, and blossom as you wish.

### SAGITTARIUS: LOVE FOR MARCH 2022

You can count on Venus to soften your words, smooth out the edges in your family, solicit the attention of those around you, and make yourself heard. From the 20th onwards, you will enjoy the vertigo of love. Endowed with irresistible charisma, you improve your living conditions and your entourage's. If you have many assets to achieve this, don't shy away from dialogue, don't impose on anyone. You are struggling to obtain the means to improve your family life, your environment towards an ideal you seem to be touching.

### SAGITTARIUS: MONEY FOR MARCH 2022

In March, you will be looking for ways to convince or charm. If you have negotiations in progress, you will lead them with a master's hand. If they concern financial opportunities, you will direct them to your advantage. You'd rather negotiate than try to win by imposing your rules. You gain nothing by doing so, except to tense the exchanges, at the risk of compromising the outcome. You will not give up anything to increase your income. Rely on what you have developed recently to improve your skills and, by extension, your income.

### SAGITTARIUS: WORK FOR MARCH 2022

Unless you have a private practice or small business to run, you are more involved in family matters than business in March. Note, however, that from the 20th onward, the Sun strengthens your potential and promotes your self-improvement. This is the time to show what you

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are capable of. In search of more freedom and autonomy in your work, you would like to change jobs and manage your activity and your schedule more to your liking. If your aspirations seem legitimate, be sure to formulate them courteously. You are putting your talents forward, and you can get the proper reward because you show what you are capable of.

## **CAPRICORN – (Dec 21 – Jan 19)**

### **CAPRICORN: MOOD FOR MARCH 2022**

Determined to make the most of your merits, you display an unflinching dynamism, making an impression. You combine charm and audacity, and people don't resist your requests for long. Rather audacious, even bold, you appreciate being admired and fulfilled in your desires. Beware, however, of overzealousness, voracious appetites, or a desire for power that turns against you and attracts criticism. You will not be afraid to go out of your way in March to prove your effectiveness and your worthiness to be pushed up. You deploy your talents. You put yourself in the spotlight.

### **CAPRICORN: LOVE FOR MARCH 2022**

You are having difficulty keeping your instincts quiet, as they urge you to devour life and claim your share. Count on Venus to express your desires without excess to remain acceptable to the other. From the 20th on, you will pay the most attention to your family. Until the 26th, Jupiter increases your radiance and gives you an irresistible aura. You communicate and express originality that contributes to making you noticed and loved.

### **CAPRICORN: MONEY FOR MARCH 2022**

This is the area where you are most offensive in March. Aware of your value, you mobilize so what you bring to the company is taken into account, and you are rewarded. You are thirsty for power, and you want to be recognized for your merits, but your demands are excessive for those who have the money. Be careful not to burn yourself out if you have trouble containing your appetites. You are connected to a dream you want to make real and share.

### **CAPRICORN: WORK FOR MARCH 2022**

You demand what you think you deserve. You don't hesitate to sound the alarm, whether it's social recognition or a financial reward for your merits. And since you are highlighting your potential, you have every chance of getting a positive response. If you are the champion of communication at the moment and know how to rally people around your original proposals, don't think that your talents and your ability to surprise your interlocutors exempt you from respecting specific codes. Do not demand that people follow you without reservation and without nuance. You are decided to embody an ideal. You talk about it, and you find the words to bewitch your interlocutors and make them want to support you. An excellent opportunity to bounce back on a project that you now wish to carry.

## **AQUARIUS – (Jan 20 – Feb 17)**

### **AQUARIUS: MOOD FOR MARCH 2022**

You're surfing on a flow of expansion (financial, among others). This will smile on your face in March when nothing and no one will stop you in your tracks. Suppose you have a lot to be happy about, and you can blossom on the material level. In that case, it is on the intimate level that you must be wary of your tendency to direct everything and everyone. Make the concessions you need to avoid conflicts. You're bubbling inside, but you're not expressing your emotions enough. To channel your restlessness productively, use your intuitive resources, proving to be good advisors this month.

### **AQUARIUS: LOVE FOR MARCH 2022**

From the 6th onwards, you will not go unnoticed as Venus and Mars work to put you in the spotlight. Use your irresistible aura to dazzle whoever you want, especially whoever you like. From the 20th, the Sun favors exchanges. It's an ideal month for forging ties or strengthening your ranks. But, determined to prosper financially, you have little time to devote to your emotional life, which takes second place. However, Venus and Mars form a magnetic duo that should not be abused to put pressure on those around you. Take a step back and take stock of your love life without any concessions to

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identify what is weighing you down and pushing you to repeat the same mistakes. You need to sort out what is essential and what is superfluous.

