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**May 23–27**

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**June 20–24**



See website *Retreats* page for complete  
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CSA founder, Roy Eugene Davis (1931 – 2019),  
a direct disciple of Paramahansa Yogananda,  
taught spiritual growth methods for sixty-eight  
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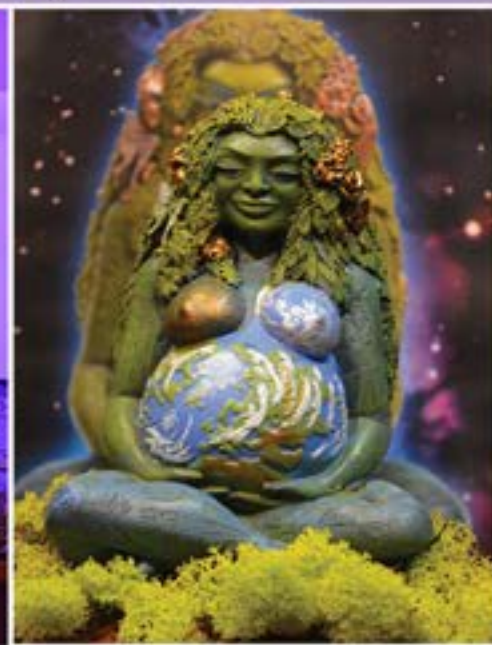
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## 12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**The greatest  
optical illusion  
is separation**

# HORIZONS

**Publisher/Editor/Creator**

Andrea de Michaelis

**On the Cover**

Alice Alinari

**Contributing Writers:**

Seth thru Jane Roberts

Michelle Whitedove

Mokshapriya Shakti

Dr. Joe Dispenza

Cecelia Avitable

Abraham-Hicks

Frank DeMarco

Karen Williams

Debra Strasser

Sharron Britton

Betsy Chasse

Mike Dooley

Mitch Ditkoff

Tom Sannar

Jeff Brown

Jim Egan

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

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



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

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

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

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## 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 MAY 2022 HORIZONS MAGAZINE.** May 16 is the full moon in **Scorpio**, known as **Wesak**, which is widely celebrated throughout the **East** as the **Festival of the Buddha**. For students of **esoteric metaphysical philosophy aka ageless wisdom**, it is the high point of the spiritual year when "forces of enlightenment flow from the higher worlds into the mind of humanity." While **Buddhists** celebrate **Wesak** as the time that marks the birth, death and enlightenment of the **Buddha**, **ageless wisdom** students regard it as a living event. At the exact moment of the **May** full moon -- sun in **Taurus**, moon in **Scorpio** -- the **Buddha** is said to return momentarily to earth, appearing to those gathered in a secluded valley in the **Himalayas** who are able to see him. Some have dreamt of being present at the ceremony.

The story goes that **The Christ Consciousness** stands before the **Buddha** and, in a moment brimming with vitality and significance, receives the **Buddha's** blessing on behalf of humanity, before turning and radiating this blessing out to the assembled gathering and to all human beings. See <https://www.lucistrust.org/resources/wesakfestival> for a free 22 page pdf booklet giving a technique for spiritual contact during **Wesak**.

In the early 90's, before **Horizons**, I had a small local newsletter called **Into The Light** based upon the **ageless wisdom teachings** that a friend **Frank** and I would study together for hours each day, primarily [the Alice A. Bailey books by Lucis Trust](#). We joined several **Theosophical/ageless wisdom** study groups and thru them I met **Josephine Chaudoin**, former assistant to **Benjamin Creme**, author, lecturer and esotericist.

There I learned a process called **Transmission Meditation** and we'd practice together, sometimes in groups for 4 hours at a time. This wasn't your typical short guided journey *dancing with butterflies, angels and fairies to meet your spirit guide* as you'd get at your new age store. These were people who knew the power of focused intent and the effect it could have on humankind. *It was during this time I more fully woke up on the inner plane and was made aware of my connection to those we were meditating with and focused upon. I was made aware of how powerful it was to meditate together in a group with focused intent.* Soon, even meditating at home alone at the appointed time, I would enter into a headspace that included all of them sitting with me. It felt as tangible as if we were all in the room together and we shared thoughts as well.

*...continued on page 48...*



## SOUL SONGS • ABRAHAM FUN

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

### NOW

**There is a power, an energy, a loving presence that is available to me this very moment - to bring healing, prosperity, wisdom, solutions, and the release of old patterns and habits that no longer serve me.**

This power delights in bringing me my deepest desires. I pause in the silence and turn my attention inward. I relax deeply and become receptive to this Source energy, acknowledging that life is much more about letting things happen than making things happen.

**I now allow this power to circulate throughout my body. I allow it to flow freely through my mind and emotions.** I allow it to flow freely through my finances. I allow it to flow freely through my relationships. I allow it to flow freely through my plans and goals.

As I remain still - focused within, calm and receptive - wonderful events are set in motion. Effortlessly. Easily. Now.

# ABRAHAM-HICKS



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

## SOCIAL MEDIA AND OTHERS' OPINIONS

**QUESTION:** So as I've gotten older, and I'm a hair-dresser - I teach and do venues and events, speak on a stage - and I've noticed that social media has become very important to be filmed, which would be the manifestation from my childhood. It's a dream come true - I can film everything every day. And then the followers happened, and then the likes or the dislikes happened. So the more I shared, the more, if it wasn't liked, I got discouraged.

**ABRAHAM:** We do want to hear from you, but we just want to point out that that's exactly what we were talking about as we were beginning - you're humaning. You're doing that humaning thing so you're not paying attention to what your Inner Being is doing. Your Inner Being is inspiring you to new things, and you're having new discovery and new expansion. But by caring about what everybody thinks about it, it can go well or it can go bad. And until you're stable in how you feel about you, until you know for sure who You are, some of them that don't have any capability whatsoever of understanding who you are are going to tell you who they think you are, which is really not any of your business, or theirs, really. But you're asking for it.

So there could not be a better way to start this day, because think about this - what are your options? How are you going to explain to all of them "No, I really am good. I really am good," how are you going to explain that to all of them? That's why listening to your own Inner Being is important, your Inner Being who knows who you are, who has walked with you every step of the way, who knows everything that you lived and every piece of expansion.

And here's the most important thing - your Inner Being never looks back, and when you do, it's to try to justify where you are. Your Inner Being only knows what life up to now has caused you to ask for, and your Inner Being gives undivided attention to that; undivided attention to that. And when you deviate from that, you don't feel so good.

We want to hear more from you, but we just wanted to get that out there fast before the car got too far down the hill. (Fun)

**QUESTION:** Yeah. And that's what I'm really open to, is being an open channel so I can hear my Source when I do share my ambition.

**ABRAHAM:** You don't have to be an open channel, you just have to be aware of your gut; you just have to be aware of how you feel. When you read some of those comments and it feels bad to you, do you understand why it feels bad? Really, really, really why it feels bad?

**QUESTION:** No.

**ABRAHAM:** It's because your opinion of what they're saying, your opinion therefore about you because of what you're reading about what they say is so different from what your Inner Being knows.

*...continued on page 22..*





# THE HEART AND BRAIN TANGO

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

**Recently we completed an event in Denver, attended by a group of committed individuals who were very enthusiastic and well prepared. Consequently, we went very far, very fast.**

We also upscaled our brain-scan technology while performing and recording even more exceptional research. By the end of the week, we saw some of the most incredible physical changes take place in people in our community. This is always exciting – and it's the main source of inspiration behind me and my team.

**With an upscaled technology interface at play, we witnessed people's heart and brain patterns on a moment-to-moment basis during the Synchronizing the Heart and the Brain meditation.**

**By adding a novel measurement to our studies, it was exciting to witness an entirely new level of detail – a beautiful dance taking place between the heart and the brain. The data revealed just how significantly the heart influences the brain and vice versa.**

This dance occurred when people relaxed, opened their focus to space, became heart-centered, and settled into their meditation. When they achieved this relaxed state, their heart began producing a very low frequency – a frequency that is indigenous only to the energy of the heart.

When people placed their attention in their heart (you know I can't resist reminding you that "where you place your attention is where you place your energy") and continued breathing through their creative center in an elevated emotional state, their hearts actually began receiving more energy.

Not only did we see heart coherence, which is the new normal, but their hearts also began beating with a different energy.

All of this is to say that when our hearts are relaxed and open, we become more creative.

