

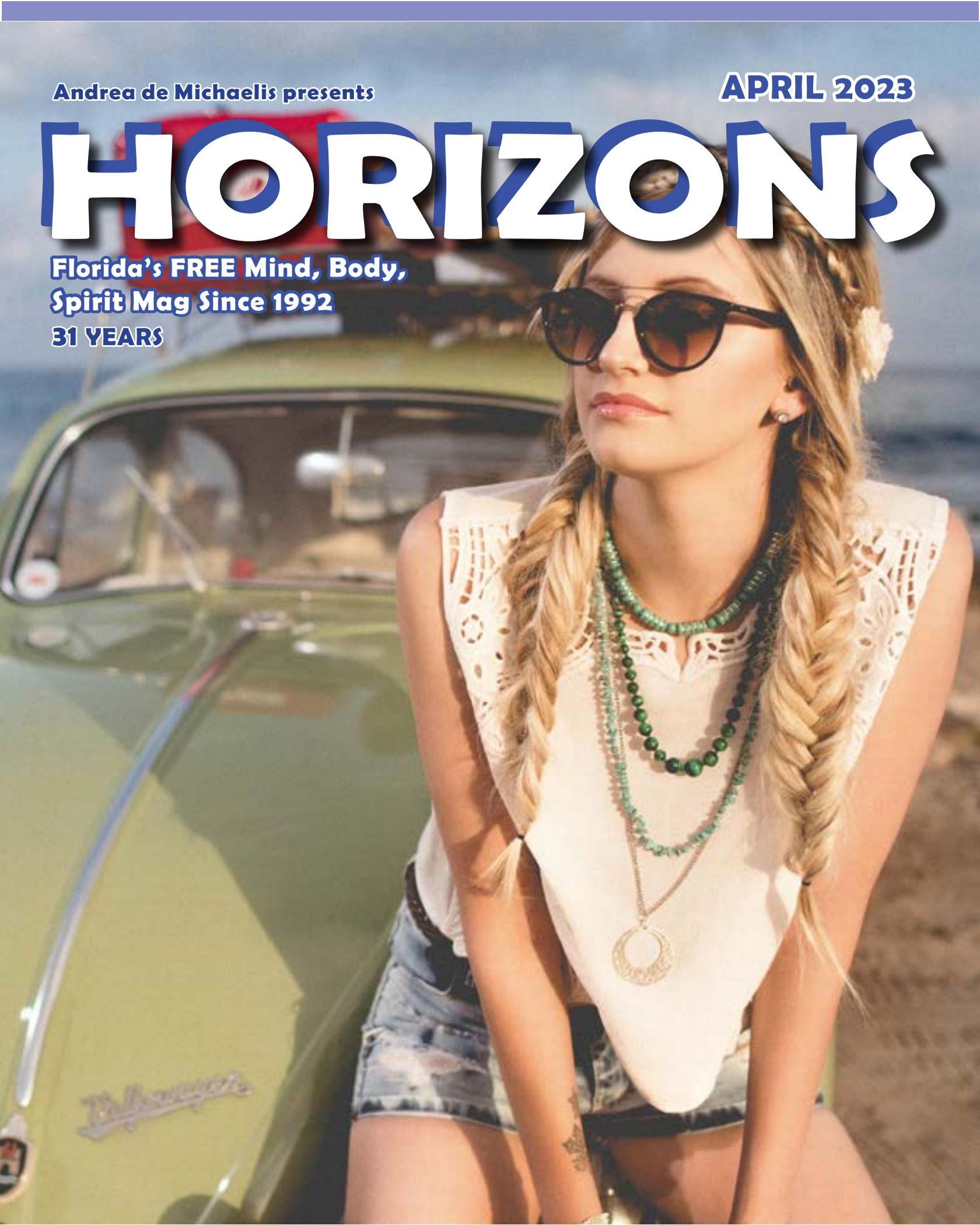
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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>
Email dr.tomsannar@gmail.com

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

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

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

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

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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 the spiritual source of my choice.

The greatest optical illusion is separation

HORIZONS

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

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



Horizons thanks everyone willing to take the risk

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE APRIL 2023 EDITION OF HORIZONS MAGAZINE. The weather has been beautiful, sunny, breezy, cool nights. Every day I just need to look out my windows to be reminded I live in Paradise.

They're replacing my roof as I type this. I wrote last month about the homeowner insurance situation and having to replace my roof NOW. I've been pretty lucky in attracting a roofer with excellent recommendations from real life friends. I did a lot of pre-paving about it, deciding exactly what I wanted to attract.

DON'T FORGET TO ASK FOR IT

I've learned **DON'T FORGET TO ASK FOR IT**, give it a name, SAY it. Say a prayer to see things with new eyes. Say a prayer to have opportunities come my way, that doors will begin to open and I will notice it, that I will not miss the opportunity. I ask for opportunities to be sent my way and for helpful people and circumstances to come into your experience. I ask that every day several times a day and then look around and be vigilant for a glimmer of opportunity. I'm always stunned and delighted at what begins showing up when I do that.

Other friends had their roofs replaced before me and most worked from home so the noise bugged them. I'm prepared for it. Construction noises never bothered me, my dad was a carpenter, always renovating our house. The workers showed up at dawn with takeout containers of their breakfast. I invited them to sit in the courtyard at the concrete bench, told them I'd be in the office if they needed me. It gave me a chance to practice my Spanish.

They got right to work. I'd watched **YouTube** vids of the removal and replacement process so I knew they were up there tearing off the old roof shingles. They worked really fast, I knew just what they were doing, there was a definite rhythm to it.

I think maybe that's why noise doesn't always bother me. If I can let myself tune in to the rhythm of it, it becomes pleasant and manageable. Like **tinnitus**, my Dad told me the secret was to "surf it," surf the sound, surf the whine, the buzz or else it'd drive you crazy.

Traffic sounds, construction sounds, the random dog barking doesn't bother me. Loud people's voices talking angrily or yelling does bother me. Instead of complaining I should discipline myself enough to surf the unpleasant sounds as well, to find the rhythm in them.

I guess I'd actively done that at previous jobs, mostly in my 20's. I worked at large law firms where sometimes the competition hit mean girl status. I mostly stayed out of the fray because I worked for the BIG boss but I could see and hear it happening all day every day around me.

Since some of my friends were also doing it, I needed to find a way to ignore or at least not react when I'd hear the snide, passive aggressive remarks between them. I had to find my rhythm in the midst of the cacophony.

By the 5th hour of pounding on the roof overhead, I borrowed a pair of the man's noise cancelling headphones. Rated to 33dB, they did the trick!!! Also rated 33dB are the **Mack's Ultra Soft Foam Earplugs** so I bought a package of 100 at Amazon for \$10 and was shocked at how much they deaden the sound.

The best part, well besides getting a strong new roof, was the roofer sent me a gallery of 150 pics of the job start to finish, showing all the damage, showing the repair. Really awesome stuff! Now I'm good to go.

Being at the mercy of having to hear loud sounds, I don't envy anyone that. Thru the years, I've learned what a healing refuge silence can be.

I've been in relationships with those I really loved but didn't want to spend 24/7 with so I'd resort to solo camping trips just to get away and stay in nature. I find that being alone in the silence is very healing to me. Bonus if I'm outside in chilly weather.

A week later, the roof replacement was done, paid for and all paperwork filed. Now I wait to see if I'm eligible for the www.mysafeflhome.com grant to reimburse me 2/3 of the cost of the roof replacement since I was in the eligibility wind zone and my roof was 18 years old.

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ABRAHAM-HICKS



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

YOUR INNER BEING DOESN'T LOOK BACK

Start with the premise that when you are connected to who You really are, you are powerful. Let's just use that as the basis from which we move forward. And now we want to say to you that what you give your attention to is what you are attracting into your experience. And now we want to say something to you and you will remember it all of this day, that the difference, *the only difference worth talking about between the Nonphysical You that we described as your Inner Being, who is aware of you at all times and with you in every moment, and you is that your Inner Being does not look back.* Your Inner Being just keeps being the forward-most version of you, not looking back in any justification, in any comparison, in any defense - it just bes this wonderful culmination of life looking forward to.

Now, here's where you come in - you're in your body and you're exposed to contrast, and that's a good thing. I doesn't feel so good sometimes to you but, it is a good thing. So, as you're exposed to this contrast knowing what you don't want, and therefore knowing what you do want whether you can speak it or not, and launch-



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ing these rockets of desire, you are creating a **Vibrational Reality**. And the reason we call it a Vibrational Reality is because it takes a little bit of time for those thoughts to turn to things. It's a **Vibrational Reality** that is perfection by your choices because you put all of the ingredients, all of the elements of it forward, and they've been collected by the **Law of Attraction**, and they are in what we are calling a **Vibrational Reality**. This is a Vibrational Reality that is so real that we named it **the Vortex** and wrote two books about it - we want you to accept the realness of this, and we want you know that your Inner Being is there with all of that.

Picture it this way: All of the ingredients that you have been finding through life - all the 'yes, I prefer that' and 'wouldn't that be wonderful' and 'I really like that'

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CHOICE POINTS ON THE PATH PART DEUX

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.

Last month, I talked about the stages of Novice (“I choose something different”) and Initiate (“I choose evolution.”) Here's a brief recap.

The Novice: “I choose something different.”

For someone just entering the work, this stage is all about the acquisition and understanding of knowledge and information. Choosing something “different” is literally true. When we begin to walk the path of a seeker, it means we’ve come up against some aspect of our lives - of ourselves - that’s no longer working for us. For some who come to this work, it’s a crisis: a dire diagnosis. Or the end of a relationship. Financial hardship. For others, it may be a general sense of dissatisfaction or unease. Not necessarily an emergency, but - an emptiness. Whatever brings us to the point of choosing something different, it’s because we finally realize that continuing to choose the same - the same thoughts; same feelings; same habits; same emotional reactions - will bring us only more of the same experiences. To choose something different is to choose to leave the past - to leave our old selves - behind.

The Initiate: “I choose evolution.”

If we spend all our time learning and talking about something new, but never take action, then we never move beyond being a novice or philosopher. We have to do something with the info we’ve acquired. We have to initiate it. At this stage, we’re intentionally deciding to evolve by making a new choice. We take the new neural networks we’ve begun to hardwire into our brain - and we practice doing something with them. And we practice. And practice some more. This stage of learning and creating takes constant rehearsal (mental as well as physical) - and constant repetition.

As an initiate, we have to stay conscious. We have to employ restraint - so we don’t fall back into our old programs. We have to practice with our eyes open so we can actually perform the new behavior. We keep doing. We keep learning from our mistakes. We keep

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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

SOULSONG #359 TAKING OUT THE TRASH

It can take presence-of-mind and practice to let go of habitual ways of reacting to life. But every time that I release one annoyance, worry, tinge of self-pity, regret, self-doubt, resentment, etc., I do myself a significant favor. These kinds of thoughts feel bad for a reason - they're bad for me. They diminish the joy that is my essence. And when my joy is lessened, the well-being that comes with it is reduced. Over time, bad-feeling thoughts compromise my health, finances, and overall quality of life.

I clean my home, my car, maybe even my garage. But no endeavor will reward me as much as cleaning up unhappy thoughts. Today I envision a trash can, perhaps akin to the domicile of Oscar the Grouch of Sesame Street fame. When I notice myself thinking negative, no matter how much circumstances seem to warrant it, I drop that thought in Oscar's can and turn my attention elsewhere.

I'll soon start to feel free, lighter, and my "luck" will distinctly improve, while Oscar munches merrily away.

--from *Soulsongs Vol.3: Exploring the Law of Attraction*

SOULSONG #414 CONFLICT RESOLUTION

Life doesn't feel like much of a picnic if I'm in an adversarial relationship with someone close to me - a spouse, family member, or perhaps a bullying co-worker. But as I find ways to make the best of things, things will get better.