## **AQUARIUS: MONEY FOR MARCH 2022**

You have enjoyed opportunities to develop your abilities this winter that is paying off handsomely. In March, you display contentment that reflects your recent good fortune. You have openings in this area. Potentials you develop or activities that pay off more. Until the 26th, count on Jupiter to strengthen your income and support you financially. If you have financial ambitions in mind, you will receive support from Jupiter. This is an opportunity to develop your potential and strengthen your income.

## **AQUARIUS: WORK FOR MARCH 2022**

Jupiter has opened up areas that allow you to exploit your potential and boost your income. In March, rely on your radiance to make an impression. From the 20th onwards, the Sun has given you a keen sense of communication. This is the right time to continue to rally people around your ideas. You continue to surf on prosperous streams that allow you to improve your living conditions, and you can count on Jupiter to guarantee your investments.

## **PISCES – (Feb 18 – March 18)**

### **PISCES: MOOD FOR MARCH 2022**

You are acting undercover, and your patience is being tested. Yet this is the best way to manage your daily life, prepare for the future, and put it on the right track. Try to remain zen and channel your energy, waiting to be expressed. If you are aware of your influence on those around you, try not to abuse these assets at the risk of transforming them into counterproductive energy. Cultivate your image without trying to lead everyone. Both dreamer and determined to turn dreams into reality, you keep your eyes fixed on your goals. Thanks to the path you have taken, you can now bring your projects to fruition. Rely on an ideal to set the course in March.

## **PISCES: LOVE FOR MARCH 2022**

Take the time to look back on the past and avoid judging yourself by taking a tender look at specific experiences that may have hurt you and made you doubt. You should approach your emotional life with a greater awareness of what you need and what you should avoid. This is an opportunity for you to shine and seduce if you do not disturb such a promising frequency by sending ambiguous, even aggressive messages to a surprised and reactive environment. Your speeches are fiery, exchanges intense, and emotions are on the verge of breaking through as you aspire to make a life ideal come true.

## **PISCES: MONEY FOR MARCH 2022**

In March, you'll be thinking about adjusting your moves so that you'll soon step out of the shadows and go for it. If your goals are to get rich, establish a strategy, make sure you have your back, take the time to think about your investments or expenses, but don't covet the whole world. A particular hidden desire to impose your rules and ways will harm you and turn against you and your interests.

## **PISCES: WORK FOR MARCH 2022**

Take the time to refine your plans and strategies, restrain your impulses, control your emotions to take action, and go for it in full possession of your means. From the 20th on, you will deploy all your potential to claim its just reward. If Jupiter favors the promotion of your talents and your charismatic personality, avoid any form of intervention that could be interpreted as contrary to the collective interest. In search of a future that you want to be different, the result of a long and demanding journey towards the life you now want to lead. More than a new job, it is a life project that obsesses you and begins to take shape.



Dr Joe Dispenza

## YOU HAVE TO BELIEVE IT TO BECOME IT

*...continued from page 8*

when you're back to your old personality, thinking and feeling in the same ways, wondering when or if you might get better.

*When people in this work decide they are no longer limited or defined by a condition, label, or prognosis — and when they eventually do heal themselves — they can always tell you the exact moment when they decided to go all in. That's because when they made up their mind to change, it became a highly defining moment — and they can recall where they were, who they were with, what time of day it was, etc.*

When they finally made the conscious, intentional choice to show up for themselves every day, they were doing so because they finally believed in the possibility of living a healthy life again. The truth of the matter is, you can't believe in yourself without believing in possibility, and you can't believe in possibility without believing in yourself.

### THE TRUTH IS FOUND IN THE WORK

When I've talked to people who have had profound healings—and when I watch their testimonials—they often comment on the moment they made up their mind to change as a pivotal point in their journey back to health. The decision did not come from their outer environment; in fact, they weren't waiting for something in their environment to change so they could begin to

heal. They changed their inner environment, and that's what started the healing—that's the moment their healing began.

When they made the choice to heal, in that moment in time they did so with such firm intention that the amplitude of their decision caused their body to respond to their mind. *The intensity of the decision carried a level of energy that was greater than their body's persistent, hardwired thoughts and conditioned emotions that were based on the past. And because the emotion was so strong, it altered their normal state of being* and they remembered their choice in that moment even more. This is how long term-memories are formed.

Every time you make the decision to believe in your future with that level of energy, you're sending out a big signal that creates big ripples in the quantum field. If you keep doing it enough times, you're conditioning your body to a new mind. You're combining a thought and a feeling, an image and an emotion, and a stimulus and a response. This is how you condition your brain and body into a new future.

In these moments, you're giving your body a taste of the emotions of your future, and you're branding it neurologically in your brain. You're remembering your future. You are aligning your brain and body to a new future, and because the environment signals the gene—and the end product of an experience in the environment is an emotion—you are actually signaling genes ahead of the environment.