When the conversation between the heart and the brain gets really interesting (meaning coherent), the brain and the body get excited, and this causes a sym-

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# TIPPING SACRED COWS

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

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



## WHAT THE HELL IS LAW OF ATTRACTION ANYWAY?

**As long as we're on the subject of sacred cows of the New Age world, besides quantum physics, crystals, and dolphin pendants, there are a couple of other big bovines I'd like to tip over: “the Law of Attraction” and “I create my reality.”** These catchy idioms were made famous by two films that broke out into the mainstream back in the early 2000s and spawned an entire industry around their concepts. Of course, I'm partial to **What The Bleep Do We Know!?** because I was one of the filmmakers. This film popularized the notion through comparisons to quantum physics that we, in fact, literally create our reality. The other, *The Secret*, told us that like attracts like—the Law of Attraction.

These were both good films in terms of exposing ideas and concepts that, if truly understood and used properly, can indeed help people create the life they so desire. But they may have in some respects, especially in our “tell me the answer in thirty seconds” generation, done more harm than good, because these concepts are intricate and hard to completely explore in a ninety-minute film. I'm sure I won't do them justice in just one chapter. These two ideas have a lot of similarities in their meanings, including the fact that both hinge on the idea that what you think, you get. Both are great concepts, but each has its own set of pitfalls.

So what is the **Law of Attraction**? This concept basically states that like attracts like, and in terms of quantum physics, it says that like energy attracts like energy. So if your energy is no bueno, then you're going to get no bueno. We first heard this with the *Think and Grow Rich* books, which in my humble opinion did a good job of explaining that it's more than just an attitude or a thought: there is a work ethic involved in your thinking and doing.

Esther and Jerry Hicks brought it home with the book *The Law of Attraction*, and it became all the rage with *The Secret*, which has made the concept a little too simplistic for my taste (now, now, I'll take **Bleep** to task in a minute).

I seem to have been born with a good attitude and pretty positive outlook. I know, I know. So far it seems like all I've been telling you about is the supposed bad stuff, like how I hated my body and my life fell apart and I got divorced. But through every crisis in my life, I have always had the ability to pick myself up, dust myself off, and as the **Brits** say, carry on (maybe not always calmly, but carry on I have).

So when I first heard this idea of like attracts like, it made perfect sense to me, and I was pretty good at it. Some would even say I was an idiot savant.

My life has had many incarnations—actress, filmmaker, gourmet dog treat entrepreneur (yeah, that's a non sequitur). With each incarnation I carried some sort of innate belief that I would succeed, at least at the beginning. And I did. I owned my own production company by the age of twenty-two, I was a senior executive at a production company by the time I was twenty-five (as a chick, no less!), and believe it or not, at one point my dog treats could be found in almost four hundred stores across the country.

But for some reason, this ability to succeed would evaporate into a fear that somehow I wasn't worthy of success and boom, out would fall the bottom.

As a child actress I did more than a hundred commercials, appeared on popular TV shows, and did a few movies, which will remain nameless.

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# HERB CORNER

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

## DANDELION

**Many people think of this plant as a very troublesome weed that invades their lawns or gardens. What you may not know is that this pesky weed has a long list of nutrients and many health benefits.**

Native to Europe, Asia, and North America this plant has popped up everywhere and for thousands of years; it has been used in salads, made into wine, as a coffee substitute, as a tea, tincture or in capsules. In Chinese medicine Dandelion was used for digestive problems, inflammation, and hormonal problems. In Europe it was used for diabetes, diarrhea, fever, and boils. And Native Americans used Dandelion for upset stomach, kidney disease, swelling and skin problems.

**Its chief constituents are taraxacin, acrylline and inulin that converts to fructose, which forms glycogen in the liver without calling for insulin.** This results in a slower rise in blood sugar making Dandelion a good choice for people with hypoglycemia or diabetes. Another constituent gallic acid has antibacterial and antidiarrheal properties.

*...continued on page 24...*







# THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

## THE ANT

**The Man with the Ladder had some odd habits and though they were his own habits, he never felt comfortable with them.** They had a foreign and alien feel to them as if they were second hand habits whose original owner had been an immigrant from a planet in a different galaxy. When he looked at any one of them, it was easy to convince himself that it was sensible and served some useful purpose, but taken collectively they made up an indescribable, inexplicable strangeness. They drove him to the conclusion that he was unavoidably and irremediably queer, in a very queer way.

Even when he disowned them and tried to slip away from them, his habits flew in his face and hovered around him like pigeons that had been disturbed while nesting. For instance, many people like parks, but he loved parks, any park, even places most people would not dignify with the word park. A lone tree with a couple of blades of grass at its feet qualified as a park in his book and he would visit them as often as he could and invariably he carried his ladder with him.

On his day off he would often get up very early in the morning, at five or six, and drag his ladder to his favorite park which was a distance from his home. At ten or eleven he would return home and do whatever chores were waiting. He would take a nap. Then he would hoist his ladder onto his shoulders and set out for the park again and stay until it got dark.

His friend **Reb Dunzel** who was quite sensible, never saw this as queer, only not sensible.

*...continued on page 28...*



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Morgana Starr

Owner and founder of **Angels Oasis**, esteemed Psychic Medium and Spiritual Counselor **Morgana Starr** has been doing spiritual work for 30+ years. Considered a New Thought Leader, she is fulfilling a lifelong mission and passion to help guide and shape lightworkers from around the globe.

With the **Great Economic Re-set** the world is going through, many of us feel as if we're going through some kind of reset of our own. We may actually know this, or we may feel differently and are not quite sure why. We may be confused and not sure where things are headed, or we may feel some type of calling and not sure what that means.

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Morgana has re-imagined and expanded her business, school and process so that many more people can be helped in their Spiritual Journey. **Angels Oasis** is a place to experience the amazing energy of the Angels, touch and experience different **crystals** and how they make you feel.

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Marcella is a psychic/medium & Reiki Master/Teacher certified by Awaken Institute and Psychic/Medium Lisa Williams. Sessions with her will connect you with your innate inner power.



Alexandra provides spiritual growth through many ancient traditional shamanic practices, Sacred Peruvian practices, Munay-Ki, and Nusta Karpay Rites.



Shannon is a psychic/medium, sound therapy practitioner and keeper of Jericho, the crystal skull. Her sessions bring empowerment and give direction.

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# SETH SPEAKS

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

## There is no other way to change your physical reality but by changing your thoughts.

Your thoughts have an electromagnetic reality. Now you must realize that this is true or the rest of what I am saying will indeed sound like Pollyanna nonsense.

When you think in terms, for example, of abundance and plenty, then those thoughts draw to you abundance and plenty as a magnet does. *There will be a while, while you are changing your beliefs for example, you will find yourself in a period where you feel quite self deceptive and you are saying, "I am surrounded by wealth and abundance," and you still look around you and you are poor. And you think, "This is a lot of bull!"*

But it took you some time to build up your beliefs to the point of your present experience, and so, in your terms, there may be some lag before your new beliefs draw to you abundance. But your physical experience follows your thought. *And you cannot change the experience without first changing your thought.*

Now, it does no good to believe two things at the same time. So what you do is this—you say, "I will play around with this idea. I will admit that it might be possible that my own thoughts about money are causing my lack of it. And so, for the hell of it, I will, several times a day, pretend that I am surrounded by abundance, and in my mind I will imagine the things that I want. If it does not work, I have not lost a thing, but if it works, I have gained a lot."

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So you try it for several weeks, and each time that you do, the idea becomes a little bit more possible, a little bit more real. And in the meantime, these thoughts are changing the beliefs that you have had. They are at least balancing them. And they begin to draw to you abundance. There is no other way to change your physical reality but by changing your thoughts.

For a moment, forget your question! You are a flower—a very lovely flower. The sun is bright and warm and glowing, and you are blooming. Because you are a flower, you exist in the natural world of abundance and glory. And the sun flows upon you, and you open your petals.

...continued on page 24...

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# ASK WHITEDOVE



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

**DEAR WHITEDOVE** Are there marriages in heaven?

**DEAREST,** Yes, there are unions in Heaven. But no, you don't call them a marriage. You can meet up with your soulmate and you are a couple in the realms of Heaven. Remember, Earth was created in the reflection of Heaven. So, there are many things here that are also in Heaven; but in their purest form.

Then when the time comes for another reincarnation, many times these soulmates pre-plan opportunities to be together and to play out different roles while learning spiritual lessons in their next lifetime. Soulmates aren't always lovers; they can take on any supporting role and change sexes too. Sometimes you will be masculine, other times you be feminine.