I need not approve of another's behavior, but I can find ways to minimize my reaction to it. I can stop thinking and talking about how bad things are. I can ignore and shrug off - even laugh off - as much as possible. I can perhaps remember the good times.

I can also find new interests, new friends, and new outlets that help me focus elsewhere rather than on my problem. As one of my most potent tools, I ask myself, "What would I like to happen in this situation?" Then I practice thinking about my circumstance in that way - envisioning myself in an atmosphere of harmony, respect, and understanding.

When one person in an antagonistic relationship stops chronically thinking in antagonistic ways, the dynamics of the situation must shift for the better. The second person must soften his/her stance or move on. Any interpersonal situation can dramatically improve, and I start the process within me, here and now.

--from *Soulsongs Vol. 4: Exploring the Law of Attraction*

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COPING WITH COPD

COPD is an umbrella term used when people have Chronic Bronchitis, Emphysema or both. It is an ongoing inflammatory lung disorder that causes obstructed airflow from the lungs making it difficult to breathe.

With **Chronic Bronchitis** there is a narrowing of the mucosal lining of the bronchiole tubes that carry oxygen to and from the air sacs of the lungs (alveoli) causing the lungs to produce more mucus which causes more obstruction in the bronchiole tubes.

With **Emphysema** the alveoli are destroyed due to damage caused by cigarette smoke or other irritating substances. This causes destruction to the fragile walls and elastic fibers of the alveoli impairing airflow out of the lungs. It also destroys the air sacs in the lungs and interferes with outward air flow.

COPD can also be caused by a rare genetic disorder called Alpha-1-antitrypsin deficiency. However, smoking is the significant factor for **COPD** it seems the longer you have smoked the greater the risk of **COPD**. It can also be brought on by **Asthma, chronic respiratory, long-term exposure to dust, fumes, gasses, or air pollution.**

COPD progression can be slowed safely by using proper medications, lifestyle modifications, lung therapy, supplements, dietary changes, and herbal therapies. But they should not be used in place of standard treatment.

Herbs can be used to reduce airflow obstruction, relieve coughing and excessive mucus, fight infections, provide needed nutrients calm the release of histamines and soothe irritated tissue within the respiratory system.

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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 APPRENTICES

After he had been painting on air in the park for a few months Utei acquired two apprentices and changed his routine.

He would come to the park early and sit and wait by his table. Then his apprentices would show up, each in a homemade black robe. They would move at **Utei** obliquely, carefully circling rather than approaching the master directly, and they would bow in his direction, more or less, and end up, one on either side leaning against him. One **Sunday**, the **Man with the Ladder** noticed that one of the apprentices, the girl whose name was **Yulia**, had a little table of her own. Then a few weeks later the other apprentice, **Gregory**, had a table of his own.

On the girl's table was a sign in **Japanese** script that **the Man with the Ladder** could see had taken prodigious labor. He was told it said "little painting" in **Japanese**. **Gregory's** table had a fragment of a mirror standing up. On the back of the mirror scratched into the reflecting surface were the **Japanese** characters for "**Zerox copies**."

The Man with the Ladder was surprised at the particular apprentices that **Utei** finally acquired. He asked **Utei** why he had selected these two people as his apprentices.

"Didn't pick them, were picked for me. Very little to say about it," he lamented. "I would have liked a **Swedish** blonde." He made a well defined gesture describing the shape of the apprentice he would have preferred.

"Apprentices are picked to continue the education of the master. They are always chosen so that both the apprentice and the Master learn, one from teaching one from being taught."

None of this explained what **the Man with the Ladder** wanted to know, and he couldn't get over the feeling that

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Utei had chosen his apprentices badly. One was a young **Russian** girl he remembered seeing before. She was on a skateboard with bright yellow earphones that swallowed her head but she seemed familiar beyond what his memory could account for. The second was a slight, intense boy who swaggered and postured as he roamed the park. He thought they were unlikely apprentices to a **Zen master** who painted on air.

The Man with the Ladder tried to spend some part of every **Sunday** in the park but inevitably there were **Sundays** when the claim of accumulated, postponed work at home had to be honored and he spent **Sunday** piecing together the jigsaw puzzle of fallen tiles or painting a wall.

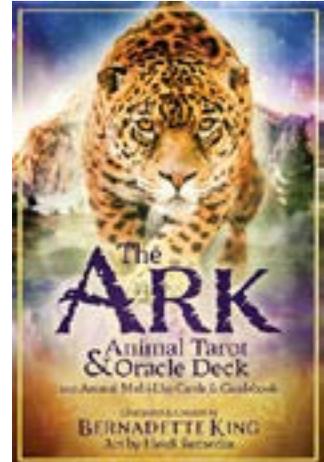
It was when he returned to the park after one of these hiatuses, that one of the **Parks Department** workers he knew, brought him a letter from Japan that was addressed simply, **The Man with the Ladder, The Park, New York City, N.Y.**

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WHAT IS MY SPIRIT ANIMAL

Bernadette King, creator of The Ark Animal Tarot & Oracle Deck has for 20+ years helped folks get closer to their Animal Allies, become more accurate psychic mediums & animal communi-



cators & stronger intuitive tarot readers. Thru WhatIsMySpiritAnimal.com folks are learning about their own Spirit, Totem, & Power Animals. The Ark is a 100 card deck which practitioners can use for divination & healings. Visit WhatIsMySpiritAnimal.com

There are any number of ways to find your spirit animal. Pay attention to what animal or animals keep showing up in songs, pictures, movies, books, conversations, etc. Trust that if Red Cardinals, Horses, Crickets, etc, keep appearing to you, they are trying to help you in some way.

Meditation & journeying involves attaining an altered state of consciousness and the use of deep imagery or visualization with the specific intention of meeting your spirit animal guide(s.) These methods can be guided (spoken, drumming, music with vocals) or it can be non-guided (silence, nature sounds, instrumental-only music.) Dreams about animals. Humans often do not believe they are receiving messages from their spirit animal guides so they will come to

us in the dreamstate. Often, it is much easier for folks to trust their dreams rather than their own intuition during waking times or meditations.

FOX SYMBOLISM & MEANING

Do you need help with choosing which path to take? Have you lost your sense of humor, or are your perceptions clouded in illusion? **Fox, as a Spirit, Totem, and Power Animal, can help!** Fox teaches you how to remain playful, all while keeping your eye on the goal. Delve deeply in **Fox** symbolism and meaning to find out how this **Animal Spirit Guide** can support, assist, and inspire you.

FOX SPIRIT ANIMAL

Fox as a Spirit Animal, comes to you during times of challenging or unpredictable times of change. Many people are slow to move out of their comfort zones, even when situations call for immediate responsiveness and flexibility. **Fox** says, "You must act, but do so with wisdom and do so now."

Fox appears as a **Spirit Animal** when it's time to reestablish harmony between work and play. Often, people get caught up in taking care of everyday tasks, career pursuits, or working on relationships. Part of **Fox Medicine** is liberating your mind and freeing yourself from the weight of responsibility,

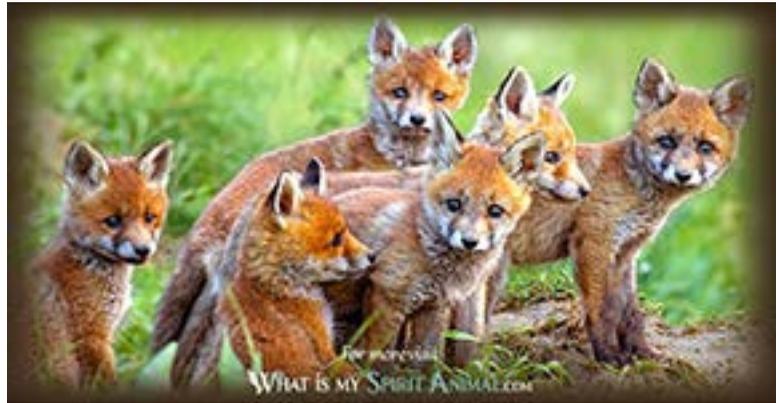


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WHAT IS MY SPIRIT ANIMAL

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at least from time-to-time and for a little while. It gives you time to recoup your vital energy and support your greater well-being on all levels. **Fox** also teaches you that humor goes a long way toward lifting your spirit and filling your heart with joy.

FOX TOTEM ANIMAL

If you were born with a **Fox Totem Animal**, you often present a level of awareness that others find uncanny. Little gets by you, especially any form of trickery. As you respond to your environment and current circumstances, your action is swift and smooth. You have little trouble adapting to new situations or overcoming obstacles on a moment-by-moment basis.

Fox People have a natural sense of humor they may find hard to keep in check. It's tempting to pull pranks, but not if the results harm the innocent. Discretion is a hard-but-necessary lesson for those guided by the **Fox**.

People born with the **Fox Birth Totem** seem to know which way to go or the next step to take, even when others find conditions unclear. They are agile thinkers and doers. They refuse to allow circumstances to hold them back from achieving their aim.

FOX POWER ANIMAL

Turn to **Fox** as a **Power Animal** when you need greater discernment, particularly in personal or business relationships. The creature can grant you wisdom for working in those areas of your life where you may have a blind spot. The **Animal** also teaches you the power of play and laughter and how it can help you work through emotionally hard conditions.

As a **Power Animal**, Fox is also an excellent teacher for those who dislike confrontation. The creature supports you in finding a way around obstacles. **Fox**

remains playful as it moves toward its goal, edging ever near for a closer look at conditions. The creature supports your natural curiosity and wonder, so it's the perfect **Animal Ally** to invoke when you're looking to expand your mind or consciousness.

FOX DREAMS

Fox is an excellent helpmate in the dreamscape. When the creature trots into your nighttime visions, it's a sign to proceed with care in relationships or work-related situations. **Fox dreams** are warnings not to rush headlong into anything without knowing what you're up against. Instead, question the "vibes" you feel. Stop and take a moment to do an energetic sweep of the surrounding environment.

If the **Fox** hides in the shadows or the dream imagery involves **Fox's** eyes, there is more here than meets the eye in a relationship or situation in your waking life. When **Fox's** ears are the focus of the dream, it foretells of clairaudient experiences, or the dream tells you to observe and listen to what's going on around you; taking on the role of silent observer allows you to detect the most subtle of changes in a person's tonality, voice, expressions, and auric vibrations.

Learn more about **Fox Spirit** by reading [Fox in Dreams – It's Meaning and Symbolism Might Surprise You](https://whatismyspiritanimal.com/dreams-fox-meaning-symbolism-surprise-you) on [WhatIsMySpiritAnimal.com](https://whatismyspiritanimal.com)

More on Fox at <https://whatismyspiritanimal.com/spirit-totem-power-animal-meanings/mammals/fox-symbolism-meaning/>

QUARANTINING THE MIND



Mitch Ditkoff is a writer, poet, and storyteller enjoying life in Catskill, NY. More of his writing can be found on Medium, where he posts daily (www.mitchditkoff.medium.com)

OK. I get it. Quarantining makes sense. When someone or something is infected and contagious we remove it

from society. We protect the whole, by isolating the parts. The practice of quarantine began during the 14th century in an effort to protect coastal cities from plague epidemics. Ships arriving in **Venice** from infected ports were required to sit, at anchor, for 40 days before landing. This word for this phenomenon harkens back to two Italian words, "quaranta giorni," which translate as "40 days".

But the body is not the only part of us that gets infected. So does our mind -- what the dictionary defines as "the element of a person that enables them to be aware of the world and their experiences -- the faculty of consciousness and thought."

On a good, uninfected day, our mind is capable of many glorious things: wonder, imagination, gratitude, focus, clarity, creativity, compassion, appreciation, and wisdom, just to name a few. But when it gets infected, watch out, my friends, watch out. The game changes quickly. All hell breaks loose.