You are changing your genetic destiny by becoming your future and biologically identifying yourself as a new personality. That's the moment your healing begins. It's the mind-body connection in its ultimate form.

From <https://drjoedispenza.com/blogs/dr-joes-blog/you-have-to-believe-it-to-become-it>

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Mitch Ditkoff

## WHY PEOPLE DON'T SHARE THEIR STORIES

*...continued from page 18*

Psychologists refer to this ability of ours as an "unconscious competency" -- the ability to do something without totally being aware that we are doing it. Like breathing... or complaining.. or riding a bike.

The other reason you think you're not a good storyteller is because you have a tendency to compare yourself to other storytellers. Like **Garrison Keillor**, for example. Or your grandfather. Or your favorite **TED** speaker.

Cease and desist! It is a waste of time. The storytelling revolution you are being asked to join will not be covered on the nightly news. It will not be turned into a screenplay by **Steven Spielberg**.

The storytelling I'm asking you to do takes place on the front lines of your life -- often with an audience of only one -- maybe your best friend who will love you no matter what. But if you keep telling yourself you're not a good storyteller, you silence yourself. And silence is not what's needed now. What's needed now is millions of people stepping forward to share what really moves them.

We can't wait for **Sundays** or someone "in a position of power" to shape the narrative. Look where that's gotten us. We need you and all your friends to come out of the closet and let it rip.

**4. "I DON'T WANT TO BE THE CENTER OF ATTENTION"** And why might that be? Usually, because you don't like feeling self-conscious or stressed or judged. Or maybe because you think people will think you are "full of yourself", "hogging the show", or otherwise being a prima donna. Fuggedabout it!

While it may seem as if storytellers are the center of attention, the reality is this: the listener is the center of attention. Or, even more accurately, the meaning of the story is the center of attention. The storyteller is merely a catalyst, a facilitator of a moment of insight and understanding in the mind/heart of the listener.

Is an actor, on stage, the center of attention? For a brief moment, yes, but only to capture the attention of

the audience so they can feel something and leave the theater with that feeling becoming the center of attention in their own lives.

Of course, there are always people who want to be the center of attention for all the wrong reasons: Egomaniacs. Narcissists. People looking for approval. They care less about what people get from the story than being remembered as the person who told the story.

But that's not you. You are not about hogging the show. You are not about trolling for love. You are about speaking authentically and sparking moments of insight and understanding in others (and all without proselytizing, evangelizing, or trying to convince anyone of anything).

### **5. "IT WILL BE TOO STRESSFUL FOR ME"**

Public speaking is a bigger fear than the fear of death. Strange, but true. Standing in front of an audience (or even one person) is so anxiety-producing for some people they say they would rather die.

Ouch! OK. I get it. You imagine yourself on stage and everyone is looking at you and some of the people looking at you are frowning or bored or checking their email under the table. Of course that would be stressful. But guess what? I'm not asking you to stand on stage and be a public speaker. All I am asking you is do to is share your stories in the informal flow of your own life. One-on-one, with your best friend or your mother, is absolutely fine. No pressure!

The storytelling revolution I'm inviting you to participate in is happening wherever you are. It is not a big deal. There will be no marketing campaign, no slogans, and no dues to pay. And, if all else fails, remember the words of Mark Twain: "If you speak the truth, you never have to remember a thing."

Kapish? To tell your stories, you do not have to memorize anything. You do not need to affect an **English** accent or look longingly into the distance. All you need to do is tell your story.

**Here's as simple as it gets:** There's a person (you) with a goal and some obstacles to overcome. Then there's some kind of resolution. That's it. All I'm asking you to do, when the time is right, is to share a meaningful story from your own life -- a surprise moment, an unexpected victory, or a lesson learned.

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Mitch Ditkoff

## WHY PEOPLE DON'T SHARE THEIR STORIES

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**HINT:** Speaking is not stressful. What's stressful is focusing on what people think of you.

### 6. "I AM A VERY PRIVATE PERSON."

Of course! That's totally fine. Your stories are your own. They are no one's business until you choose to make it their business. Indeed, there are some indigenous tribes living deep in remote forests who believe that if someone takes their photo, they will also take their soul.

This is sometimes how we feel when telling a story -- that the person who had heard our story will now have power over us, that we have given away access to a sacred part of us that will now forever be violated by "the other". This is especially true if you are very identified with your story -- an experience, in fact, you consider to be sacred. Telling one of those stories to a disinterested, arrogant, or judgmental audience will put you in the "pearls before swine" zone. Totally understandable.

That being said, you have two choices: You can choose not to tell stories about parts of your life that are "out of bounds" for the general public. Your second choice? You can see yourself as a catalyst for change -- that, somehow, your life experiences, told in story form, may be of benefit to others, a way to help them gain easier access to parts of themselves they may out of touch with.