**DEAR MICHELLE,** the Case-Shiller Index shows that the national average price increases in both homes and rentals are up nearly 40% over the past year or so. Does Spirit have any remedies for housing?

**DEAREST,** Yes, families and even friends are already doing shared homes. Many are trying to band together because united we stand and divided, we fall. Yes, we will see more multi-generational homes in the future with converted in-law quarters. And Home Sharing is something that people can do now. Empty nesters can rent out a portion of their home. Finished basements can be separate living quarters. Many homes can be easily divided.



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Sometimes the future looks more like the past. My mother-in-law tells stories of her grandmother; during the **Great Depression** she turned her large farm house into a boarding house. She rented out each bedroom adding locks and keys. Breakfast was offered for all of her tenants. Her living room was her own yet her parlor or second living room, was a common area where everyone was welcome to gather. The long-term tenants became more like family.

Also, people are downsizing, rightsizing and there is the tiny house trend. Living in small customized RVs and even upscale Rock Star tour buses as many people now want to live a nomad lifestyle. They just settle; make camp and many are able to work from their home on wheels. And so, we have a lot of nomads, so to speak. Sadly, many newly homeless people are also living in cars and vans as their only option.

People are migrating so listen to your intuition. Many are moving to be with family. Moving for jobs, moving out of expensive areas. Spirit has shared all of this for years though; multi-generational homes, downsizing, right-sized and mobile homes. People are moving where it's less expensive, to areas where they have more freedoms and to places where they feel more secure.

**DEAR WHITEDOVE,** my uncle says that he receives much information in his dreams, even solutions for his business. I'm wondering, can this be true?

**DEAREST,** Oh yes amazing information can flow when we close our eyes and focus. Years ago I took a trip to **Thomas Edison's Winter Home**, now a museum in **Fort Myers Florida**. We toured one of the outer buildings; it was a place where **Edison** would tinker, work on his inventions and the place that he'd dream up new ones.

We were told that Mr. Edison had an odd way to find solutions when he was stumped on a project. He would take a cat nap in his office where he had a small day bed. While holding a few glass marbles in his hand, he would lie down, close his eyes and focus on his invention; concentrating on a needed solution.

Drifting off to sleep, once he was at a certain stage, his hand would go limp. The marbles would drop on the hard floor and wake him. Many times he received the answer to his problems.

Only someone a bit enlightened would understand what had really transpired. **Edison** was meditating on a problem as he went to sleep. Then **Spirit** was giving him solutions to help humanity. Miraculous things can be achieved when you work to Co-Create with **Great Spirit**.



# 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](http://www.yogashakti.org) Email [yogashaktiny@gmail.com](mailto:yogashaktiny@gmail.com) Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYN0b6QhPw>

## VAIRAGYA OR DETACHMENT

**We think of detachment of losing something, but detachment gives us freedom and joy. It allows us to live life fully. So what is vairagya or detachment?** It literally means absence of attachment and is usually defined as renunciation, self-abandonment, relinquishment, or self-control. It is generally interpreted as the abandonment of certain material things or of the world itself. But in reality, detachment is not an abandonment of things. Sage Patanjali defines vairagya as: complete mastery of the mind over the cravings for the object of the senses as seen or heard. There is no abandonment or renunciation of objects only the attachment to them.

Attachment becomes a mental habit of thinking of personal desires. The mind is attached to so many things like home, family possessions, etc. These eventually will become a source of unhappiness. If we are attached to an outcome of certain things and they are not fulfilled, then we become unhappy.

If we look upon our partner to fulfill our needs and they cannot, we become unhappy with the partner. When analyzing we can say that all unhappiness is the lack of fulfillment of our attachments. We get angry when things do not go our way. We become depressed when our emotional needs are not met and so on.

So our attachments are in reality a perception of what we think will make us happy or fulfilled. We need to ask if those perceptions are really in our interest or are they preconceived notions that we have adopted without reflection. Whatever we are experiencing we are looking through colored glasses, never really the truth.

We say that we see the truth, but, it is our individual interpretation of that truth. That interpretation is guided by previous experiences, by our mood, our likes and dislikes and expectations at that moment. From those experiences we form attachments. The same experience at a different time with a different mental

outlook will become a new experience only if we are free from our attachment to a certain outcome.

The best way to explain what *vairagya* looks like is to compare it to unconditional love. As parents we love our children unconditionally. That does not mean we approve of everything that they do but we love them anyway. We may reprimand, correct, or demand but our love for them does not diminish. The love is not conditioned by our desire or expectations.

*...continued to page 35*

## YOGA SHAKTI MISSION



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## SPIRITUAL GRAFFITI

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

**What makes a childhood perfect is not the conditions of our home environment, but how we converted its inherent imperfections into the fires of transformation.**

**I have known many who claimed that they had perfect childhoods and entered adulthood lifeless and uninspired, ill-prepared for life's challenges. And I have met many who endured a horrifying childhood, and who entered adulthood passionate about living and ready to take on the world.**

**What one person calls perfect, another calls hopelessly deadened. What one person calls tragic, another calls preparation for a remarkable life. Perfect doesn't mean anything, if it doesn't set the stage for actualization.**



## 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>

**There was a time in the life of every hero, champion, master, and tycoon when they said to themselves, "I will not wait any longer."**

And no matter how near or far away their dream then seemed, they began to take action, every day, no matter what.

No matter what. And that's how they got their gig. Seriously, you should see all the openings in the world today for "Rockin'", cool, spiritual beings now inhabiting organic matter to exemplify the infinite possibilities for those who dream and take action.

Pay is out of this world, negotiable, and you choose the currencies. Apply Within."

The Universe



# CRYSTALS, ROCKS, MINERALS

## DAILY USE AND PRACTICE

### SHATTUCKITE

Photo by Karin Wolf



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

**The fires of transformation have been swirling through our world at a pace most of us have not experienced in this lifetime.** When we are being bombarded with so much change in such a short time it can be very challenging to determine what our own personal course should be.

For the past several years I have received the message that I needed to continue to make plans even though I know nothing would work out the way I had planned it. This can feel like an exercise in futility and lead to great frustration OR it can teach us how to pick up the pieces of plans scattered to the winds and create something as wonderful as we can imagine it.

The guidance from Universal Source does not seem to arrive in precise comfortable bits as we might feel we require but rather in great gushes of potential awareness when we least expect it. I have found that when what we consider reality has shaken us out of our comfort zone, it is time to re-acquaint ourselves with other realms.

Opening the doors of perception to these spiritual truths can be daunting and working in the *shamanic* realms is not for everyone, but for those of you who are interested in breaking through to the other side there is a stone that can be of great benefit as your guide.

For many years I have been working with *shattuckite*, a rare copper-based mineral first discovered in southern Arizona along with *ajoute* and *papagoite* many decades ago.

*...continued on page 31*

### High Springs Emporium



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**386-454-8657** [highspringsemporium.net](http://highspringsemporium.net)





# DO YOU HAVE MY GLASS OF WATER?

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

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

*"The world is an illusion, but you have to act as if it's real." - Krishna*

**I first heard the following story many years ago from Prem Rawat. I loved it then and I love it now. What follows is my retelling of this tale. If I have messed it up in any way, please forgive me. It won't be the first time.**

ONCE UPON A TIME there was a young disciple of a great Master who found himself wrestling with a very difficult question -- one that would not go away no matter how much he contemplated it. Though he had asked all the senior monks in the monastery that had been his home for the past 20 years, no one had an answer that rang true to him. And so, one fine Spring day, gathering up all of his courage, he decided to approach the Master himself.

"Oh Illustrious One," the monk began, "for years I have been listening to your discourses. Time and again, you have referred to something called 'maya' -- the great illusion we are supposedly all bound by, but still I do not understand. Please, sir, can you explain to me what is this maya of which you speak?"

"Oh, my son," the Master replied, "yours is an excellent question. Most penetrating. And timely, too. Yes, I will be happy to provide an answer. But before I do, I have one request. Please bring me a glass of water. I am so very thirsty."

The young monk smiled, nodded his head and, with a simple bow, exited the room to begin his mission.

His first instinct was an obvious one -- to walk to the well in the center of the monastery courtyard and draw the water. Upon reflection, however, he soon realized there was another, better source of water, just a little further up the road from the legendary well of a neighboring village.

"If I am going to get water for my Master," the young monk reasoned, "it has got to be the best."

And so, with a one-pointedness he had never felt as deeply before, he was on his way.