The symptoms of the body's contagion are relatively easy to recognize, especially these days with all the coverage **Covid-19** is getting: fever, chills, sneezing, coughing, body aches, and fatigue.

The symptoms of the mind's contagion? Not quite as easy to detect. Why not? Because, like pollution and hidden bank charges, we've become so accustomed to them, we barely notice anymore. But just because we don't, it doesn't mean the contagion isn't wreaking havoc. It most definitely is.

The symptoms of an infected mind? Take your pick: worry, doubt, fear, stress, anger, blame, confusion, panic, powerlessness, loneliness, hopelessness, irritation, frustration, hypochondria, lethargy, and overwhelm -- and that's just for starters.

Simply put, our body gets physically infected and our mind gets metaphysically infected. And when it does, its contagion begins spreading exponentially. Other people are affected -- our families, our friends, and our communities.

These days, I have never been more aware of my mind's infection. Living in semi-isolation as I am, 10,000 miles from home, more time on my frequently washed hands than usual, I am acutely aware of the condition I have. I've caught something. I have something. But the thing that I've caught and have doesn't need to catch and have me. It doesn't. Nope. No way. I'm in charge. Not it.

That's where choice enters the picture -- to quarantine the infected part of my mind before it gets out of hand. What does this so-called quarantining look like? For me, it begins with a kind of peeing around my soul's territory and then choosing not to engage, not to react, not to fight back, and not to take a single bite from the seeming infinite supply of poisoned cookies my mind tosses my way.

Instead, I take a breath, return to the place of peace inside me, and send the feral monkeys of my mind back to their room for a long time out. And if they refuse my directive, as they often do, I simply turn and walk away, their nervous chattering now fading background noise in the soaring symphony of my life.

Does it always work? No. But sometimes it does. And the more I practice quarantining my mind, the flatter the curve.

Covid-19 is just a dress rehearsal, folks, *an opportunity for each and every one of us to see through the illusory nature of the world and all we've constructed -- our identities, personas, possessions, accomplishments, systems, institutions, civilizations, and distractions. None of them are real. All of them come and go in the blink of an eye.*

What remains when they skedaddle out of town? Now that's the 279 trillion dollar question, isn't it? What remains?

For now, let's keep it real simple. You and I and the other 7.9 billion people on planet **Earth** have a choice -- the choice to choose life over death, light over dark, love over hate, now over later, and presence over absence. And, perhaps above all else, the choice to pay attention to that which is truly worthy of our attention. You know what it is. I know you do. No matter what name you call it or how you invoke it, I invite you to pay more attention to THAT during these crazy **Coronavirus** days of change.



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

TO BETTER SEE THE SOLUTION, MINIMIZE THE PROBLEM

Your whole civilization is immersed with the idea that the way to solve a problem -- any problem, private or worldwide -- is to exaggerate it, see its worst projection; and this, then, is supposed to make you take proper action.

The approach unfortunately solves no problems, and only compounds them, whether the nation is trying to solve problems of energy, or social problems, or whether an individual is try to overcome a dilemma.

You are so immersed in that method of problem solving, however, that it comes back to haunt you. At least you can be aware of it and alert.

I will give you the answers to your questions, but they are not the way to solve your problem -- and against all conventional knowledge, reviewing the mistakes of the past does not lead to wisdom.

When you become so worried, of course, you concentrate even further on the problem -- how bad it is, and what will happen if it becomes worse in the future.

The problem is, therefore, compounded to whatever degree -- and when I give you both such reasons, then sometimes you use them, the two of you, to ADD TO your private and joint self-disapproval.

The belief is that if you frighten yourself badly enough through imagined projections and imagination, you will be frightened enough to change -- but the nation or the individual following that method does not change for the better, but compounds the original condition, concentrates upon it until it looms larger than before.

Such methods cause panic, national or individual.

To solve a problem you begin to minimize its characteristics, diminish its importance, rob it of your attention, refuse it your energy.

The method is the opposite, of course, of what you are taught.

That is why it seems to be so impractical. I have said this so many times -- and I do realize it is difficult for you -- but you cannot concentrate upon two things at once.

So to the extent that you concentrate upon your pleasures, your accomplishments, and to the extent that you relate to the PSYCHIC AND BIOLOGICAL MOMENT, you are refreshing yourselves.

You are not projecting negatively, and you are allowing the problem to un-wrinkle, un-knot.

You are denying it the energy of your attention that keeps it going.

You do not spend time thinking that you have not used your abilities properly. You take it for granted that you ARE using them properly, and that allows them to fully develop.

YOU HAVE A RIGHT TO SAY NO

You have a right to say "no." In the great affirmation of your being, you are conscious. You are therefore able to make a distinction. You can like some-thing better than something else! Within the great affirmation of your being, you can deny.

You can say "no" to a situation freely and joyfully and exuberantly—and feel free, and that you are using the abilities of your consciousness, your spirit, and your creaturehood. If you say "no," you say "no" for a reason. Find out what the reason is. You have a right to it.

Never say "no" to your own feelings—accept them. Hate will lead you back to love, if you allow it to. All emotions come from love. Hate shows you the distance between yourself and another person for whom you feel love.

If you think that the majority of your fellow men are stupid, idiotic, and leading the world toward destruction, it is only because you love the race so strongly, and feel the race falling short of the expectations of your love.

...continued on page 24...



SPIRITUAL GRAFFITI

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

It's everyday life that tells a tale of courage.

It's about the one who held in there when the outcome was uncertain.

It's about the person who finally found the right place within to offer themselves forgiveness.

It tells how brave you were for getting honest about something that was really hard to come to terms with.

It talks about the one who spoke up when no one else would acknowledge the wrongdoing.

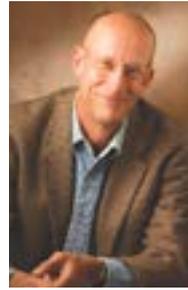
It even mentions the part when you stepped inside your heart and said a real 'I'm sorry'.

It's when we normalize our vulnerabilities instead of hiding ourselves in shame.

Or when we let ourselves be human and not front some type of extra super-power.

It's when we realize it's not that we lack strength, it's that sometimes what we demand of ourselves is not possible.

And there's nothing wrong with not always having to be strong.



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>

I wish I could tell you, how beautiful life really is, how safe you always are, and of the love that constantly bathes you.

How powerful you are, how much you can have, and of the glories that await.

Of the perfection, the magic, and the infinite possibilities that fill your every day.

But you made me promise, "no matter what," to let you discover these things for yourself.

Spiritual gangsta',

The Universe

ESSENTIAL LIFESTYLE HACKS



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit www.yogashakti.org Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

SPIRITUAL EMPOWERMENT

The word empowerment conjures up the idea of authority or power that might be given. But in reality, it means to become more confident in controlling one's life and claiming our rights.

Spiritual empowerment means fulfilling our pathway to returning to the source. Each of us is taking a path towards the same destination depending from which direction we are traveling. Some get lost on the way, others make the journey and find fulfillment in life. And just as we have road maps to get to our physical destinations; the spiritual journey also has road maps. They are unique to every individual but have many common guidelines.

When thinking about fulfilling our life's purpose we think of our desires outside of ourselves. We need to turn inward. We are here to experience the world in a most dynamic form which create great passions and desires that we may have stifled. These feelings are subtle undercurrents that cry out to be acknowledged. The artist, caretaker, scientist, protector or others within us cries to be released and used as divine instruments.

It is not easy to be spiritual. Love is the fuel of spirituality. But many a time we gave love and thought that others would give it in return, but that is not always the case, and we feel depleted. We now need to set boundaries and value ourselves. Without that self-empowerment or self-worth, we are not able to access the **Divine Love of the Creator** which is our birth-right. **Prana, chi, adamantine particles, or life force** increases within us through love and service, *but only if we think that we are worthy.*

When we turn inward and access the wisdom of our soul or higher selves, we begin to unlock the frequency patterns for each level of consciousness that are stored in our light packets of wisdom. It is time for us to lift the veil of unconsciousness and remember who we really are. It is our birthright to live in abundance and prosperity, we have just forgotten.

Once we learn that we are worthy, we need to learn the skills and the things we desire in life will begin to manifest. Abundance comes in many forms, so let us seek abundance in love, joy, good health and vitality, as well as the things we need for a comfortable life. Once we have access to create those miracles, we need to share the techniques and wisdom. Then we will teach by example of our actions.

Through many incarnations we carry memories of suppression, feelings of guilt and betrayal. We also have put others' wishes and desires before our own. Our desire to serve, which is within all of us and our ultimate goal, has put us in a subservient position. We need to claim back our power. We can do that by balancing our empathic nature with validating our own worth.

The major task is to fill ourselves with the unconditional love of our **God Self**, instead of looking to others to give us a sense of self-worth. We need to set boundaries and lovingly speak our truths. We can only change ourselves. As we change, we will begin to radiate a sense of peace, power and compassion. We will withdraw our energies of neediness and others around us will either benefit and grow or find someone else to play the drama of life.

Things that used to bring us pleasure no longer satisfy. We may lose common interests with friends. Our soul selves are nudging us to expand our vision and to take control of our lives. We are a cocreator, either of pain, suffering and limitations or joy, love peace and abundance. The choice is ours.

If we do not feel confident that we can fulfill our innermost desires and needs we search for objects or loved ones to fulfill what we find missing within us. Every person has a **Divine Mission or dharma** that nags at our soul if not fulfilled. Everyone has a purpose in life.

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PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her work continues.

She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

Dear Whitedove, I am wondering what people are talking about when they refer to the Fairy Kingdom? I have to admit the idea is intriguing but I've never seen a fairy flutter by me either. On the other hand, I don't see how it's much different to believe in fairies than angels. Please shed some light on this for me.

Dear One, I can understand how people would misconstrue the idea of the fairy kingdom into some out of this world fantasy fest, but that is not what we mean when we refer to the Fairy Kingdom. The fairy kingdom consists of all spiritual creatures that are earth-bound, this means, Elemental Spirits (meaning spirits governed by the Elements of Earth such as water, air, fire) the animals and plants and of course the ever elusive fairies (also known as the angels of the Earth) not everyone will see Tinkerbell flying by with a sparkly wand, but their energy exists here just the same. They are in charge of protecting and aiding Mother Earth and all her inhabitants. Children are much more apt to see these spirits as their minds have not been programmed to disbelieve. I cannot stress enough to people that just because something is not in your view doesn't mean it does not exist.

Dear Whitedove, Please enlighten us, my friend and I disagree as to why predictions from psychics are sometimes accurate and other times so off the mark. How can I explain it to him? Why would the information that's coming from "The Other Side" end up wrong?

Dear One, There is only one being that is omnipotent, and that is the Great Spirit. There are several factors that determine the accuracy of a psychic message or prediction. First there is Free Will. Psychics "see" the most probable future. Many psychic messages that are relayed to clients are given as a warning, not a predestined fate. If a psychic tells someone that they have a car accident in their energy that's not to say it will happen for sure, it is suppose to help them be aware of the danger and do things to prevent an accident from occurring at all: buckle up, be more cautious and drive with awareness.

On global predictions: Due to the Free Will of all the billions of souls who are focused on the same global issues and unifying their thoughts future predictions can often be swayed according to what our collective consciousness is creating. The 2008 US Election is a perfect example of the collective consciousness in action. Remember Psychics and Visionaries give predictions based on the most probable outcome at the time, BUT the future is always shifting!

Another thing to consider is that psychics glean their messages through communication with Great Spirit, their Angels and their guides. Great Spirit is never wrong but the reader can be. Heavenly Spirits do not have a set of vocal cords, so a psychic medium that is "plugged into" the divine intelligence receives the information as a Knowing. But if the readers' intellect or ego gets in the way, this will influence the information.