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Mitch Ditkoff

## WHY PEOPLE DON'T SHARE THEIR STORIES

...continued from page 45

This, of course, takes courage, insofar as some members of the audience may become so uncomfortable with what they see on the screen that they shoot the messenger. *C'est le vie*.

If you truly want to be on the front lines of the storytelling revolution, you will need to come out of your privacy closet and let it rip.

### 7. "I WILL BE JUDGED"

Here's my simple answer: Yes. Sometimes, you will be judged, but so what? First of all, you are already being judged almost all the time by others -- including the people closest to you. It comes with the territory of being human. You could, of course, choose to isolate yourself from others, armed only with your favorite mobile devices and some ice cream, but even then people are going to judge you from a distance. "Your FB posts are too long." "Your texts have too many typos". "You wait too long to respond to my emails".

What you need to remember is this: At the highest level, storytelling is not about you. Not only are you not the center of the universe, you are not even the center of your own story, even when logic dictates that you are.

You may be a character in it -- even the hero -- but the real center of the stories you tell is the meaning other people will derive from it -- the learning, the lesson, the insight, or wisdom they will be able apply to their own lives.

### 8. "I HAVE TRUST ISSUES"

See #7. Having "trust issues" is simply another way of saying that you think people are going to judge you. You've been hurt before by others. Or ignored. Or misunderstood, blamed, abused, dissed, diminished, ridiculed, mocked, or disempowered.

Yup. Welcome to the human race. If you let trust issues have their way, forget about becoming part of the storytelling revolution. You'll be holed up in your house filing your papers or waiting for your next lifetime.

Remember... my asking you to join the storytelling revolution is not the same thing as asking you to go on CNN and hold forth as the spokesperson for the storytelling revolution. All it means is that you are willing to share your stories with at least one other person at a time and place of your choosing.

### 9. "PEOPLE WILL CHANGE MY STORIES WHEN THEY SHARE THEM WITH OTHERS"

Certainly possible, but so what? Songwriters, whose songs are "covered" by other singers, always run the risk of their songs being stylized until they're barely recognizable. What began as their song will be interpreted in countless ways by others. It will morph. It will change. A folk song may become a blues song. A blues song may become a rock song. This is not a bad thing. It may, in fact, increase the shelf life of the song.

So let people change your stories. Remember this is really not about you anyway. You are just the messenger. This is about the meaning people will make of your story and how they will apply the essence of your story to their own lives. Your storytelling is just getting the party started.

### 10. "MY STORY ISN'T READY"

Ah.. welcome to the fabulous world of storytelling Zen koans. The thought that your story isn't ready to share can be both true and untrue at the same time. Indeed, it is the tension between these two polarities that most commonly leads to inaction.

On one hand, it is absolutely true that your story may not be ready for prime time. You may be in the process of incubating on it, refining it, hatching the "story egg", so to speak. If you tell your story too early, you may be trotting out a half-baked message that will fall with a thud. Yup. It's the same thing with new ideas. Sometimes you might have an awesome idea, but if you communicate it too soon, you might subvert its potential of it actually landing.

But there is another side of the storytelling coin for you to consider. Sometimes, the assumption that "my story isn't ready to share" is simply a function of perfectionism -- the same reason why you don't try anything new. You tell yourself you don't have enough information, or enough degrees, or haven't done enough research yet. Please be mindful of this tendency. Sometimes, the only way your story will be ready to share is to tell it. Or what **Tom Peters** meant when he said, "Ready, fire, aim!"

This is the same reason why many **Broadway** plays start off in **Peoria**. "The path is made by walking on it," goes the old adage. Start walking.





Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 29*

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

"Sure, don't worry about me and the old lot, we're tougher then you think," the homeless man said with a wink.

It was a long walk home and the concrete sidewalks and asphalt streets somehow looked more barren and lifeless then ever before. The next day he returned to the scene of the crime as if going to a funeral. To his surprise most of the lot was still in place. It was early so he assumed that the construction vehicles had not yet arrived, so he was surprised when he noticed the corner of one sticking out from an overgrown thicket. So tangled was it in vines and weeds that it appeared to have been abandoned for some time.

As he stood there, a van pulled up and a number of construction workers, just as confused as he, starting looking around for the large construction vehicles they had left behind only the day before.

"Hey you, the guy with the ladder! Did you see what happened to our equipment?"

The **Man with the Ladder** found himself surrounded by a forest of upset construction workers. He pointed to the corner of the bulldozer sticking out from the tangle of vines. It distracted the workers, who now noticed pieces of equipment sticking out of various bushes and thickets.

"Wait till I get my hands on whoever drove my truck into the bushes!" one cursed, and glared at the **Man with the Ladder** as he pulled vines from around a dump truck.