The neighboring village, known not only for the purity of its water, but also for its breathtaking views, was not far away at all, but the road to it, washed out by a recent storm, was difficult to traverse and so the journey took just a little bit longer than expected. Fortunately, when the monk arrived, just a few minutes before sundown, there were only three people on line at the well and soon he would be on his way.

Thankful for his good fortune, he closed his eyes and turned his attention within, hearing only the sound of his breath -- one after the other -- and then, from who knows where, the sound of faint sobbing.

Surprised, he opened his eyes and noticed that the young woman standing in line before him was crying.

"Dear lady," the monk offered, leaning closer, "what seems to be the problem?"

"It is my father," she replied. "He is so very ill and nothing I do seems to help. I am besides myself with grief."

The monk nodded. "Yes, I understand. The body ages and declines. It is always sad to see our loved ones suffering, especially those who have brought us into the world."

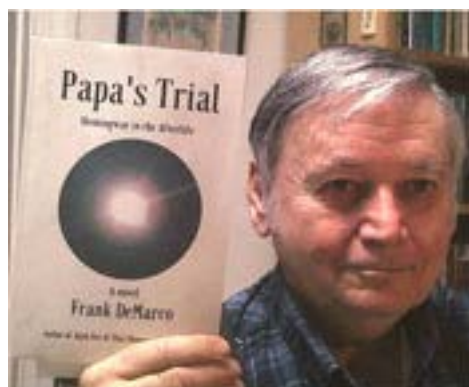
For a moment, the two of them just stood there in silence, both at a loss for what to say. Then the woman spoke.

"Kind sir," she began, "I see, by your robes, that you are a monk. Is it true, as I've heard, that those of your order are masters of the healing arts?"

"Yes, it is true," dear woman. "From a very early age, we are taught many things -- how to chant, how to pray, how to meditate, read the stars, and heal with herbs and balms -- both of which I carry with me wherever I go."

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

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



## SPIRIT AND SOUL: INTERRELATION

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

Wednesday, August 11, 2021  
4:55 a.m.

**DeMARCO:** Disregarding previous starts during the night, let's go again at the question of the interaction of spirit and soul.

**TGU:** You read, you watch movies, you hear in one way or another stories of the world around you. It all goes to add to your soul's inventory of what it has experienced in a life. You understand, after you leave 3D, the distinction is very little between "experienced first-hand" and "experienced second-hand, via report or imagination." You know the reason why.

**DeMARCO:** *I gather it is because what we bring with us - what we have become, I suppose you could say - is our reactions to whatever happened, not the thing itself. Queen Victoria weeping while reading Uncle Tom's Cabin was no less a part of what she brought over because it was a reaction to a novel; it was a reaction, and that's what's real outside 3D.*

**TGU:** And there you have put a finger on the most important readjustment one needs to make, if one is to understand how things really are, as opposed to how they appear. The theater play seems real while it is in front of the audience, but it is not the play itself that they will bring with them, but their reaction to the play.

One might say, "How the play changed them," or "How they consented to change as a result of experiencing the play."

That may seem self-evident, but now apply it to your whole 3D life seen in retrospect. Everything that "happened to you," every "external" event or force or per-

son, including thought and emotion, vanishes from your awareness as anything supposedly independent of you.

Instead, you are aware that all those things were touchstones, to awaken you to something that you were, or could become.

What you are left with is not the events in any abstract or independent way, but the events as they changed you, or, as we said, as you consented to be changed by them.

So now, think of spirit in relation to soul.

- Spirit and soul are not separate things, despite the linguistic necessity to separate them so as to think about them.
- Being different aspects of the same thing, obviously they cannot be separated even for an instant, any more than a coin can temporarily become separate heads and tails.
- Nonetheless, as we say, they have to be considered as if separate, only for a 3D mind to make distinctions in the interest of eventually obtaining greater clarity.
- So, being inseparable, it would be nonsense to pretend that spirit does not experience every moment and every nuance of soul's 3D existence. It is convenient to think of them as if separate, but they are one, thus inseparable.
- And therefore, when we speak of a soul emerging from 3D after a life experience, we should bear in mind, this is true no less of spirit. Spirit doesn't go to

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



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

## WELCOME TO MAY 2022

### Merry Meet everyone, welcome to May 2022!

The first day of May, widely known as **May Day**, is related to an ancient spring festival called **Beltane**.

**Beltane** observances can still widely celebrated and are growing in popularity. Dancing the **Maypole** and late night bonfires usher in the summer, as they did so many hundreds of year ago.

**May Day** is also an important event worldwide, known as *International Worker's Day*. While we mark this day in America later in the year as **Labor Day**, it is important that we remember the people who fought for the rights laborers enjoy today. The fight continues for fair trade and labor practices to be won for all the world.

*Good Morning, Mistress and Master,  
I wish you a happy day.  
Please to smell my garland;  
cause it is the first of May.  
A branch of May I have brought you,  
and at your door I stand;  
It is but a sprout, but it's well budded out...  
The work of our Lady's hand.*

### A TRADITIONAL ENGLISH CHANT WHEN HANDING OUT MAY BASKETS



**April 30 - May 4: Maidyozarem Gahanbar, Mid Spring Feast, Zoroastrian**

**May 1: Beltane/Walpurgis, Pagan, Wiccan**

**May 1: Eid al-Fitr, marks the end of Ramadan, Islam**

**May 5 - May 6: Eta Aquarids Meteor showers visible**

**May 8: Mother's Day, USA**

**May 8: Saga Dawa, commemorates the birth, enlightenment and death of Buddha, Tibetan Buddhism**

**May 16: Full Flower Moon in Scorpio** It will also be a "Blood Moon" total lunar eclipse. On Sunday, May 15 and into Monday, 16, 2022 the full "Flower Moon" will turn a spectacular reddish color for 84 minutes. And it will be best viewed in North and South America!

**May 21: Sun enters Gemini**

**May 23: Declaration of The Ba'b, commemorates the announcement of the Ba'b, Baha'i**

**May 26: Ascension Day, commemorates Jesus ascension into heaven, Christian**

**May 30: New Moon in Gemini**

**May 31: Memorial Day, USA**

*Have a Blessed May!*



# GARDENING THE MEDICINE WAY

## COMMUNITY GARDENING



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

### WEATHER LORE FOR THE MONTH OF MAY:

*A wet May will find a byre full of hay  
A cold May is kindly and fills the barn finely.  
A swarm of bees in May, Is worth a load of hay.  
Mist in May, Heat in June, Makes harvest come right soon  
The plainest girl will be beautiful if she rises early on May  
Day and bathes her face in morning dew at sunrise.  
So goes the old Irish saying...*

**You may be dreaming of a bountiful and varied food garden,** but perhaps you are limited to a dwelling with no available green space. A great option is finding a community garden.

**There may be a community garden quietly tucked away in your neighborhood.** They can be in schools, universities, parks, cul-de-sacs, vacant lots, roof tops, or retirement homes, anywhere there is a large enough space with good access, adequate sun and a water supply.

**There are so many other reasons to join a community garden beyond the desire for a space to grow your own food.** It's a great opportunity to learn new gardening tips and tricks from other members and to socialize and make new friends. Involving children creates not only great active family fun, but an educational experience in science and nutrition.

**Community gardens can celebrate diversity. They provide the opportunity to grow, eat, share, and celebrate one's traditional foods--even far away from one's homeland, or when one has been disconnected from his or her heritage.** Every visit can be a lesson in teamwork, how to hold constructive meetings, how to work with people from a variety of backgrounds and who have a variety of learning styles and personalities, how to resolve conflict peacefully. Community gardens teach us through our successes that we can make our community a better place.

**Would you like to join a community garden? Search through your social media pages** for local gardening events or permaculture groups and seminars. Call your local library, many garden clubs use the meeting space there and ask around at your favorite family owned nursery or garden center. Your local agriculture extension office is always happy to assist.

**If you find a lack of resources in your area, consider starting one!** Again, your *local agriculture extension office* can partner with you to set up a series of exploratory meetings to gather interested community members and provide valuable resources.

**Contact local children's scouting groups and churches.** Advertise your meeting at local nurseries, health food stores, cafes and create an event page on social media and maybe set up a table at a local plant show or garden sale.

**The skills we gain practicing teamwork--how to hold constructive meetings, how to work with people from a variety of backgrounds and who have a variety of learning styles and personalities, how to resolve conflict peacefully, how to advocate for a particular outcome--are the same skills needed for broader community advocacy.**

**Community gardens teach us through our successes that we can make our community a better place.** Many volunteer organizations with food pantries are happy to grow food to distribute to the community.