But I'd like to remind you that everyone has intuition and psychic abilities. You have the answers with in. Though prayer you are speaking to the Great Spirit. And once you practice the art of meditation, then you will begin to hear the solutions to your personal issues. God speaks to all of us, it's just that some people have forgotten how to listen.



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

Photo by Karin Wolf



Rhodochrosite

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](#)

've been in my garden all day repotting plants and giving thanks for all the new growth springing up from the roots as I prune and compost the old and freeze-browned vegetation from the past winter.

Now that the equinox has passed, it is time to appreciate the vibrant energy surrounding us this time of year. All the vibrant colors of the flowers and birds amidst the glowing green of the leaves as they emerge carries with it an energy like no other. It passes through so quickly it seems ephemeral, but the beauty is so strong and powerful we are captivated by each moment even as it yields to the next. This is the generator of the spontaneous love and creativity that motivates us to joyfully participate in life.

The stone that exemplifies and enhances this spirit is **rhodochrosite**. **Rhodochrosite** is one of the most popular and collectible gemstones, and it requires just one look to see why. The color is deep pink to radiant red and it can be found in many places around the world although it is not common. Most of the **rhodochrosite** found in rock and jewelry shops is sourced in **Argentina**. Although this **rhodochrosite** is not found as clear terminated crystals, it has beautiful patterns and banding in shades of cream and pink. If you are very lucky you may be able to find a polished slice of one of the famous stalactites of **rhodochrosite** that were found in **Capitillas, Argentina** many years ago.

Crystals of **rhodochrosite** are rose red and clear, but the crystals are too soft to facet into gemstones so almost all **rhodochrosite** found in jewelry will be polished cabachons with intricate lacy patterns. It is a delightful stone to wear as it opens the heart to the possibility of ecstatic love. **Rhodochrosite** is also very helpful in finding your passion for life by reigniting your sense of creativity. Aligning your focus on the possibility of creating what brings you joy is the balm we need for reviving our weary souls.



Rhodochrosite egg

For all of you who prefer to work with natural minerals, **rhodochrosite** crystal mineral specimens are found in many places around the world. **Peru, China** and the **USA** have gorgeous **rhodochrosite**, often found in combination with other minerals. It is a **manganese carbonate** often found in veins with silver. Some of the most famous and beautiful **rhodochrosite** has been found in **Colorado** at the **Sweet Home Mine**. These crystals are **rhombohedral** and can be quite large.

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A GENTLE GUST OF WIND

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. His favorite pastimes include being 'Gramps' to 2 adorable grandchildren, volunteering and training to walk the Camino de Santiago pilgrimage. You can follow him on Facebook: <https://www.facebook.com/david.cronin.79/> He can be reached at: davidcronin490@gmail.com

In my next incarnation I want to be the wind. Not THE WIND. Not the mighty whole of the wind that can knock down large trees or rip small villages off the face of the earth. No, just a tiny piece of gentle wind.

I want to be a small gust. I will silently swoop down on a young woman's head just as her boyfriend is about to take her picture. I will blow her hair across part of her face and she, suddenly surprised, will burst into joyous laughter. Her boyfriend will take THAT photograph, not the one they were staging before I arrived. It will be a photograph of pure happiness.

They will get married and have a life married people have. But they will beat the odds and their love will endure for a long, long time. There will be many other photographs. Moments captured of births, vacations, holidays, the precious times of their life together.

But that photograph, the one I helped create, will always be his cherished favorite. Even after his loving wife of many years has passed on, that will be the one he pulls out to look at. It will always bring a smile, and a comfort, to his heart.

That is what I will do with my very short lifetime as a gentle gust of wind. I believe it will be a lifetime well spent.



Photo: David A. Cronin

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO APRIL 2023

Welcome to April! No one is sure how the month ended up with its name, but we do know the Romans named it “Aprillis.” The etymology behind the word “**April**” comes from the verb “aperire,” which means “to open.” It’s commonly believed that the word refers to the season of trees and flowers begin to “open” or bloom.

The 1st day of the month is known as April Fools’ Day. The exact origin of **April Fools’ Day** remains unknown, but historians came up with several theories of how the day started.

Some believe that it originated in **Ancient Rome** as the festival of **Hilaria** - 'joyful' in **Latin** - to mark the beginning of the **Spring**, which was known for games and mockery.

Other historians believe that it began when many refused to accept the change of **New Year's Day** from **March 25 to Jan. 1**, as **Pope Gregory XIII** ordered **Christian** countries to switch from the **Julian calendar** to the **Gregorian calendar** in **1582**.

Those who still celebrated the new year in **April** were called “**April Fools**” and made fun of by people who celebrated the new calendar, according to the theory. The pranks pulled on them included putting paper fish on their backs, symbolizing easily caught fish and a gullible person. Three of the world’s major faiths will observe their highest holy days this month. These dates are based on the phase of the moon, beginning with **Passover** on the full moon if the 6th and following the first sighting of the **new moon in Mecca** between April 21st and April 22nd.

April 5: Passover begins - Judaism

April 6: Full Pink Moon in Libra

April 9: Easter Sunday- Christian

April 14: Vaisakhi - celebrates the founding of the Sikh community

April 20: New moon in Taurus, Solar Eclipse

April 21 to April 22: Eid al-Fitr

April 22: Earth Day

*Enjoy the month
& Blessed Be*



Image Rodion Kutsaiev

GARDENING THE MEDICINE WAY

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



LAWNS, WATERING, WEEDS

WELCOME TO APRIL GREEN THUMBS!

Now as winter transitions to spring, your lawn may look a little stressed due to the cold and dry weather. As you prepare to water the grass, it's a little more complicated than setting the timer on a sprinkler system (which is complicated enough.)

SOME QUESTIONS TO ASK BEFORE YOU ADJUST THAT TIMER FOR DAYLIGHT SAVINGS TIME:

WHAT ARE MY ASSIGNED WATERING DAYS?

Did you know there are assigned times and days to irrigate your lawn? These restrictions allow enough water to maintain healthy landscapes year-round. These mandatory restrictions specify the time and the days of the week when watering is permitted for residential and nonresidential locations. These days and times can vary by season as well, a healthy landscape only needs 1-inch to 1.5 inches of water per week during summer growing season and only as needed to supplement rainfall. During the winter season, when a lawn goes dormant, it requires even less.

WHAT IS BEING PUT ON MY LAWN?

Products that "help" grass only in the most superficial ways and that degrade the soil, pollute any water they reach, and pose serious health threats to humans, their pets, and any wildlife in the area, including birds. Are you annoyed by weeds? Hand pulling is the best solution. Are you concerned with insects or other pests? Natural solutions such as neem oil or diatomaceous earth are gentle and effective. Fertilize in the spring and fall - not in the rainy season

WHERE DOES THE WATER GO?

It goes down the driveway into the drain on the street, right? But have you traced where it goes after that? If your neighborhood is bisected by canals or ponds, these most likely are the first stops for your run off. After that, they commonly dump to the next largest natural water source, a river or an ocean.



A search of a satellite map of your area will give you greater insight to that journey. What you apply to your lawn can affect the greater global community.

WHERE CAN I GO FROM HERE?

Contact your local Water Management District. They will give you helpful information on watering and fertilizing schedules. Create an ecosystem in your yard with plants and grasses that are native to tolerate your weather patterns. This will in turn attract small insects and birds that can help control pests.

*Enjoy your garden
and blessed be!*



HERB CORNER

...continued from page 10

Anti-inflammatory herbs help reduce inflammation within the lungs helping to open the airways. This would be herbs like **Mullein, Goldenseal, Eluthero, Yarrow, Licorice, Turmeric, Astragalus, or Sage.**

Antibiotic or antiviral herbs help reduce infections that can make the situation worse. Along with **Thyme** which was found to repair the damage to the cilia (the microscopic hair-like fibers that line the respiratory tract, helping move mucus from the airways) increasing the beating frequency of the cilia; **Rosemary, Turmeric, Ginger, Star Anise, Echinacea, Oregano, and Eucalyptus** are some herbs with antibiotic and antiviral properties.

Antihistamine herbs help prevent breathing problems due to allergic reactions that are often responsible for activating **COPD** flare-ups. This would be herb like **Turmeric, Eluthero, Yarrow, Black Cumin Seed, Astragalus, or Oregano.** Plus, **Yarrow** also helps relieve spastic coughing and relaxes chest muscles.

Expectorant herbs like Ginger, which also helps improve circulation to the lungs. Eucalyptus, Mullein, Sage, Peppermint, Honey, or Yarrow help relieve chest congestion by helping make mucus thinner and easier to cough up and out of the lungs making it easier to breathe. Plus **Sage** helps relieve pain within the mucus membranes and helps heal the tissue within the airways.

Broncho-dilating herbs help open the lungs making it easier to breathe. They reduce the airways response to irritants and relax the muscles around the bronchiole air ways. They lessen coughing, reduce chest congestion and shortness of breath, and wheezing. **Lobelia, Yerba Santa, Black Cumin Seed,** and **Yarrow** can open the lungs.

There are also herbs to help improve lung functions and clears bronchiole passages. **Oregano, Mullein, Yerba Santa, Black Cumin Seed,** or **Horse Radish** are some herbs that have this ability.

Using herbs for coping with COPD can be of great benefit as a compliment to your existing medical treatments.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 17

Just as every part of our car motor is needed to run smoothly, so every person is needed. The world is not running smoothly, because we are not fulfilling our purpose. We do not feel worthy, we do not have spiritual empowerment.

When we give unconditional love, or serve humanity with our own special gifts, we begin to bring down **Divine** energy. We personally cannot give unconditional love; it must flow through us. Our higher selves or soul selves send love/light energy through our crown chakra that we can radiate through the heart. The love that we can give is conditional. If you love me, I will love you. **Mataji my Guru Ma Yoga Shakti** used to call that kind of love business. I love you, but if you do not fulfill my needs, I will get a divorce.

Empowerment comes when we allow enough love/light through us to tap into the **Diamond Core God Cell** within our **Sacred Heart** which contains the rays of **Creator Consciousness**: all virtues, qualities, and attributes of our **God Self**. Our divine missions and purposes are encoded within each of us. That **Diamond Core God Cell** can only be ignited with love and used for the greatest benefit or all. At this present time this **God Cell** is being activated more fully so our radiance may pour forth out into the world and affect those who are receptive. When we are aligned with our highest destiny for the greatest good of all we radiate forth **Divine Love/Light**. We become the lighthouses for others and create abundance in our own lives.

Let us move inwards and tap into the light/love that is within each and every individual. Let us remember that prosperity is our birthright. Let us remember that we have wonderful gifts that we brought with us to share with the world. Let us experience this world with heartfelt passions and create heaven on earth.

The best way to find yourself, is to lose yourself in the service of others. — Mahatma Gandhi

The meaning of life is to find your gift. The purpose of life is to give it away. — Pablo Picasso



SETH SPEAKS

...continued from page 15...

If you allow yourself to experience that emotion, then it will lead you back to the realization of your love. But if you deny what you think of as hatred, disgust, or dissatisfaction, then it cannot lead you toward the destination for which it was meant.

If you think you hate a parent, it is because there is in your mind such a separation between yourself and | the love for that parent that you feel. If you allow yourself, therefore, to feel the hatred, you will also experience the love.

You do not hate those for whom you have no regard. They do not bother you in any way | whatsoever. They are outside of your notice. You love your enemies whether you know it or not. You are bound to them, for in your mind you constantly compare them with what you think they should be in the vision of your great love for them and for yourself.

Whenever you think you hate, you love. But unless you allow yourself to feel the hatred, you will never know. If you hate someone and you beat a pillow, and pretend you are beating that person to death, then when the murder is committed you will realize the great love that you really feel, and the death will be the death of the hatred, not of the person.