The **Man with the Ladder** was still standing confused near the fringe of the thicket when a hand pulled him into the bushes. It belonged to the homeless man.

"You'd be better off taking cover before those guys figure how badly off their equipment really is." the homeless man explained, peering out of the bushes at the men furiously pulling at bramble and trying to start their vehicles with no success.

"Did you sabotage them?" the **Man with the Ladder** whispered conspiratorially, taking cover next to him.

"Not me! It's the lot itself. "

"How could the lot do anything?"

"Look around, look what's under our feet. "

The **Man with the Ladder** noticed they were standing on asphalt, but all around him bushes and vines had broken through. A small white flower smiled up at him from between his feet.

"*Concretous Monocotyledoneae*, or it's common name, **Concrete Crocus**." the homeless man said, pointing to the white flower. "Prefers concrete but colonizes asphalt just as effectively it seems. "

"This asphalt must be pretty old. "

"You watched them put it down yesterday. "

"That's impossible, nothing grows that fast!"

"Leave your credibility behind and follow me" he said, turning and swiftly disappearing into the bushes.

The **Man with the Ladder** had some difficulty following the homeless man, part because the path was so overgrown, partly because the foliage was so lush and unusual he found himself stopping before each new blossom and leaf. They were spectacular shades of purple and pink, blue and red, thirty shades of green that the **Man with the Ladder** was sure he had never seen outside a box of crayollas.

"What kind of plants are these?" he asked the homeless man as soon as he had caught up.

"*Dandelion Chemophyte, Ginkgoae asphalta, Marchantia acidoceros*, they don't have common names, why some don't have names at all. Come get the bird's eye view. " He beckoned, climbing up a rope ladder into a vine covered tree house.

Upon closer examination, the rope ladder was made of vines. Upon closer examination, the tree house was all tree and vine, the only visible pieces of cut wood being a piece of plywood used as a floor. The walls and roof of the structure were tree branches and woven vine, all covered in leaves and all still alive.

"Wow! Did you make this place yourself?"

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Jim Egan

## STORIES THAT BEND REALITY

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

"No, like the lot itself, nature did all the work, I just helped it out a little. Like my fellow man, in my youth I tried to mold nature into something useful, something profitable, now I have learned to live with nature with minimal disturbance. "

The **Man with the Ladder's** next question was forgotten as he gazed out the glassless windows that overlooked the lot. All around the tree house, an **Eden-like** rainforest punctuated with blossoms and birds stretched outward. On the periphery the flat bare concrete and brick of the surrounding neighborhood looked out of place as if the buildings were crowding in on a primeval jungle.

In the distance he could see the construction workers still struggling with their equipment. More big metal machines had joined them and they had freed a couple of bulldozers but none of the ones they had freed seemed to be working. From a distance the workers looked like ants climbing up and down the big piles of metal busily yanking and pulling at vegetation.

The homeless man looked on in amusement. "I told you not to worry. They picked the wrong lot to mess with. See those vines they're pulling off those trucks, they're **Plas-tifera Epiphyta**, probably ate the insulation right off the wiring. And they'll never get those things to turn over- I'm sure their fuel systems are clogged with **Hydrocarbon utilizing microbes**. It's the microbes that are the key.

Especially the ones that were originally from the deep ocean and use **Chemosynthesis**, they don't even need sunlight, all they ask for is some chemicals to devour and they have all the energy source they need. Many of the other plants have adapted to use them as part of their metabolism and now everything looks like food to them. "

"How do you know so much about them?"

"Oh, I've been studying them for years. My name's **Peter-son, Dr. Charles Peterson**, Phd in **Biology**, specialty in **Genetics**," he said, formally introducing himself. "I used to make the bucks working for a big **Genetics** laboratory now I have all the research I can handle right here. "

"I still don't understand. I've never heard of plants popping up through asphalt and eating chemicals. "

"When we first clear cut the forest and planted endless crops we never thought something would evolve to use the new resource we had created, but they did. When we started inventing new chemicals to fight bugs and germs we kept having to keep inventing new ones as life evolved to be immune or to use the new chemicals we had created. We keep forcing these life forms to be stronger and more flexible to survive, it was only a matter of time before they evolved to use the endless resources of petroleum, asphalt, chemicals, and plastics that we had made. "

In one corner of the lot the construction workers had given way to some men dressed in white jumpsuits and respirators carrying large metal tanks with spray nozzles.

"Oh this I have to see!" **Dr. Peterson** exclaimed, grabbing for the vine ladder and descending quickly.

**Dr Peterson** looked at the chemical names written on their metal tanks below a skull and cross bones symbol. "You're going to have to do better than that. " he called from the bushes.

"Hey you! You better keep out of the way, this is deadly poison!"