*Best of luck in your gardening endeavors and Blessed Be.*





# ABRAHAM HICKS

*...continued from page 7*

Esther Hicks

Your Inner Being isn't going there, and when you do, you cause separation. That's why it feels so awful. And you couldn't, if you had this lifetime and thousands after it (and you do), you couldn't make them behave.

**QUESTION:** So I participate with it? That's the question - if it doesn't feel that good even though I love to do productions, or is it just finding a different platform?

**ABRAHAM:** We have a question for you first, and if you'll answer ours, we'll answer yours.

**QUESTION:** Cool. (Fun)

**ABRAHAM:** Do you think it's worthwhile that you went to all the trouble of being born into this body, into this physical time and space, knowing the freakiness of the masses? (Fun) Knowing the incredible diversity and likelihood that most of them would not be able to get you?

**QUESTION:** Yes.

**ABRAHAM:** Then we think social media is just fine for you.

**QUESTION:** OK. (Fun)

**ABRAHAM:** It's sort of just the new version of the masses. (Fun)

**QUESTION:** It is. Cool.

**ABRAHAM:** You have to come to the place where the opinion of others isn't what drives you. Here's the clearest, cleanest, easiest way to get this: When you are awake, you are always offering a vibration, and therefore you are always under the influence of whatever is coming in response to that vibration.

*So a question to ask yourself is, are you under the influence of your Inner Being, are you thinking the kinds of thoughts that your Inner Being thinks about this and that, or are you under the influence of social media?* And that's not to say that you always feel terrible when you're under the influence of social media; we're not making them out to be the Devil (there is no Devil),

we're not making them out to be a source of evil, we're just saying ask yourself when you feel that negative emotion, what influence am I under, and realize that you're giving up being under the influence of your Inner Being and trying to take your cues and clues from others.

Jerry used to say to Esther - it was a game that he played quite often in a restaurant where there were four bread plates on the table, and he'd say to Esther **"You and I have a particularly good relationship, and here's why I think it's so good."** And he would take one bread plate and lay it right on top of another bread plate and he would say **"See how compatible we are about all the things that we think about, about how we feel."**

And then sometimes Esther would tease him and just move it off-kilter just a little bit. And she'd say "Well, except for that one thing right there." (Fun) But it was a good fit; in other words, lots of compatibility. And then he would say "With some people, we're like this, and with other people, we just barely touch the edge. And with some people, there's just nothing in common at all."

But what happens with so many humans is you want everybody to be this fit, and if they're not, then you think **"What do I need to do so that you'll be like this with me? I'll change, I'll be whatever you need me to be. And you and you and you and you and you and you,"** until suddenly there are so many of them that you have to give that up because you can't.

So then you take polls and you try to decide what you need to be, and pretty soon you're not having very much fun in this life experience because in your quest to find others to find something in you that they approve of, you lose your connection of your Inner Being who knows who you are and is with you about all of it.

*So we would say about social media or anything where humaning is involved, get your footing first and then dart in and dart out, dart in and dart out; gain your footing and then have exposure to them.*

And sometimes Esther will say **"I'm all alone,"** sort of like **"and I don't want to be."** And other times she'll say **"I'm all alone and that's a damn good thing. (Fun) I'm all alone - it's just me, myself and I, it's just us guys all in harmony with each other."**

*...continued on page 23...*



Esther Hicks

# ABRAHAM HICKS

*...continued from page 22*

But once you're stable, once you've practiced being in alignment with who You are, you can go anywhere because what they think of you will not take you off your kilter. It won't upset you because what they think about you hasn't got anything to do with you - it's all about them, it's all about how they feel.

All right, so now we're going to really get into this - are you ready? Every subject is really two subjects - it's like a stick, where on one end of it is what you desire, and on the other end of it is the absence of what you desire.

Can you sort of understand that? So when you feel particularly frisky, when you are thriving, can you understand that someone who might not be thriving might take offense at your thriving? Because you have activated that stick and caused something to activate in them, and they associate it with you because they felt better before they noticed you thriving, and so they don't like.

Jerry had a concept that he offered to us early on. We talked him out of it after a little while, but what he was proposing was "**Abraham, don't you think that there should be islands of incarceration, so robbers all go to the same island and they just take things from each other? (Fun) And rapists go to the same island and they just rape each other, and murderers go to the same island and they just murder each other.**"

And we said those islands already exist. But something that you're missing is that one who fears being raped will be on the island with the rapists, and one who fears being robbed will be on the island with the thieves, because you get what you think about whether you want it or not.

And a hush came over the crowd. Well, it's worth thinking about, isn't it? And so, there are these vibrational islands.

What we're really doing here is the best job that we've ever done of convincing you to give up the fruitless and futile effort of trying to please others. And that does

not mean be inconsiderate, that does not mean be your worst self and go out and do that to the world, that means tune into who You are and do that to the world.

Because if you're not wanting to be under the influence of finding the appreciation or approval of others, but instead, you're tuning to your Source and that love that your Source Energy is a vibrational match with, so that you're solid and consistent in that vibration, then, *as you go out into the world, when you are misunderstood, you understand that you're being misunderstood - you don't take it personally because you have solid footing, because you know who You really are and you're not anymore trying to get your solid footing from those who are wobbly and don't know who they are.*

And that's why you're mad at so many, because they're not solid enough to give you what you need from them. But you're looking for love in all the wrong places. You're looking for stability in the wrong place, you're looking for approval, you're looking for likes in all the wrong places. (Fun)

**QUESTION:** OK, to tag onto that - in addition to that, there's been a topic around lately, that if you are successful, you attract other successful people...

**ABRAHAM:** We are really big at interrupting, aren't we?

**QUESTION:** Yes, I knew it.

**ABRAHAM:** One sentence, and then we'll give it back to you. Success is joy, period. Success is that alignment, and that being in that world aligned is feeling who You are; it's that confidence and knowing, it's that point of attraction.

Success is being a vibrational match to your own Vortex; that's what success is. We've never said that before - that's our forever standing definition of what success is: Success is a vibrational match with your Vortex.

That's what success is, which means with everything thing that you've ever wanted, of course it's easy to understand why you would think it's about the money or the material objects or even about the recognition, but it is about being a vibrational match to what your life has caused you to prefer and ask for.

*...continued to page 30...*



# HERB CORNER

...continued from page 10

## DANDELION

European Scientific Cooperative on Phytotherapy recommended **Dandelion root** for the repair of the **liver** and **gallbladder** functions. This may be due to the constituents **sesquiterpenes** and **triterpenes**, research has shown these bitter compounds aid the digestive system helping with the release of stomach acid and bile aiding the gallbladder and liver, they also help with **chronic indigestion, the breakdown of fats, the absorption of nutrients, the reduction of jaundice, gallstones, and gas.**

**In the Circulatory system** the essential fatty acids in **Dandelion** help produce **prostaglandins that help reduce inflammation, prevent platelet aggregation, and lower BP.** Some studies have found that the continuous use of **Dandelion** helps improve cholesterol panels and helps with the excretion of salts and water through the **kidneys.** Plus, it contains **potassium**, the nutrient needed especially if you are using diuretic medications.

**Romanian** scientists found the leaves of Dandelion to have diuretic properties similar to medications without the negative side effects. (***\*Note- if you are already taking these medications do not use Dandelion at the same time.***) It can do this because Dandelion contains apigenin and luteolin which have been found to have diuretic actions.

These can also be helpful in reducing uric acid making it useful for gout and for the removal of toxins through the kidneys. The **linoleic, essential fatty acids** and other **phytonutrients** in this plant are also helpful with the reduction of inflammation and pain making it helpful for people with arthritis, gout, or stiff achy joints. If you are harvesting dandelion from your yard, be careful with the **white milky latex substance coming from the stem, this can cause an allergic reaction.** However, this can be used to dry out a wart.

Not bad for a pesky weed.



## SETH SPEAKS

...continued from page 13

Now what would happen, if, in the middle of a bright sunny afternoon, our flower began to think, and it said, "What am I doing that the sun should shine down upon *me*? *I am a poor, worthless little flower. The great world goes beyond me and I do nothing. Hardly anyone notices me and I am very lonely. How is it that this great sun should shine down upon me?*"

And so the flower, following its own thought, now begins to droop, and it wiggles its little stem over, 'til it hangs its head beneath a giant oak tree, where the sun cannot fall upon it in the shade. And say our little flower begins to reason further, and says, "*If the sun fell upon me, what would I have to do to deserve this great benediction? I must think of things to do to rationalize my existence.*" And as it thinks, it grows gloomier and darker, and huddles up against the great tree, so that the sun cannot reach it.