You cannot love yourself and hate your emotions. You cannot love yourself and distrust the reality that | is your own. And within the great affirmation and joy of your being, you can deny and say "no."

For when you deny and say "no" you are doing so comparing what you say "no" to, to what you want to say "yes" to. You are comparing in terms of an ideal that exists in terms of love within your mind. If we bloodless old ghosts are not afraid of emotion, I don't see why you should be.

There are no clear mirrors to look through [to a student] that will show you one impeccable, immaculate reality, and no one, no one ideal Carlos who can say, "I shall and must do this and that to fulfill my abilities."

There are, instead, an infinite number of probabilities, and you have freedom to move within them. You want me to say, "You should do thus and so," or you want yourself to say, "I must do thus and so."

But if you flow with the feeling of yourself, you will go where your being goes. Trust—trust—the lives that are within you now. Go along with your own living that flows through you.

n your here and now, you are here and now. Feel that here and nowness! Know its knowing! And you will be where the being of you wants to go!

Feel yourself flowing and moving as easily through your life situation as a hair grows out from your head—as easily and naturally.

Feel events that you want happening, as hairs grow out from your head. Go with your being. Go with your being.

Imagine what you think of as doubts as a beautiful, inner, natural phenomenon, as a rock glowing in the sun, in the stream of your being. T

hey are beautiful and natural. They are not impediments. You flow around them beautifully. They are a part of your being. Now, remember that last sentence particularly, and I return you to your class.



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Dr Joe Dispenza

CHOICE POINTS ON THE PATH Part Deux

...continued from page 8

self-correcting. And we refine the act. In taking the knowledge we've acquired as a novice, and applying it as an initiate, we say to ourselves: "Can I do this better? Can I evolve and enrich my experience? Can I perfect my experience? Can I produce an outcome once? And if I can do it once, can I do it again?"

As an Initiate, we're at the point in our practice where we've become competent at creating new experiences; good enough that we can produce an outcome. And so, it stands to reason that if we've done it once, we should be able to do it again ... and thus, evolve into a level of mastery.

The Master: "I choose excellence."

When we've mastered something, it means not just being able to occasionally do it once, twice, or three times; it means we can consistently recreate that outcome over and over again. It comes to us naturally - and automatically. We make it look simple and easy. We can create in a unique way - repeatedly.

At this stage, the feedback from what we're doing - the result of our behavior - tends to be more refined; more focused; more direct; more specific. It's easier to create outcomes - with less time and energy.

What gets us there is practice. Through repeated experience, we can neurochemically (neurological: experience enriches brain circuitry; chemical: emotions are the end-product of experience) condition the mind and body to work as one - until the body knows how to do it better than the conscious mind.

This is mastery: the essential act of creating a specific outcome so often we've become the knowledge.

Once we've gotten this down and can do it enough times that in any circumstance; any condition, we're able to produce a consistent outcome - then it gets to be predictable. It's now so familiar - so engrained in our mind and body - it's become subconscious. Now, we can produce an outcome on command. That's excellence.

For a long time, it was thought that mastery was the pinnacle; as far as one could go in any pursuit or practice. But in choosing excellence, the true master won't be satisfied to stop here. The true master, residing in a state of wonder, asks: "What's next?"

The Virtuoso: "I choose the challenge."

If mastery is being able to naturally reproduce an outcome on demand, then virtuosity is being able to take the most challenging conditions, the most unpredictable situations, the most daunting circumstances ... and use all the knowledge, experience, and resources we've mastered to create an even greater - and unexpected - outcome than we'd envisioned originally.

As masters, we can perform a skill with such excellence that the outcome is predictable. But as virtuosos, we invite a component of uncertainty - so we can't predict what's going to happen next.

The best way to do that is to destabilize the system - to create a state of mind where there are so many sensory disruptions that appear to be chaotic, it would cause most people to lose balance. But for the virtuoso, something new appears from that place of the unknown. This is when incredible performance emerges.

When we're in this sublimely creative state, we thrive in the unknown. We execute in the unpredictable. We tune in to grace and pure presence. We're cool and composed. We're relaxed and awake. We're fully focused and present in the moment - as if time stands still - and unfazed by whatever is happening around us.

Virtuosos crave the unknown. And in that fresh, new moment of the unknown, we're able to conceive of a new outcome - and calmly bring it into being. We move past the stage of recreating outcomes to the point of it being commonplace ... and move into a place of pure improvisation; a state of unlimited creativity.

This composure and adeptness is what makes true virtuosos - elite athletes; renowned musicians; great artists - so compelling. When we witness someone in this kind of flow, it takes our breath away. We can't predict the outcome of their circumstance - no matter how foreign, adverse, or unstable - because we're watching wonder and curiosity at play.

We're witnessing someone at the height of their powers to create in the moment. In other words, the vir-

...continued on page 27



Dr. Joe Dispenza

CHOICE POINTS ON THE PATH Part Deux

...continued from page 24

tuoso doesn't actually know what they're going to do. They're improvising a solution in real time - and it's a more fantastic solution than we previously could have imagined.

To take our practice to this level of skill, creation, and expertise, we must willingly put ourselves in situations others might never choose. We must challenge ourselves to discover what, in our storehouse of resources, can cause our brain circuitry to work in new ways. We have to see another potential that no one else can imagine as possible.

We must court the unknown - so we can use our intuition and creativity to evolve our experience.

The adept mind is the ultimate form of neuroplasticity. When we're in this state, with a high level of single-minded focus, it allows us to seamlessly make our brain fire and wire in new sequences, patterns, and combinations - without hesitation.

NEW CHOICES. NEW CHALLENGES.

The truth is, no matter what stage we're in - Novice, Initiate, Master, or Virtuoso - we're always confronted with these choice points to further progress our state of being. We're always having to decide, with intention, to choose something different. To choose evolution. To choose excellence. To choose the challenge ... from a new level of mind.

At every stage along the path, we'll encounter the pull toward our same old selves; our same old patterns from the past. We'll confront the desire for complacency - or settling for "good enough." We'll come up against the inclination to turn away from the difficult and the unknown; the habitual, unconscious drive to choose the predictable and familiar.

But if our journey as an awakened soul is to always want to evolve our experience, then we'll grow stronger, more focused, and more disciplined as we progress in our practice. We'll become more committed to our growth and discovery of self. And we'll find some of those same old struggles just aren't as interesting as they used to be.

We'll become far more interested in choosing new challenges - and exploring the mysterious gifts they bring.

Great masters and virtuosos in history all began their journey as novices and initiates. They simply immersed themselves in the question: "Is there more?"



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Tampa	813-870-0731
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West Palm Beach	561-833-6483



Jim Egan

STORIES THAT BEND REALITY

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The letter seemed beautifully typed on rice paper and it was only after he read it a few times that **the Man with the Ladder** realized that it was not typed at all but done with a tiny brush.

"I have come and gone and of course not left at all," it said. "My apprentices and I have outgrown each other. I have learned from them all I could stand. Would you please keep an eye on them while they are in the park. I wish you well and hope you arrive at your destination before your journey is completed." There was no signature only a reproduction of the little sign that **Utei** kept on his table when he was doing his spray painting.

After he received the letter **the Man with the Ladder** spent as much time with the young masters as he could. It was during this in loco parentis role, that they told him how they came to become **Utei's** apprentices. He learned the girl's story first.

"You remember the time I nearly hit him with the skateboard?" **Yulia** asked, smiling her crooked smile, "That was the beginning. Actually I wasn't after him. I was after you and that damned ladder. Only there he was, and he was a better target than you -- darned jip, just sitting there. So I headed for him. I didn't really want to hurt him, only brush by him, shake him up a bit."

"A weird thing happened. First off, I had trouble steering the skateboard, which never happened before. And when I got close to him my earphones went dead and there was the loudest, longest quiet I ever heard. It was as if pure silence was pouring out of those earphones. I thought they had broken, but when I got past him, the sound blasted in again just where it had left off.

"It was spooky. I went home and I swore to stay away from the gent. Every once in a while I would test out the spook, you know, get close enough to kill the sound in the earphones. It worked every time. Then I started to sit way off to the side and watch him. It was the first sitting I did for a long time. Couldn't sit in school. Tossed me out when I was eleven. When you learn to sit come back, they said. I never did.

"I didn't know what I was doing watching this jip shooting paint into the air. He was getting three bucks a squirt so I figured it wasn't a bad hustle, but thinking about it I felt angry. Why should that jip rake in all that money for squirting paint in the air? They have the cars, the T.V.'s, the cameras, why should they have the painting too? I painted a little," she confided in **the Man with the Ladder**.

"I moved a little closer and got a little noisier," she continued. "For two **Sundays** whenever someone would come up to him I would yell, "It's just trick paint that's all, save your money." The third week it was overcast and the park was nearly empty. I yelled at him for most of the day. Then in the early afternoon he turned to me and made moves like he wanted me to come over. I was scared but I went.

"What kind of trick paint is that?" I asked straight out.

"Not trick paint."

"Bull," I said, "It's trick paint."

His hand appeared from inside one of his long sleeves, holding a glass. "If you think so, go to the fountain. Fill this with water."

I went just to see what he would do. He was so cock sure of himself.

"Watch," he said, filling his mouth with the water I'd brought. He turned and emptied his mouth in the finest mist I ever saw. He made his mouth into a can of spray paint. There was no sun in the sky to speak of that day. But the water he sprayed out of his mouth hung in the air and broke into the brightest sun colors I had ever seen.

"It must be a trick." I yelled. I was terrified. I had never seen any colors like the ones that hung in front of me.

"There was something in the glass." I grasped for straws, "You're a sneaky jip!"

"You don't know how sneaky." he said, "You think something in the glass?"

"I'm sure." I insisted, as sure as I was terrified, if not more so, "It's just a trick!"

He handed me the glass. It was just an ordinary glass with nothing in it. While I was distracted he bent over, grabbed a handful of sand from the side of the path and threw it at me. I put my hands up to protect my face but the sand seemed to stop in midair between us. It hung in the air like a cloud --only for an instant-- sparkling as it started to drop, but in that instant it looked almost like a shiny mirror and I thought I saw my doofy-looking self hiding behind my hands with those big dumb earphones on my head and I cried. He put his hand on my shoulder and we

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both stood there watching the dusty curtain dissolve back to the ground.

"Hold the image you want to paint clearly in your mind and you can paint it with anything," he said slyly and bowed a little bow, collected his table and went off without saying another word.

"Next **Sunday** I was waiting for him when he came to the park. I sat about ten feet away from him through all of the painting he did that afternoon. We didn't say a word. When the last customer had gone he looked in my direction and made a move I interpreted as his wanting me to come over. He didn't say a word, he just produced a little hand broom from those magic sleeves of his and handed it to me. I had no idea what he wanted but he refused to give me directions and waited until it dawned on me that he wanted me to sweep the grass. It seemed stupid to sweep grass which was covered with spray paint but I tried it. It was odd. The paint came off the grass but didn't stick to the broom either. It was as if the paint evaporated as soon as you touched it.

After that I was his apprentice for real.

Utei's second apprentice was completely different. He was a little older than **Yulia**, scrawny, with bright red hair. There was an intensity about him that made him seem as hard as the wooden table he sat behind. He swaggered instead of walking, as if he owned the park. His name was **Gregory**.

"The very first time I saw the master," **Gregory** told **the Man with the Ladder**, "he was in the middle of a painting. I saw exactly what he was trying to do but I couldn't understand why he was doing it so badly. There was this 'thing' in front of him. It was there clear enough, even though I could not make out exactly what it was, and there was this little Japanese man, trying to cover it with paint. It was writhing and twisting and I could see that it was hard to cover. But he was leaving out what seemed a big piece of it.

I walked over to him. I didn't want to interrupt but it was so clear that he had completely overlooked a section that I just couldn't hold myself back. "Hey", I yelled, "you missed a spot." He just ignored me.