**"Endrin aldehyde, Aldrin, Endosulfan sulfate** -- nice mix -- all toxic to most life forms including ourselves, close cousins to **Agent Orange** and many of the ingredients of **Budweiser**. I am familiar with them, so is this lot, you're wasting your time. This is a city lot, it's exposed to harsher chemicals than those when the wind blows from New Jersey. "

"Look buddy you just stay out of the way and we'll do our job okay. "

"Look around you, have you ever seen plants like these before? They are beautiful and they are unique to this site, if you succeed in destroying them you'd be destroying their beauty from the earth. Is this the legacy you'd leave your children and your children's children?"

"It's one of them environmental freaks!" called out a construction worker wearing a foreman's yellow hardhat, "Probably the guy who sabotaged our equipment. Nuke those weeds and him too if he gets in the way!"

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Jim Egan

## STORIES THAT BEND REALITY

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

Dr. Peterson pulled the **Man with the Ladder** upwind as the white jumpsuits let loose a cloud of noxious gas. For several minutes the lush foliage was covered in a chemical haze.

"Look at your lovely weeds now." the foreman called to the doctor as a gentle breeze blew the haze toward the street. The once bright green leaves and red tipped flowers were all now a dark brown and dripping with a steaming liquid.

"Your mentality is dead," the **Doctor** replied sadly, "You can't go around flattening and trampling life and replacing it with sterile concrete and asphalt anymore. Life has upped the ante -- it has learned your tricks. You see that steaming liquid, that's not the chemical you sprayed, that's the chemical the plant secreted in response to yours."

The steaming chemical collected in a pool at the base of the plant and a small stream of it innocuously ran downhill toward the men in white jumpsuits.

"Oh, I'm scared!" the foreman laughed, joined heartily by his workers. The laughter died suddenly when the stream hit the first of the chemical tanks and the outer layer of paint and steel immediately vaporized in a cloud of acid.

"**Straight Sulfuric Acid**, the most powerful on earth." the **Doctor** explained to the **Man with the Ladder**.

"Where did plants get a chemical like that?" the **Man with the Ladder** asked incredulously.

"We fed it to them. That's the chief ingredient in acid rain. We left them no choice, they had to learn to deal with it or die. *Never bet against life coping somehow, you'll lose every time.*"

The white jumpsuits could see what they were up against. They collected their equipment quickly, leaving behind the tank already engulfed in acid. "You're on your own," one called to the foreman as he drove off in a truck.

The steaming acid continued to run downhill, now hitting the metal treads of a bulldozer and everywhere it contacted was quickly engulfed in a boiling cloud of gas as it ate the bare metal.

The foreman started barking orders to move what equipment could be moved, they tried throwing things in its path but nothing seemed to stop its slow progress.

"If I hadn't seen it for myself I wouldn't have thought it was possible." the **Man with the Ladder** admitted, scratching his head and pinching himself, "Is this possible?"

"Not only was it possible, it was inevitable. One way or the other it was only a matter of time before life learned to cope with us, but unfortunately at the rate we were destroying it they'd be little left to defend by that time.

We keep changing the environment too quickly, it was always one step behind. What it needed was a little boost, a few well placed genes to allow it to mutate extremely rapidly against the stresses we were giving it.

I tried to give it that boost but was way too successful. Once it could respond quickly, it was uncontrollable, it learned to eat its way through the glassware, through the metal enclosures. It started to eat through the walls of the lab itself.

I tried everything to kill it before it could get out and spread. But the more I tried to kill it, the more resistant it got. I finally had to stop harming it in order not to make it stronger. Since then I have just studied it. It did eat its way through the walls, then it ate the walls. This wasn't a lot when I started my work here over ten years ago."

The construction workers were still scurrying around trying to save their machines. Some had started a fire and were burning the vines they had yanked from the thickets.

"You're wasting your time." the **Doctor** advised, "there's nothing more for you to do here. Even if you did succeed in harming this lot, the life here would just mutate and come back stronger next time."

"Hey, I don't know what kind of weeds you're growing here buddy, but we've been hired to clear this lot and we're going to." The foreman told him, taking up a piece of branch and spreading the fire they had made to the undergrowth of the thicket.

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Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 49*

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

"I wouldn't do that!" the **Doctor** warned the deaf ears.

The workers spread the fire from the first thicket to the next in line.

"Oh my God they're going to set us all on fire!" the **Man with the Ladder** realized, his living but flammable surroundings suddenly feeling like a deathtrap.

**Doctor Peterson** grabbed his arm. "We have to get up wind now!"

The fire caught quickly and the workers continued to spread it. A wall of flames leapt up, releasing a cloud of smoke and steaming gas. As the gas increased, the workers retreated back away from the vegetation. The line of bushes continued to billow out steaming clouds until the flames seemed to flicker then die out. The winds blew the

steaming clouds toward the few workers still standing on their machines.