**Now, any flower has better sense than that, and so should you! Abundance is all around you.** It is the sun! It is the rain! Now you think of those things as natural and good. But wealth, in whatever terms you happen to translate it, is also a pan of your natural world and translation. And so for you to feel free to accept one portion of nature and not the other is not a good belief.

You ARE! Your being IS! You are a portion of All That Is. Therefore, you have a right to abundance as the flower has to the sun. In human terms there are many kinds of abundance, and they are all yours. You must realize that you do not have to rationalize your existence. Because you ARE, you have a right to the abundance of nature in whatever way it is transformed or translated for you.

And you have all to realize that your experience begins from within. And your joyful thoughts bring joy, and your abundant thoughts bring abundance and thoughts of limitation bring limitation. And when you are all laughing here and basking in your own being, and glowing in your Sumari Sun, then you are enjoying abundance—your own abundance, your own sense of fun and creativity. So do not limit yourself.

And realize that THE ENERGY THAT SWEEPS THROUGH THIS FORM IS YOUR OWN—a hint of the energy and joy and abundance that belongs to you. So, play with the blocks of your own belief! Enjoy your own being and spontaneity! And be, in your being, joyful!

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Jim Egan

# STORIES THAT BEND REALITY

*...continued from page 11*

He raised the issue with him one day. "Why bother going out twice, if you did your chores first then went out at ten or eleven, you could stay all afternoon and come home earlier, and you wouldn't have to drag your ladder back and forth."

"You're right," he admitted, "but the park has tides and seasons even though they are miniature tides and seasons. Most people don't know about them because they are only morning park people or afternoon park people. But any park connoisseur will tell you that visiting a park at ten or eleven is the equivalent of visiting the shore at low tide."

The real reason he went to the park so early in the morning and stayed until it got dark was that he was hunting **graffiti artists**. After months of unsuccessfully stalking them he was sure that these creatures were so shy and elusive if he merely mentioned his intention of tracking them in public he would never even glimpse the shadowy figures who left their tracks so prominently around the park.

His favorite spot for hunting in the park was a piece of a wall that showed signs of innumerable generations of artists having passed through at one time or another. It was a normal two sided wall about 12 feet high and ran fifty feet or so in either direction, before it dissolved into fence. The side of the wall facing the park formed a part of the **children's playground** and **jungle gyms** jutted out from it at irregular intervals, relics from a time when creative climbing was the order of the day. At regular intervals at its base were imaginary beaches and real sand.

From early morning to late afternoon, this part of the park was colonized by a gabble of mothers who watched over their children from benches like lifeguards watching non-swimmers wading in shark infested waters.

They were suspicious of anyone over the age of twelve who did not have a youngster on some visual leash. The **Man with the Ladder** was not entirely immune to suspicion, but odd as he was, the sense of strangeness and danger had been leached out of him over time. He had been adopted as collective group father, and occasionally was pressed into duty as an emergency lifeguard.

The other side of the wall was owned by the neighborhood surrounding the park and, while the residents of the neighborhood didn't use the park much, they used the wall fully and completely. It was employed as a combination bulletin board, gossip column and art gallery. One could read the entire premarital history of half a dozen couples on one part. Another section contained all you would want to know about who was putting what, to whom in **Russian**, **Ukrainian** and **Spanish** with footnotes in **English**. And on a third, one could see an exhibition of the work of three neighborhood graffiti artists.

The **Man with the Ladder** appreciated art wherever it appeared. On the other, hand he wished **graffiti artists** would make a finer distinction between frame and ground. He knew the distinction was being redefined, not only on the wall but in more distinguished surroundings, but he wished it would be redefined quickly, because the transition was driving him crazy.

When the only thing he could see out of the subway window was the backsides of the first two initials of the name of the artist who had redecorated the outside of the car he was riding in; or when he needed to check a subway map and found that the stops on the **BMT** had been integrated into a bouquet of flowers and he misread the blossoms and missed his stop and ended up somewhere else --in **Brooklyn** -- that he could not get home from, he was ready to perform **intaglio** upon the artists bare backs, or acquaint their faces.

**Graffiti** was as common in the city as the cockroach, but graffiti artists were as rare as griffins. He knew an odd gallery owner on the **East Side** who knew one or two of the best known graffiti artists, and he had heard of a journalist who had met a few others. **Dareth Heirath** the cop, had chased one or two from the wall and had actually given him a few cans of spray paint which they had abandoned in flight. But he himself had never seen one.

On his days off, when he didn't have many chores, he would get up as early as he could and drag his ladder to the park to hunt graffiti artists. He hunted them from the park side of the wall, sitting as high up on the ladder as he could. If he stood on the top rung of the ladder he could peer over the wall and see them, at least from the top.

*...continued on page 29*



Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 28*

He felt that seeing and hearing them at work would be enough of a trophy to justify the hunt, although he had fantasies about striking up a conversation with them over the wall, hoping that, separated from him by the anonymity of concrete, they might feel safe enough to talk.

He had been hunting graffiti artists for several months before he actually caught one (or two as it happened.) It was a dry, warm spring day. The sun had already heaved itself slowly up and he had watched it snake its way between the trees and over statues to splash sloppily on his face. He had pretty much resigned himself to merely observing the tides and early seasons that day, when he heard something on the other side of the wall that he knew immediately was the sound of the quarry he had been doggedly pursuing.

Listening was one thing the **Man with the Ladder** was good at. His motto was: *"If you are good at listening, it doesn't matter what is said."* It was a blessing that he was a good listener because, whoever these graffiti artists were, their voices hugged the wall and, at first, what they were saying was dry and dull.

They discussed the placement of their painting and some technical questions. He caught only phrases like, *"The wall's dirty there,"* or *"Can you reach that far up?"* or *"Don't disturb that,"* and similar snatches of what he took to be graffiti artists' technical talk.

After his ear had accustomed itself to the softness of their voices, it was easier to pick out the conversation from the background noises. He still had to struggle to make out the words over the swishing of the paint, but he was sure he heard one of the spray painters say, **"Graffiti is three dimensional wisdom on a two dimensional wall."**

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Esther Hicks

# ABRAHAM HICKS

*...continued from page 23*

Success (and satisfaction, too) is moving in the direction of who You really are - not looking back at who you used to be, not justifying where you're going by explaining how much worse it was and how much better you deserve.

Success and satisfaction are about moving (not about getting there - just moving) in the direction of who You really are and what you've asked for.

It was longer than one sentence, but we got carried away. (Fun) *Law of Attraction* does that. So, finish if you can.

**QUESTION:** So you are responsible solely for your own vibration and your own manifestation. Nobody can help do that for you, it is a sole or Source sole journey.

**ABRAHAM:** A lot of people will help you. There's lots of influence and positive influence and support, but you have to set the tone of what you want to attract.

So if you're feeling sort of vulnerable and insecure, what island are you on? And who are you going to match up with? And how much help are you going to get from those that feel the same way you do?

Where, your Inner Being is focused upon who you have vibrationally become. People mean really well, and people are really lovely, and we do not mean disrespect

when we talk about your humaning, but in regards to what is your guidance and where to look for and where to feel for for your sensitivity about where to go and what to do, the long and the short of it is, if it doesn't feel good, you're moving in the wrong direction.

So when you're reading some of that stuff and you get that feeling, and you start feeling so discouraged that you're not even sure that you want to continue, that's where you were at the beginning of this conversation - discouraged by those who don't know what they're talking about, who are not tuned-in, tapped-in, turned-on, who are not vying for your success, who are justifying their lack of success with their criticism of your success.

**QUESTION:** Yes.

A: You can't get poor enough to help poor people become prosperous, or sick enough to help sick people get well, or sad enough to help sad people feel better, you have to be what you would like them to also be.

And when you be it, they might, in a weak moment when they're not defending and justifying and pushing against who they really are, when they've just awakened (because everyone is tuned in sometimes), you might catch them in a weak, not resistant moment, and they might get a whiff of your success, and it might uplift them to the success that they want.

And when that's what's on your mind as you present the things that you present, because you are uplifter to the very core of your being - that's who you are, you are a teacher, teacher, teacher, teacher, teacher. That's who you are. And a teacher has to teach.