He never did cover that piece. What fascinated me was

how he could avoid it. There was paint everywhere. He had forced it into crevices of the thing, whatever it was, and he had managed to cover spots that were wispy and tenuous and weaving in and out like a snake. Yet here was a flat, tilted, obvious section like the top of a box that didn't have a spot of paint on it. It fascinated me. I watched him for the rest of the day and there was some piece of every painting he did, an obvious piece, that he left unpainted.

I came back the next **Sunday**, taking a seat at what seemed to me to be a show of incompetence. I yelled at him a couple of times that he had missed a spot, but he didn't take any notice. I even tried to talk to him once or twice but he paid no attention to me, as if I were speaking a foreign language. Finally I decided enough was enough, I would just show him.

I waited until the next **Sunday** came around. When he finished one of his paintings and was about to say something to his customer, I strolled by and whipped out a can of spray paint and tried to cover the piece he had left unpainted.

"I don't know how he did it. His back was towards me. He reached up and grabbed my hand. I have never been held that way before. I could not move my hand, or the body that was attached to it.

"Not yet," he said, "look closely." and he pointed my hand with the can of paint in it, to the section I had intended to spray.

"What looked so solid before, appeared more like an open window from which the image he was painting seemed to come. It was not flat and fixed, it was more like an orifice of something living, a birth canal from some other dimension.

"You think too much," he cautioned, "You confuse what's in your mind with what's around you."

He let go of my wrist and I dropped the paint can and ran off. I was confused and embarrassed. I came back the next **Sunday** and watched him from a distance. After he was done for the day, he motioned me over and out of his sleeve produced the can of paint I had tried to use the week before.

"This is the way you hold a can of paint," he said, "Do you see?"

I saw nothing.

"This way, otherwise accidents happen." As if to demon-

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strate, he held it differently and sent a spray of paint off to the side of me. The paint formed no clear image and it did not hang in the air.

"When I paint you see something out there. I tell you it's all here." he said tapping his temple. "It must all come from here."

"Maybe," I said, "But I still saw something out there, something only a blind man could miss."

He just shrugged his head and handed me a broom. Along with **Yulia** I swept up, wiped off the table, learned how to hold a spray can, how to mix my own paint, how to move between eddies of paint without disturbing them. Mostly we watched **Utei**. As much as I learned, I never learned to agree with him about what's out there.

I think he almost gave up on me. Then one morning he called me on the phone at 4 a.m.

"Meet me at the park." he insisted.

"It's the middle of the night." I said.

"I know the time." he replied.

It was still pitch dark when I got to the park. He was sitting there behind the table as if it were 2 o'clock on a sunny, **Sunday** afternoon. I could hardly see him.

"You believe you see something out there which can be captured in the paint?"

"Yes, I am certain of it." I replied.

"Paint what is out there now." he instructed.

"It's pitch black," I answered, "I can't see a thing."

"Watch." he said, his outline barely visible in the shadows. He started to dance and the scant light gave the illusion that the shadows around him were dancing too. At one point his outline completely disappeared as if the shadows had stepped between us. I could only hear his feet stepping lightly on the ground and paint being liberated into the air.

Next thing I knew it was silent and he was by my side.

"We will wait." he said.

"We sat there for an hour. I was sleepy but he kept me

up telling me stories about his childhood in **Japan**. I was sure he was making them up. We talked until the first ray of light scattered the shadows around us. We were facing west, he grabbed my arm and turned me to face the rising sun.

Hanging in the air before us was a misty cloud of a sun, rising over dark smudges of evergreen-- only behind the misty image, the real sun was beginning to peek over real evergreens and as it rose it filled and pierced the painting until it was not clear where the painting ended and where the reality began.

"See?" he said softly, "The eye can play tricks, the mind's eye must be ever so sharper. But you will learn." At the end of his last syllable the painting collapsed as if he had been holding it up."

The Man with the Ladder thought about **Gregory**'s story long after **Gregory** had left the park for home. Listening to stories of **Utei** was like visiting with his old friend again and sharing the magic he released into the air around him. He took out **Utei**'s letter to him and tore off the Japanese character that served as **Utei**'s signature and pasted it on an envelope. Under it he wrote, **Utei, Zen Monastery, Japan**. Inside it he placed this letter:

Dear **Utei**,

I am keeping my eye on your apprentices as you asked. They comfort me in return. They have already taught me that the secret to mastering the unknown is hidden in the commonplace.

They have also convinced me that painting on air is easy but painting on what **Utei** paints on, is impossible.

Yours,

the Man with the Ladder.

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ARIES – (March 19 – April 18)

Love

ARIES: LOVE FOR APRIL 2023

Venus exalts your ability to radiate within the family. You communicate to convince those around you that your decisions benefit everyone. You work with the desire to use your means to improve your daily life and that of your loved ones.

In a Relationship: no great passion for being expected. Your main objective is to free up funds and invest in the family's well-being.

Single: you are too involved in negotiations to secure or improve your daily life to have time to seduce.

Money

ARIES: MONEY FOR APRIL 2023

Your expectations and demands are temporarily frustrating. You do not get discouraged and push your pawns on the chessboard.

Work

ARIES: WORK FOR APRIL 2023

Negotiations are behind schedule from the 21st. You don't give up! You expose your abilities to move things forward while waiting for the debates to resume next month.

TAURUS – (April 19 – May 19)

Love

TAURUS: LOVE FOR APRIL 2023

Questions and discussions concerning your relationships with those around you will get bogged down from the 21st. You make yourself understood and do not hesitate to assert your identity or even claim more autonomy from your family.

In a Relationship: do your exchanges seem to be at an impasse from the 21st onwards? You do not cease to maintain your point of view and claim that it is time to be granted more freedom of movement and thought.



Single: it is not certain that only your love life will be at the heart of the debates that get bogged down from the 21st. This slowdown does not prevent you from expressing that it is time to free yourself from the influence of family.

Money

TAURUS: MONEY FOR APRIL 2023

Venus will help you to valorize your talents between the 19th and the 28th. As for Mars, he will defend your positions from the 14th. A powerful duo that pushes you to claim your due? However, you should expect some delays from the 21st onwards.

Work

TAURUS: WORK FOR APRIL 2023

Some exchanges and negotiations are stalling from the 21st. In that case, you will keep pursuing your objectives. You will redouble your offensive arguments to get out of line and express your difference. If the dialogue resumes effectively next month, your pugnacity will allow you to score points.

GEMINI – (May 20 – June 19)

Love

GEMINI: LOVE FOR APRIL 2023

You tend to withdraw into yourself where certain recurrent questions occupy your mind and devour your time. However, count on Venus to enhance your aura, even if this renewed charisma will not be enough to take you out of your reflections to reconnect with the vertigo of love.

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In a Relationship: you connect to your inner world. You focus on enhancing your potential to defend your interests rather than rekindling the flame. However, try to pay attention to your partner.

Single: not the ideal month to seduce. You are thinking a lot about how to boost your material life. Nothing very glamorous.

Money

GEMINI: MONEY FOR APRIL 2023

This is where your efforts are focused. You are figuring out how to optimize your talent to make the most of it and boost your revenue.

Work

GEMINI: WORK FOR APRIL 2023

If you've recently launched a project, you're locking yourself into thoughts that you keep constructive. From the 21st, there's no point in trying to speed up the process. Your questions remain unanswered for the moment. You still need to mobilize to stay well-connected to your inner world.

CANCER – (June 20 – July 21)

Love

CANCER: LOVE FOR APRIL 2023

You tend to dream and live love stories in your head rather than launch into great declarations or wild adventures. You are too mobilized by elaboration and implementing a project that's out of the ordinary. You will be reassured more in business than love.

In a Relationship: expect to make only a few sparks fly in love this month when you have too much to do elsewhere to invest yourself on a personal level. Explain to your partner that you are working hard to spice up your future and theirs.

Single: you are more inclined to redouble your zeal and daring to try to open the future to your liking than to put yourself without delay in search of the rare pearl. If one does not prevent the other, Venus invites you more to reflect than action.

Money

CANCER: MONEY FOR APRIL 2023

It is not a question of money or financing that is likely to discourage you. You defend your interests if certain negotiations are slowing down (from the 21st).

Work

CANCER: WORK FOR APRIL 2023

You are working this month. You have a daring project on your mind, or you have implemented it. Negotiations concerning the smooth running of operations run out of steam from the 21st. But you can still persevere.

LEO – (July 22 – August 21)

Love

LEO: LOVE FOR APRIL 2023

You are more concerned with managing your day-to-day affairs than surrendering yourself to the dizziness of love. You are focused on your goals and have little time for others, even though Venus invites you to give your precious time to your own.

In a Relationship: you'll need to be relentless in your efforts to optimize your chances of making a difference at work. However, try to be present with loved ones who appreciate your care.

Single: Venus favours the cordial understanding between you and your loved ones between the 19th and the 28th. You may be obsessed with certain actions to be carried out to be noticed by your hierarchy and take the time to love.

Money

LEO: MONEY FOR APRIL 2023

More than funding to define, redefine and establish your priorities, you need air, oxygen and audacity to direct your destiny in the right direction, that of newfound freedom and autonomy.

Work

LEO: WORK FOR APRIL 2023

You aspire to stand out from the crowd to assert your originality and your need to work at your own pace,

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even to your liking. If discussions get bogged down from the 21st, you will continue pleading your case with your superiors.

VIRGO – (Aug 22 – Sept 21)

Love

VIRGO: LOVE FOR APRIL 2023

You are defending a professional project rather than rekindling the flame. The other is waiting for your goodwill to benefit from your favours. You're not abandoning the one you love or giving up on seduction. You simply don't have the time to give in to the vertigo of love.

In a Relationship: you are mobilized by perspectives that open new doors and are out of the ordinary. You take the time to explain to your partner that you are neglecting them for excellent reasons that have nothing to do with your feelings changing.

Single: You have too much to do and need to be more focused on a project that expands your horizons to take the time to seduce. Love takes a back seat.

Money

VIRGO: MONEY FOR APRIL 2023

Take advantage of your good rating and undeniable charm to ask your bankers and sponsors to grant you some credit. From the 21st onwards, however, you will have to deal with a slowdown in negotiations.

Work

VIRGO: WORK FOR APRIL 2023

You are deploying phenomenal energy to take off and renew your activity. You may be tempted to go abroad, look elsewhere or change your methods. Whatever the case, there is no question of resting on your laurels, even if, from the 21st onwards, your momentum is slowed down by circumstances.

LIBRA – (Sept 22 – Oct 21)

Love

LIBRA: LOVE FOR APRIL 2023

Venus exalts your desire to live stories that live up to your expectations. Some dream of embarking on a journey with the one they love, while others look for their soul mate. There is no question of settling for anything

less than that, but rather to spice up the relationship, to get off the beaten track.

In a Relationship: a need to break with routine fuels your desire to share rare moments, take advantage of a favourable context to rekindle the flame or give meaning to your duo.

Single: you are not satisfied with banal stories that lead to nothing. Your aspiration to do everything over again is manifested by the desire to experience a love that lifts you up that pushes you out of your comfort zone.

Money

LIBRA: MONEY FOR APRIL 2023

You do not hesitate to ask your banker and your fighting energy and your desire to convince open doors for you. But negotiations are delayed from the 21st.

Work

LIBRA: WORK FOR APRIL 2023

For sure, you redouble your zeal, audacity and determination. You are fearless in shaking up the established rules and your hierarchy. You want to change the rules of the game, the methods, and even the style. You impress those around you, even if exchanges get bogged down from the 21st onwards.

SCORPIO – (Oct 22 – Nov 20)

Love

SCORPIO: LOVE FOR APRIL 2023

You aspire to change the relationship plan to live more freely, independently of your stories. It is a question of making the relationship evolve so that it lasts. If the dialogue remains open, it slows down from the 21st.