As the cloud hit the first machine, the crackling sound of paint blistering warned the workers. They abandoned their vehicles where they were and ran before the cloud of gas to the street. When the cloud had dissipated all looked black and charred, except for the foliage that ringed the blackened section which gaily flaunted its vibrant colors and open blooms.

"The *Articulated Napomiferi* love a good fire, can't germinate without one. " the doctor explained.

The workers collected what equipment still moved -- which wasn't much - and left.

"Will they be back?" the **Man with the Ladder** asked.

"Of course. Maybe not right away, but sooner or later someone else will be lusting after this real estate. But it will be ready for them, it gets more ready every day. The real question is are we ready for this lot?"

As the **Man with the Ladder** walked home pondering that question, he noticed a strange white flower had poked up through his neighbor's driveway.

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# 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.**



Esther Hicks

# ABRAHAM HICKS

*...continued from page 31*

You wanted to be here. We wanted you to be here. There was no reason for you, in this moment, there was no reason for you to be getting anything other than that except that you've got a habit of vibration that bled into this moment; it bled into this moment and covered up the reality of this moment.

**Guest:** Okay.

**Abraham:** Because your desire was so strong that we found you, and even though we could feel the vibrational variance within you, we knew that we could get you here, and we knew we would have a meaningful conversation; we weren't worried about any of that, but *are you getting how good this is?*

low, so we want to say it again, it is so important: *There are many moments in time when you are ready for what you want, you are ready for what's in your vortex, except that in the moment that it begins to flow towards you, you instead let an old vibrational pattern become dominant. Now how would you go about keeping an old vibrational pattern from being dominant now?*

**Guest:** I would love to know that.

**Abraham:** By deliberately practicing new vibrational patterns and then watching the outcome of it until you show yourself that you have vibrational control. By understanding it first of all. By accepting that the Law of Attraction is a powerful law and that it is responding to the way you feel. But there's something we still haven't quite formulated here in the way that it is possible, so let's stay with this because you're not alone in this. Everyone is experiencing this. Because the **Big Question** is, and it is such a big question:

How do I, in my powerful now, where all my power is, where the junction between me and Me meets, where I have the potential of preparing my vibrational grid to allow myself to be ready for what's in my vortex to flow like water flows downstream into my experience right now: *What is preventing that from happening?*

Not old beliefs... Old beliefs that I thought yesterday, old beliefs that I thought last year? Old beliefs that I thought five years ago? *No, a belief that is active now.* Because you don't store these beliefs up, you gather the propensity for them; it's more likely for you to do that now because you did it yesterday and the day before and the day before... it's likely that you will do it. But it's not because you did it that it's happening, it's because you're doing it that it's happening. And you have the power to do something different right now. Did you get that? And you have the ability to see it differently if you'll try just a little bit.

An experience like this, you'll never forget this, an experience like this, you've attracted an experience like this where now your belief has shifted. There are many times you're nearly where you want to be, not quite, so you nearly have the experience that you want, not quite, but that's why we so much want you to hear us when we say. *There are two ways to know whether you're in alignment with what you want and Who You Are or not: One is by the way you feel, and the next it by what happens.* So what has this experience demonstrated for you?

**Guest:** I appreciate this experience because it's helping me shift my beliefs.

**Abraham:** But what did this experience demonstrate for you? What is the experience? Hundreds of people in the room, you're in the hot seat, what did this experience demonstrate for you?

**Guest:** Um...

**Abraham:** *I must have been in the vibrational vicinity or I wouldn't be in the hot seat right now. I must have been in the vibrational vicinity. Good for me. Must have been in the vibrational vicinity.* So what are the components for being in the vibrational vicinity? How did you prepare yourself for this experience of being in the hot seat?

**Guest:** Uh, I did my hair. I...

**Abraham:** Best. Answer. Ever. You expected be here. There was more expectation to be in the hot seat than expectation not to be.

**Guest:** Yes, because I've acquired a lot of grateful knowledge from you, but being here, I get to personally ask you, and it's much more in detail, and it's personal.

*...continued on page 53*





Esther Hicks

# ABRAHAM HICKS

*...continued from page 52*

**Abraham:** *So I thought about it. I wanted it. I liked the idea of it. I got pretty sure of it. I felt good about it. And in the quiet of my own experience, there wasn't that much to challenge it. So imagined it, I visualized it, I visualized it enough that I wanted to present myself in the way I wanted to...* that's all that it is you see. That's what prepaving is.

*And the more that you prepave what you want, the less active those old hindering beliefs will be.* That's what we're reaching for here. *The more you prepave what you want, the more the balance tips, and the hindering beliefs just begin to peter away.*

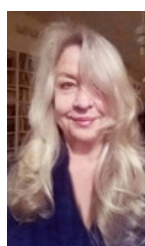
**GUEST:** Personally, I feel the allowing factor the hardest part of the whole process.