**QUESTION:** Right.

**ABRAHAM:** And some of them are ready for you and some of them aren't, and you cannot evaluate the success of your teaching by those who are not ready for you.

**QUESTION:** Well, I thought if I could get up here and meet with you, it would make it all less scary with a little social media thing compared to this - that seems kind of small.

**ABRAHAM:** Well, except you already had the hearts and minds of everyone in this room.

**QUESTION:** I know that - thank you.

**ABRAHAM:** Good.

**QUESTION:** Thank you.

**ABRAHAM:** Really good. That could not have been

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# CRYSTALS, ROCKS

## SHATTUCKITE

Photo by Karin Wolf



Sharron Britton

*...continued from page 17*

When I was first starting my business 20 years ago, there was a major new discovery of **shattuckite** found in the **Congo**, I purchased every bit of it that came my way as it called to me strongly. Many of my clients were struggling with strong psychic gifts and unsure of where to find help with learning how to use them. Since we in Western culture are taught that much of this awareness is mere superstition and needs to be suppressed and ignored, finding guidance can be difficult.

Most **shamanic** practices have been passed down through **apprenticeship** wherein the shaman of the tribe identifies the talented ones at a very young age and selects those who can help the tribe use these spiritual energies in a way that is beneficial to all. The tribes have been scattered and much of this knowledge system has been lost, so our task is to pick up the threads of light we find and reweave them into new patterns that can benefit all sentient beings on the planet.

**Shattuckite** can be invaluable in helping us remember what we already know. I had a young man as a client who had been found by a group of medicine men while vacationing in **Mexico** with his father. They told him he had been born with **Jaguar** medicine and needed special rituals to help him have the strength to use it when he came of age. He stayed with them all afternoon and while he didn't remember too much about the

ritual, he had been having strange and sometimes disturbing dreams ever since.

I brought out my flat of **shattuckite** spheres and he was immediately drawn to them. After he selected his sphere, I told him to bring it home with him and place it by his bed to be his ally in the dream time. The next time he came out to the store I

asked him how he and he sphere were doing. He got a wide grin on his face and told me that he had a dream where he was freediving into a deep dark ocean. The water all around him was black and cold. Just as he began to lose himself to panic he caught a glimpse of bright turquoise light at the corner of his eye. The light blossomed into a fish fillies with the aquas of a tropical reef and the fish swam in front of him making delighted circles.

They were able to explore the ocean together and when they were ready, the fish guided him back to his bed as the dawn came through his window. As he opened his eyes, he noticed the sphere glowing as was filled with the awareness that his **shattuckite** had been his spirit guide into places long forgotten. If you are interested in finding **shattuckite** for yourself, find a reputable rock shop that caters to mineral collectors. It is still relatively rare and can be expensive although you can find pendants and tumblers that are quite affordable. The **Congo shattuckite** is still available and there have been a recent find in **Mexico** of beautiful **shattuckite** in combination with **ajoite**, **papagoite**, **plancheite** and **chrysocola**. This beautiful mineral can be of great assistance as you are swept in to the great awakening of our time.



**Shattuckite sphere, Congo**



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# TIPPING SACRED COWS

...continued from page 9

Somewhere later in my career (at the ripe old age of fifteen) the doubt and fears began to take hold and success began to elude me. It became harder and harder to get what I wanted, no matter how much I “believed” in myself. With each role I did not get, I began to take on the belief that maybe I wasn’t all that.

Inwardly the insecurity began to fester, even though outwardly I was still pretty optimistic. I wasn’t prepared to deal with my insecurities. They contradicted my outward belief that I was all that, so I hid them in the shadows and could not understand why I wasn’t achieving all the goals I had set for myself. This pattern followed me for my entire life. Easy success in the beginning followed by a very long, and yet oddly swift, fall to the bottom.

It’s easy to believe in the dream in the beginning when it’s still fresh. To set our intentions and go after it with all the gung ho of **Alfalfa**, **Buckwheat**, and **Spanky** getting ready to put on a show. But the trick with this whole **Law of Attraction** thing is that it doesn’t really pay attention to the layer of “I can do it” you’ve smeared over the doubt and fear of failure that’s hidden underneath. It’s really answering that true self, the one we’re most likely pretending doesn’t exist.

The **Law of Attraction** isn’t something you employ at will. It doesn’t appear at the clap of your hands like your personal court jester to amuse you and deliver what you desire. It’s really on autopilot, always in action, but it’s you who needs to actually do the work from the inside out, not the other way around.

And no, vision boards are not the work of which I speak, though yes, vision boards are fun and give us something to do on **New Year’s Eve** instead of drinking ourselves into oblivion, hoping to drown out the dread of yet another year of the same old misery. They give us hope, and that’s a good thing. But hope doesn’t put food on the table, and it doesn’t buy those **Christian Louboutins** you’ve been eyeing at **Nordie’s**. Hope is great, but it won’t bring you true happiness or peace. Hope without action is like staring at a weight-loss inspired vision board every day while eating a box of glazed donuts.

One of the interesting things often said about the **Law of Attraction** is the idea that you are supposed to act like you already have it, that you are it, and say the all-powerful “I am (insert whatever it is you want to be here).” I can sit for hours visualizing my life on my own private island, with my perfect children playing in the surf and my gorgeous husband **Ryan Gosling** rubbing suntan lotion on my back. But somehow Ryan just hasn’t shown up yet. I can absolutely fake it until I make it, uttering “I am **Mrs. Ryan Gosling**, I am **Mrs. Ryan Gosling**, I am **Mrs. Ryan Gosling**” like I have **Tourette’s**, but therein lies the downfall of the whole concept.

Faking it isn’t actually being it, and the longer you fake it, the deeper you’re going to bury the truth about what you really believe. Unless while you’re faking it to the world, you’re also doing the inside work of uncovering why you need to fake it in the first place.

Because telling yourself something over and over again when you truly do not believe it with every inch of your being is akin to trying to convince the tax man that chocolate is a write-off because it was research for your next book about what makes people happy. It may sound good when you say it, but that doesn’t make it a reality. We can trick even particles for a little while, but eventually that Law of Attraction catches on and figures out we’re full of shit.

For more than forty years I perfected the calm, cool, and collected face. The one with the smile that radiates a warm and compassionate being—come on, you know the type. I exuded success while underneath I truly felt, well, like shit. And with each new dream, I hid that belief so well that it took a while for this **Law of Attraction** thingamajig to figure it out—I can be crafty, you know. Hence why I was initially successful and then suddenly not.

Way back in **2001**, after my gourmet dog treat company had basically burned up like an overcooked chicken cookie, I stumbled upon the notion that maybe I wasn’t actually living my dream, my soul’s desire. Without realizing it, I began to do the work necessary to get what I truly wanted. After I had dumped my gig as a cool **Hollywood**-producing **It Girl** and burned my dog treat business over a broken heart, my car had been repossessed and I had pretty much lost all my friends, save a few. Clearly my life was a hot mess, and it didn’t take a quantum physicist to figure that out. All my knowledge of quantum would come later, and my life would still end up a hot mess (which is why understanding quantum does not equal happiness).

...continued on page 33...





Betsy Chasse

# TIPPING SACRED COWS

...continued from page 32

Before I made **Bleep** and went all **New Age** on myself, one of my friends convinced me to go to a yoga class with her. Which was sort of a joke—we've all heard the stories about first yoga experiences and mine was no different. But I went.

I rode my red bike across town and entered a big room filled with sinuous-looking women who aggravated my "**I'm short and fat**" insecurity. I lumbered through the class until finally it was time to meditate, which for me meant take a nap.

The teacher appeared above my head (even though my eyes were closed, I could tell because her voice boomed over me), and as if she was speaking directly to me, she said something to the effect of, "**Your life is a mess because you're not being clear about what you want. Go figure it out. Make a list.**"

Okay, I paraphrased that. When she basically told me to get my shit together, she was way more eloquent with her lilting voice and the words breathed out in that measured way only a yoga teacher can do. I swear they have to pass a class in the melodic hum of yoga in order to be certified.

As I rode home, I contemplated what she had said. It was the first time I had ever heard of a yoga instructor saying anything remotely close to "**make a list.**" Meditate, yes. An orderly column of orderly thoughts, not so much.

Meditating had never made sense to me. I'm a ball of nervous energy, and sitting still is just not something I do well, but a list of what I wanted in life, I could make. This was obviously the precursor to the **vision board**—we've become so crafty in this new millennium. The list, as a way to figure your shit out, is a throwback tool used in basically every century before this one.