In a Relationship: there is no question of separating but exchanging with the other person to find an agreement to evolve towards a less stifling relationship. You will return to the charge if the discussions are productive from the 21st.

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Single: you are building relationships that are more respectful of your need for independence. If discussions slow down from the 21st, you will not give up.

Money

SCORPIO: MONEY FOR APRIL 2023

If you are fighting for recognition of your talents, you put pressure on for a positive response. If negotiations drag on from the 21st, you will not give up.

Work

SCORPIO: WORK FOR APRIL 2023

Plan for an active second half of the year. Mars sharpens your ambitions and gives you a conqueror's mind, even if from the 21st, exchanges are less fluid. You will not give up defending your interests and pleading for freedom of movement.

SAGITTARIUS – (Nov 21 – Dec 20)

Love

SAGITTARIUS: LOVE FOR APRIL 2023

Count on the Sun to exalt your power of seduction and on Venus to connect you favourably with others. This month favours your sentimental blossoming, allows you to attract attention, and makes you want to pamper those you love.

In a Relationship: a nice spring month to rekindle the flame together and use your charm to bewitch a partner. Listening attentively to each other's desires confirms an ascending phase in the relationship.

Single: If you've just met someone, count on the current situation to strengthen the relationship. And if you're still looking for your soul mate, keep your eyes open and don't hesitate to take a step towards the other.

Money

SAGITTARIUS: MONEY FOR APRIL 2023

To boost your income, rely on increased creativity and give those watching you the desire to support your impulses.

Work

SAGITTARIUS: WORK FOR APRIL 2023

The astral climate favours the expression of exalted creativity. It invites you to share your talents with those around you to serve the common cause. From the 21st onwards, you encounter difficulties in your daily life. In that case, this temporary slowdown does not affect your determination to innovate and shake up the codes.

CAPRICORN – (Dec 21 – Jan 19)

Love

CAPRICORN: LOVE FOR APRIL 2023

In search of strong emotions, of more fantasy, you stimulate your beloved to respond to your desire to spice up the relationship. If from the 21st onwards, the current could be better, you will push them out of their comfort zone.

In a Relationship: no question of falling asleep, or being bored. Your partner will respond to your desire for renewal and excitement. At the end of the month, if you feel resistance, you will not give up pushing the limits.

Single: Tired of attracting only banal stories. You aspire to live a love that exalts you without tying you down. From the 21st onwards, you will find it more difficult to make yourself heard but do not give up.

Money

CAPRICORN: MONEY FOR APRIL 2023

If you ask for a raise, you won't be denied. But you are more concerned with expressing your talents than with getting rich.

Work

CAPRICORN: WORK FOR APRIL 2023

Count on your determination to defend your positions in front of people you have no trouble convincing. Your revolutionary methods and your original vision of things are unanimously accepted. From the 21st, your proposals are questioned.

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AQUARIUS – (Jan 20 – Feb 17)

Love

AQUARIUS: LOVE FOR APRIL 2023

Count on your power of seduction to attract attention. Your radiance will allow you to be the centre of attention. Take advantage of this to change things in your family, even if you encounter resistance from the 21st.

In a Relationship: fluid exchanges at the beginning of the month with those around you; your charm favours your love impulses. From the 21st, do not impose your desires or your rhythm.

Single: a nice spring month to try your luck in love. If you have everything to please, only want a little. Let go of ballast without giving up.

Money

AQUARIUS: MONEY FOR APRIL 2023

Jupiter has allowed you to enrich your address book. New relations support you financially if you express the need.

Work

AQUARIUS: WORK FOR APRIL 2023

You are mobilizing to launch major changes in your family. Despite the slowing down of the pace from the 21st, your desire to move forward will remain the same.

PISCES – (Feb 18 – March 18)

Love

PISCES: LOVE FOR APRIL 2023

Uranus exalts your desire for independence from your loved ones. Still, your willingness to close ranks gives you a good time with your family. And if the exchanges get bogged down from the 21st onwards, continue.

In a Relationship: you want to be allowed to say and do as you please, and you won't give up trying to make yourself heard. Fortunately, your benevolence towards your loved ones allows you to do so gently.

Single: if you want to be seduced, you must count on your aspiration to say what you think, to not make concessions on the essential.

Money

PISCES: MONEY FOR APRIL 2023

If you need to finance your bold plans, use your striking power to make an impression. Even if negotiations seem to be under delay from the 21st, you continue to impress the crowds.

Work

PISCES: WORK FOR APRIL 2023

Uranus exacerbates your desire to distinguish yourself, to assert yourself. Your originality and your freedom of speech serve your cause and attract attention. If exchanges slow down from the 21st onwards, these obstacles do not prevent you from pursuing your quest.





ABRAHAM HICKS

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Esther Hicks

and 'I will look forward to that' and 'I know what I don't want, I know what I do want' - all of that sifting and sorting that you have done for far beyond what you recall from this physical life experience is in this **Vibrational Reality**. And your Inner Being all over it, knowing every bit of it.

And what that means is...now, this is new - we have not said this to you before, but this is your new empowering information, this will take you into the stratosphere in terms of what other people are watching around you, this will put you into a category of creating that is so sublime that others will wonder what your magic is. **And it's not magic, it's just a productive application of the Law of Attraction.** It's utilizing the power that is within you to focus it in the direction of the things that you care about - things for yourself personally, things for others whom you care about, even things that are on a global scale or a universal scale. You have power that you've not been utilizing, and we think that it's a good time to begin utilizing it.

So, here is this **Vibrational Reality** that you have gathered, and you've gathered it incrementally, and let's call it full of ingredients. So, when you are out ahead of it, meaning you're in that place of non-resisted thought - maybe you're swimming, maybe you're making love, maybe you're meditating, maybe you're basking in the deliciousness of something - and as you're in that state of non-resistance, these ingredients present themselves to you in the form of an idea or an impulse, a powerful idea or impulse. Now, you don't know it's powerful because it's just sort of like a simple thought - "Stop at 7-11" or it's just a simple thought, "I think I'll take a run" or "I think I'll go to the beach" or "I think I'll call my mom" or, or, or, or, or.

But what we want you to know about is, because the ingredients are there, and because your **Inner Being** is there with those ingredients, and because your **Inner Being** knows where you are in relationship to everything that you want, when you get into that state of Pure Positive Energy, when you get into that state momentarily - it might be ten seconds long - of non-re-

sisted thought, you have access to what your Inner Being knows about everything that's in there, and then an idea occurs to you, and when you follow that impulse this time and next time and next time and next time, you begin to discover your true power.

That's where the ideas that matter most come from. Now, they've always been there, those ingredients have always been there for you, and your **Inner Being** has always been focusing them into thoughts that you could receive. But you can't unless you're in a non-resisted place, because you have to match up with what that thought is, and that thought is **Pure Positive Energy**.

Oh, we want you to feel the power of your **Vortex**, we want you to reap the benefits of all that you have been living, we want you to find the timing, this-moment-in-time timing. We want you to know that when you tune into that, that the impulse and then the next and then the next and then the next will come.

SEGMENT INTENDING AND DAYDREAMING

So, are you following that? Do you sort of kind of believe it? When we say the easiest way for you to have non-resisted thought is to get out ahead of it, we'll say it to you in an even more blunt way: The easiest way for you to have non-resistant thought is to hang out with a new person that you don't know - the less you know about them, the less resistant thought is within you.

We want you to, just for a moment, try to feel the power of this non-resisted thought. So, we've been saying recently what you want to do is get out ahead of it, you want to get out ahead of your thoughts. And people want to get out ahead of it, but they just don't know what that means. **And we gave one example already - segment intending means I'm in a new segment.**

New people just walked into the room, and do you know that our segment just changed? Because they have no idea what we've been talking about, and so the Energy of the room has just shifted. Now, it's not a problem to all of us because we're in the **Vortex**, yes? We're in that empowerment. It might be a little while for them to catch up with it, but the segment did just shift, and therefore, you're going to notice a little repetition that you wouldn't have noticed before had new people not walked in the room. Are you following what we're getting at? Getting out ahead of it - we don't want confusion on the part of those that haven't been here.

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ABRAHAM HICKS

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Esther Hicks

So, when you get into your automobile, it's a new segment. When a new person joins you at the dinner table, a new segment begins. And if you will take just a moment - we're talking about a few seconds - to acknowledge "Ah, new segment, and what I intend is..." because if you get out ahead of it - "What I intend is to have fun," if you're out ahead of it, even though somebody who joined your dinner table who was in a bad mood and wasn't planning on having any fun, if you got out ahead of it with your intent to have fun, you're more likely to have fun even though he isn't. This is powerful stuff, because when you have knee-jerk reactions to life, that holds you in mundane creation, it holds you in less powerful creation; it doesn't let you feel your absolute power.

DAYDREAMING, you've heard the word before, do you remember when you were kids, before you were responsible, before you felt responsible, before you were resistant, before you were defensive? Some of you can remember those moments in time - some of them you've been living recently. But it's a little snatch of time where somehow you're not resistant in thought and your mind is just receiving the ingredients of your **Vortex**. And they're putting themselves together with the tutelage or tutorage or tutorial-age, with the help of your **Inner Being**, who knows where you stand in relationship to everything that you want and knows what the ingredients that you've put into your **Vortex** are, so knows what the path of least resistance is for you to receive a thought.

So, do you think that you're here to create your own reality - you are - but do you think that the reason that you are here to create your own reality is that when you create your own reality you'll like it better? Well, that's one reason. **But it isn't the reality that you are creating that you are here about, it's the thrill of reality-creating that you are here about.** It's the thrill of lining up with your true power and watching what you desire flow to you through the power of your own focus. It's the journey. Now, you've hear that your whole life - the joy is in the journey. Almost everybody is saying it, and nobody even knows what they mean when they're talking about the joy is in the journey.

But we want you to know that what we mean by the joy is in the journey is that you did a lot of the journey when you knew what you didn't want and therefore knew what you did want. And you say "**Well, that was not all that joyful.**" And we say well, it was to your **Inner Being** because you were identifying who you are. When someone was rude, you said I like nicer. When somebody was hateful, you want more love. When somebody is diminished in some way, you want upliftment. When someone is sick, you want well. When someone's confused, you want clarity. When it's you, even more. You've been isolating and identifying, and there is this extraordinary grouping of ingredients that are the making of an ecstatic life experience for you, but **you have to find a way to be in the vibrational vicinity of it.**

Now, we've been telling you this story in lots of different ways. We've been saying to you Step 1 is you ask - that's the contrast part of it, know what I don't want, ask for what I do want, whether you put in words or not. **Step 2 is that's the Source Energy part of it, that's your Inner Being part of it, that's the Vortex part of it, that's the gathering of the cooperative components part of it. Step 2 - when you ask, it is given.** It's in vibrational form and you say "**I don't want it to be in vibrational form, I want it out where I can see it. I'd like to park it in my garage, I'd like to take it to my bed, I would like to go to the movies with it. I don't want this Vibrational Reality creation.**" And we say, **but it is that way in the beginning.**

And so, if you will **accept that the ingredients are there, and that you will be guided, you will be led, you will be called - you are being guided, you are being led, you are being called - to your path of least resistance.** But what we're saying to you here today is you have some whoppin' resistance going on because you have played the objective game so much that you hardly ever put yourself in a position where you can receive an impulse that's on the path of least resistance and feel the empowerment of your **Inner Being** about it.

We want this to not just be something that sort of is intellectually satisfying, or even something that makes some sense to you if you've been studying the **Law of Attraction** - we want it to be something that feels real to you, we want it to be something that you say all day long, as **Esther** often does, "**Ooo, I have that magical thing going.**" Because if you take ten seconds here and ten seconds there and ten seconds there to let yourself dream free, if you will allow yourself to just dream free...