**ABRAHAM:** Well, let's talk about what allowing is. Allowing is just a deliberate choosing of a vibration that allows it. We've been calling this the **Art of Allowing** for quite a long time. And now in the context of this vibrational grid that we are wanting you to focus upon, we'll give a new definition of what allowing is. Allowing of what, first of all?

Allowing my frequency to be in keeping with what's in the vortex in order to allow what's in the vortex to flow to me. Allowing. And so, allowing is about focus. Allowing is about thinking and feeling, thinking and feeling.

So, I don't just stumble upon allowing, I practice myself into allowing, that's why we call it an **Art** not an accident. The accident of allowing. You have those all the time, btw, because there is something that you're observing, but the **Art of Allowing**, the **Art** of feeling myself into the frequency of that which I really am, in order to create some outcome? No, in order to feel the deliciousness of allowing my frequency to meet the level of that which I really am, to feel the fullness of Who I Am, the clarity of Who I Am, the fun of Who I Am, the beauty, the brilliance, the stability, the vitality, the On-ness, the Oneness, the Wholeness, the Fullness.

**ABRAHAM:** Good Hair.



Andrea de Michaelis  
Publisher

# THOUGHTS ABOUT THINGS

*...continued from page 6*

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

You'll discover that you're not allergic to food, you don't have hyper-sensitivity to food, you're allergic to being out of the Vortex.

You're allergic to negative emotion, you're allergic to things that make you worry, you're allergic to things that make you feel overwhelmed, you're allergic to things that make you feel resentful. That's the operative word: resentful.

We just think it's a wonderful thing, where if something's got your attention and you're not in the Vortex and you don't know it, don't worry, it'll get bigger, and if you still don't know it, don't worry, it'll get bigger, until it gets big enough, that you say, 'this is uncomfortable, I think I need to do something about this'.

Just don't do the crazy thing and start to eliminate food from your experience. That is what makes you feel deprivation. That's not the answer to what you're looking for.

You're looking for **Vibrational Alignment**, not omitting the culprit.

This is a Universe based upon inclusion. You can't push unwanted things out of your experience.

When you're outside the Vortex, anything and everything can cause an adverse reaction.

We see you scrambling around trying to figure out, 'it might be this food, it might be that, I wonder if it's the Sucralose, I wonder if it's the sugar, or the carbs, I wonder if it's the wheat, I bet it's the gluten', and we say, it's not any of that, it's because you're not in the Vortex, and you've got other things that you're focused upon that is keeping you from being in the Vortex. Period. Period. Period."



Enjoy our offering this month.  
Hari Om.

Andrea

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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.  
Ma Yoga Shakti



## KRIYA YOGA at Center for Spiritual Awareness

**Spring 2022 Online Seminars**  
With Ministers ordained by  
Roy Eugene Davis (1931–2019)

**April 2** Health and Wellness  
Routines for Yogis

**May 7** Advanced Meditation  
Techniques

See the website Calendar for  
complete daily schedule.  
[www.csa-davis.org](http://www.csa-davis.org)

**Meditation, Every Sunday**  
**Morning Online: 11 a.m.**  
**Eastern Time**

**Use Zoom to participate.**

Visit: [www.csaretreat.org](http://www.csaretreat.org)  
Code: 980 663 1368  
Password: 957607

**Note:** If you don't have a smart phone  
or computer, you can call with your  
telephone: 1-669-900-6833  
Enter Meeting ID: 980-663-1368 and  
press #. When it asks for the partici-  
pant ID, press # again.

**Go to: [csa-davis.org](http://csa-davis.org) Retreats,**  
**for Details and Schedules**

**Center for Spiritual Awareness**  
**PO Box 7 Lakemont, Georgia 30552**  
**706-782-4723 [info@csa-davis.org](mailto:info@csa-davis.org)**

**2022 Spring Retreat Schedule**  
**In-Person at CSA Headquarters**

**April 18–22** Ayurveda and Kriya Yoga

**April 25–29** Kriya Yoga retreat

**May 16–20** Panchakarma and Kriya Yoga

**May 23–27** Kriya Yoga retreat

**ayurveda** *ayur* life, *veda* knowledge. A natural system  
for health and actualization of spiritual potential.  
**panchakarma** *pancha* five, *karma* action. The five  
major procedures and therapies for purifying and  
rejuvenating the body.

See website calendar for more information.  
[www.csa-davis.org](http://www.csa-davis.org)



CSA founder, Roy Eugene Davis (1931 – 2019),  
a direct disciple of Paramahansa Yogananda,  
taught spiritual growth methods for sixty-eight  
years in North and South America, Japan, Africa,  
Europe, and India. His books are published in  
eleven countries.