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Esther Hicks

ABRAHAM HICKS

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Esther's been playing this game - we'll tell you some of it, we'll tell you some of the amazing things that have been happening as a result of it - but here's one really extraordinary manifestation that came about as a result of **Esther** hearing what we're saying about daydream.

And by daydream, we mean you're not asleep; by daydream, we mean you're awake. And by daydream, we mean it hasn't manifested yet, so it's still a dream. And by daydream, we mean you're in your day, you're wide awake, but what's in your **Vortex**, which you are still calling a dream, is visualized by you, it's felt by you, it's known by you - you know it even though it hasn't come out to play with you.

These thoughts have not yet turned to things where you and everyone else can see them, but they are real and they are unfolding and they will come out and play with you where you will see them.

There's power in this, but if you daydream a little and then you kill it with reality, and then you daydream a little and then you kill it with reality, and you daydream a little and then you contradict with some other fact, then you're going back and forth and back and forth and back and forth, and you're never allowing the true power of this to culminate into something that manifests.

There are people in your world that are doing that - there are masters of science and masters of mathematics and masters of music and masters of all kinds of things. There are inventors of things, there are all kinds of people that have allowed these thoughts to turn to things in their minds, who have been willing to follow that non-resisted path, who have been willing (here it is) to pay the great big price of happiness.

We know (we're being sarcastic) it's a lot to ask of you to want to feel good enough that you will isolate some thoughts and allow yourself to be that dreamer. So here, we're just going to tell you one of the things that happened to **Esther**, and as we move forward - if there's time and if we're not full of all what you are

asking for - then we'll tell you what **Esther's** been doing. But we'd rather talk about what you are asking for - but, there's so much good stuff going on.

So, **Esther** said "**Abraham, what do you mean by a daydream?**" And we said it's a thought that just occurs to you, and when it does, it's so delicious, you don't want to take your attention from it. And when you allow yourself to just softly receive it, this is not a thought you think, this is a thought you receive. This is not you making something happen, this is not you setting goals, this is you receiving clues and ideas and impulses about the goals you've already set. This is about having **masters of the Universe** focusing to you, and you being in a place of receiving the thought and it being pleasant while you receive it, and not too long after, you knowing that that was a piece, and oh wow, look at this!

So **Esther** went to **Nashville** for the first time to visit some friends. She bought a **Jeep** and drove it home. It was so fun. And while she was there, they went to dinner. And on their way to dinner, they saw a building, and her friend said "Our friend has been in this building for many, many years - she's sort of like the heart of the community - but she and her husband are moving out of town now, and so she's selling everything in the building. Want to go in?" **Esther** said yes!

So she went in and there are all kinds of beautiful things - there are crystals for sale and jewelry for sale, and artwork of all fashion, and all kinds of really beautiful things. And **Esther** got fixated on (her friend pointed it out to her and then **Esther** couldn't take her eyes off of it) a painting. A man from **Viet Nam** painted it, the colors are soft and lovely, but it is a painting of a lake with the most beautiful soft colors - it's oil, but it's so soft that it looks like pastels - and in the sky are two owls (**Esther** likes owls), and in the lake is a bed, just sitting on the water with a red bedspread and a woman sitting on it.

And **Esther** said "She's got to be daydreaming - nothing else makes sense. If she was dreaming, she'd be laying down. What's that bed doing on the lake, anyway? I'm going to frame that, and I'm going to put a little plaque on it, and it's going to say '**Daydream**'." Now, don't you think that's nice, that **Esther** would find something? Maybe it's not ringing your bells, but it rang her bells, it rang her bells. What else could this possibly be? This is someone wide awake in the middle of the day, sitting on her bed in the middle of a lake?

Daydream, you won't stay as you are for long.



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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I LEARNED I GOTTA STAY ON TOP OF IT

I told my insurance chick that the after-new-roof **mitigation inspection** would be **Thursday**, asked if my next step was to get it to her. She said she needed a new **4 POINT INSPECTION ALSO** to be able to quote me h/o insurance. So I called the roofer & their same inspector did both at the same time.

I asked the inspector, "Do I give you a check when you're here?" and he said yes. I asked, "Is the cost 3 hundred million dollars like everything else?" He laughed and said, "No, it's \$125."

Everyone doing this process along with me, this is where I'm at. Make sure you keep asking "is there anything else I need?"

DID I MISS OUT OR DODGE A BULLET?

I pride myself on multi-tasking, then I get a lesson on how my attention got too scattered and I lost out on something. Or did I?

NOW CAR INSURANCE! My auto insurance is supposed to be on automatic renewal, but keeps changing to "**Direct Bill**" and I have to go thru the whole signing up process again every 6 months. I've repeatedly asked for a quote for a change in policy limits & no response.

So I asked another insurance agent for a quote, it was \$200 cheaper than what I just renewed with **AAA**. But I didn't get to her email for 2 weeks (roof stuff, pump stuff, yada yada,) so when I told her I wanted to go with **Option B** for higher deductibles and less coverage, she told me **Travelers** raised the price between the time she quoted it to me & when I got back to her.

Their price now for less coverage and higher deductibles was the same as what I have with **AAA** auto insurance for more coverage and lower deductibles. I GET IT that insurance in **Florida** is going wacky now. So did I lose out or dodge a bullet? Time will tell. It is what it is. I'm not worried about it because I've always been pretty lucky when it comes to big dollar items.

I LUCKED INTO THE PERFECT CAR

I always seem to luck into getting OUT of a situation before it goes wonky. When I needed a new car in **2009**, I lucked into a great price on a **2007 Toyota Prius**, which was cool since it averages 45 mpg and gas prices have really risen. I still love this car, just replaced the hybrid battery so it should go another 100,000 miles.

I LUCKED INTO A NEW ROOF PAID BY INSURANCE

In **2004** came **Hurricanes Frances** and **Jeanne**. I only lost a few roof tiles but a friend told me to call my insurance company anyway. Their adjuster authorized an entire new roof saying it should have lasted 20 years. It lasted 19. Nice, new roof paid for by insurance!

I've been pretty luck with the NEW roof and may be eligible for a grant that will reimburse me 1/3 the cost. Yay.

I LUCKED INTO BUYING PROPERTY ON TIME

I had my home built in **1984** for **\$62,800**. I bought the lot to the west of me in **1996** and paid **\$2,500** for it. I bought the lot to the east of me in **2003** for **\$3,500**. Now I'm getting offers of **\$41k+** for each lot. I'm deffo not selling because those lots each have woods on them that protect me and shade me and give me privacy.

I LUCKED INTO LEARNING TO COOK MY FAVE ASIAN DISHES BEFORE RESTAURANT PRICES SKYROCKETED

When the pandemic arrived, I was bummed to stop going to my fave **Thai** and **Vietnamese** restaurants a few times a week but didn't want to chance eating in a closed restaurant sharing recycled air. I'm not ready yet either. But thanks to **YouTube** and **TikTok**, I've learned to cook all my fave dishes. Just in time, it seems, since restaurant prices have skyrocketed.

I INTUITED WHEN TO PAUSE PRINTING

In **April 2020**, when the pandemic began entering the scene. I had a decision to make with the **May 2020 Horizons**. When the print edition goes to press, that puts in motion a whole lot of work, a whole lot of

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Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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

scheduling with other people, drivers, stores and a lot of expense: thousands of \$\$ for printing, mailing and distribution.

I had a feeling to postpone and am glad I did. By the time the mag came out days later, many stores had already closed and people began getting sick. Looking back, I saved a lot of time and expense for everyone concerned by doing so.

AND ARRRGH YES THE CONSTANT COOKING

it's been a trip cooking every meal every day for almost 3 years straight. I'm used to eating out several times a week or grabbing a **Publix** sub but I now spend twice as much time in the kitchen, mostly slicing veggies. But I'm eating healthier versions now of what I used to go out for and I really dig cooking, so it's a win/win.

WE COULD MAKE IT HAPPEN, YOU KNOW

Did you know that if we heard good news, hopeful news for 30 days about our economy, it would become a global reality? *But we don't have to wait to hear 30 days of good news. We have the ability to self-talk ourselves into hopeful anticipation and make it a personal reality no matter what the global reality appears to be. Your future is being created by your thoughts and emotions in the now.*

Are you hopeful and believe things can clear up altho you do not know how they will clear up? *Then you are attracting more things clearing up. And like gravity, it works whether you believe it or not.*

Are you anxious and thinking we're going to hell in a handbasket and think there's no solution and it's hopeless? *Then that will be your personal reality no matter how good it is around you. Your choice of where to focus and what self talk to run.*

Enjoy our offering this month.
Hari Om.

Andrea

CRYSTALS, ROCKS



Photo by Karin Wolf

Sharron Britton

Rhodochrosite

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The largest single **rhodochrosite** crystal in the world, known as the **Alma King**, is over 15 centimeters high. I was lucky enough to see it along with the **Alma Queen** when I was in **Denver** for the rock and mineral show 2 years ago and being in the presence of both of them together was a transcendent experience. Should you feel the need to push yourself into beginning next phase of your life, I highly recommend finding the piece of **rhodochrosite** that is right for you. **Sweet Home rhodochrosite** is very difficult to find at a reasonable price, but every once in a while you can get lucky - especially if you haunt rock shops and mineral shows like I do.



Rhodochrosite egg

Peruvian rhodochrosite is becoming easier to get in most rock shops and metaphysical stores and the polished pieces are very affordable. Appropriately enough, it is most often found in heart shapes and it is the perfect heart stone for this time of year. **Peru** also produces lovely **red scalenohedral crystals** in a dark matrix and small specimens are not overly expensive.

I chose a polished **rhodochrosite** egg for the picture today because eggs represent the potential for the eruption of new life - a perfect focus for all of us this spring as **Pluto** moves into **Aquarius** and the next phase of human consciousness awaits us.

Many blessings to everyone.

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.

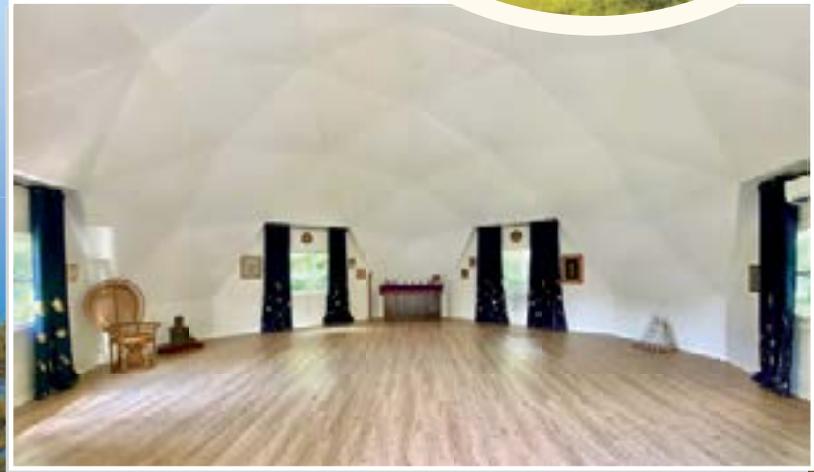


CENTER FOR SPIRITUAL AWARENESS

AN ENRICHED JOURNEY TO SPIRITUAL AWAKENING



The CSA Golden Lotus Bookstore offers a variety of items for sale: including books, Ayurvedic products, Hatha Yoga and meditation aides, as well as gifts and healthcare products.



The newly renovated Hatha Yoga Dome is a beautiful and peaceful environment to spiritually deepen and enhance your asana practice.



The CSA Learning Resource Library offers retreat participants a quiet place to read and study the science and philosophy of Yoga.



Years of profound meditation by committed and dedicated Yogis have made CSA's Meditation Hall a sacred space to commune in silence with Spirit and turn inward to focus on Self and God-realization.