So I went home and made my list. But for some reason, instead of rushing to write down whatever randomly popped into my head (my usual *modus operandi*), I actually thought about it. I lit a candle and seriously spent time with my thoughts. This was new!

My thoughts usually freaked me out so I didn't like hanging out with them, but I forced myself to really examine them. I knew that this was important, even without understanding how I knew it was important. I felt as if writing this would either save my life or kill me. It was do or die, and I could feel it with every ounce of my being. I knew I wanted to find my life, my happiness, and this was going to lead me there. Looking back on that time now, I know the voice that sat me down that day was my inner voice, my intuition. She and I have become friends since then.

I took my time gathering my materials. I found my favorite magnolia-scented candle, the big fat one that I knew would last for hours, days if I needed it to, and I borrowed my dog's bed so I could sit on the floor and not have to hunch over. I wanted to be as comfortable as possible. I made sure I had plenty of smokes and **Cokes** to get me through so I wouldn't have to leave if I didn't need to. I hunkered down and I began to write out my life using my favorite pen and a brand-new, neverbeen-cracked-open journal bought with the last few dollars I had to my name.

On the first day I wrote about everything wrong in my life—my career, my love life, money, friends. I thought about all the times in my life I had been hurt and the times I had hurt others. I spent several days in negativity land, in fact, angry at myself, angry at the people in my life then and the ones I had kicked out. I cried and was truly depressed. About five days in, I looked down at my beautiful new journal and all I saw was darkness and misery. Then that new voice that I was just getting to know reminded me, "**You're supposed to be writing what you want, not what you don't want.**"

Duh! No wonder I felt like shit. So I ripped out all the dark pages, and although my journal wasn't as pristine as it had been, I started anew. My trusty pen waiting, my candle burning, I waited and listened for the right questions to come and when they did, the answers flowed out as if they had been there all along.

I asked myself what I truly loved, and I answered making films. But I didn't want to make just any film. I wanted to make films that spoke to people's hearts and that gave them hope and inspired them. I asked myself where I wanted to live, and I answered that I was tired of **LA** and wanted to move to a new place, something I had never done. I asked myself what kind of love I wanted, and I answered passionate, all-encompassing love. I asked myself what was my biggest fear at the moment, and I answered the debt I carried after the failure of my business.

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# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 19*

the movies, or twiddle its thumbs, waiting for soul to be finished in 3D. It is right there, and of course always right now.

If soul is the sticky side of the duct tape, spirit is the smooth side. And just as with duct tape, it is nonsense to think of separating one thing into two things that are not separate things at all, but abstractions.

Duct tape with only one side is merely a fanciful playing with words. There is no sticky side, no smooth side, separate or separable, because the very word “side” tells you, or should tell you, that it is a part rather than something on its own.

So we revert to the question: What does 3D life as experienced by soul mean to spirit? And now perhaps the answer is clearer.

**DeMARCO:** Clear in terms of the effect on spirit. Not clear in terms of why things are set up this way.

**TGU:** You don’t want much! You want the meaning of life and the universe, preferably in an aside that won’t require much typing.

**DeMARCO:** Well, you asked. That’s my answer. Yes, I see better that spirit is intrinsically interested in the creation and alteration of souls. I am interested in the health and condition of my arms and legs, for the same reason: They are part of me, I am part of them. But that realization doesn’t automatically tell me why I am alive.

**TGU:** But you have learned more than you realize; it’s mostly a matter of leading out your understanding so you can see it.

**DeMARCO:** Educating me. Educing.

**TGU:** That’s our job, one of them.

**DeMARCO:** Educe away.

**TGU:** If all those 3D experiences create a bunch of souls that are part of spirit, in each case spirit is in ef-

fect that soul’s own private, particular, higher self. Yet it is that for all its souls, hence some important things to realize:

- Every soul’s higher self (or larger being, as we have been calling it) is personal to the soul yet is larger than it.
- The spirit has wider resources, being similarly tied in to all its souls, and it may share those resources among any and all, as it chooses (and of course to the degree that any given soul is receptive).
- In many ways, you might think of spirit as some religions think of God, or as Carl Jung thought of what he called the unconscious mind: Relative to the soul, eternal, all-knowing, vastly powerful, inscrutable, self-willed, with its own purposes and preferences. Yet with all these qualities, still somehow vitally interested in the individual soul.
- Any given soul experiences a life, with all of 3D life’s complications. When it emerges from 3D it sees itself in a more organic, whole, manner than it could while constricted within 3D. But spirit has been experiencing that life, in that way, all along.

**DeMARCO:** Yes, I got it. It isn’t like spirit doesn’t learn the score until the soul’s past-life review. It knows it better than the soul does, both at the time and in retrospect.

**TGU:** So what did spirit get out of soul’s 3D sojourn?

**DeMARCO:** Apparently it got to experience reality (and itself?) in slow-motion and in picked-apart detail, just as soul did.

**TGU:** And what is that in aid of?

**DeMARCO:** Well - this just now comes to me, so I haven’t examined it to see if I really believe it - I suppose that spirit is a sort of Senate to the soul’s House of Representatives.

Clumsy analogy, but what I mean is, what the soul goes through once, spirit goes through once for every soul it sends forth. So, its experience base is way wider than any individual soul’s.

**TGU:** So are its sympathies.

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## SESSIONS WITH TGU

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**DeMARCO:** Yes, I see that. I have certain values, but other lives put out by the same spirit may have very different values, maybe quite contradictory, and I have no way to know which ones spirit favors.

**TGU:** But you can clamor for yours to be taken more seriously.

**DeMARCO:** Hmm. Is that what choosing is?

**TGU:** It could be seen that way, at least.

**DeMARCO:** That's very interesting.

**TGU:** Yes, isn't it? Bear in mind, our continuing goal is to keep linking in your mind various things you may think or know in isolation. Linking things up is always better. After analysis comes synthesis.

**DeMARCO:** After the difficulty we experienced previously tonight, this turned out to be very productive. A title?

**TGU:** You might say something like "Spirit and soul: interrelation." But you will perhaps find a better title as you transcribe.

**DeMARCO:** And next time, where do we begin?

**TGU:** There's still the question, "What does spirit get out of the 3D experiencing?"

**DeMARCO:** Till next time, then, and thanks as always.



Mokshapriya Shakti

## ESSENTIAL LIFE HACKS

...from page 15

One may say that is the only true love. Most of the time our love is conditioned to fulfilling one of our needs. *Ma Yoga Shakti* defines that as "the business of love." If you fulfill a certain need, I will love you; if not I divorce.

The main things that we are attached to are food/drink, relationships, positions, and money. All of those are wonderful to enjoy in our life. But when attached, if those are not fulfilled, we then experience pain, rejection or discomfort. The question now is do we really enjoy life? The world was created for us to enjoy.

If we predetermine what quality of life will give us that enjoyment, then we are not open to any other form of enjoyment. We are looking only to what we perceived as good. It binds us to a specific life. This limits our experiences, and we begin to live a life of similar patterns. How we think and what energy we project determines our life. Our thoughts are like a magnet and attract similar thoughts and circumstances. *Joe Dispenza*, the neuroscientist, explains it as: "*If you are living with the same emotions and feelings day in and day out you create the same environment and the same habits.*"

We are not free. We have built a boundary around our life that is predestined to experience only according to our attachments. Detachment is not that we own nothing, it means that nothing owns us. Let us remove this self-created wall. Let us look and see what we are attached to and then determine if it is holding us back from living our life fully. There is always a shadow side to all of life, we must be willing to accept them and move beyond their restrictions. In this world to expect only pleasure is unrealistic. We have day and night, life and death, it is a world of duality. The ideal way to experience life is to be in the present moment. Just like a child full on wonder, as if all experiences are new to be explored. When we do that, we are free to build a life that we will enjoy in the present moment without referring to the past nor expecting in the future.

Letting go is tough. We need to be patient and start with observing the mind. What are we thinking of habitually, how does the thought affect the mind and body? What are we expecting from others? Remember we cannot control others. Our strength is within ourselves and does not come from external circumstances. Our power is by finding happiness within. Let us learn to respond to circumstances instead of reacting and reflect on the situation. This is a lifelong process and it takes time, so let us be kind to ourselves.

*"True detachment isn't a separation from life but the absolute freedom within your mind to explore living."* Ron W. Rathbun





## **ARIES – (March 19 – April 18)**

### **MOOD FOR MAY 2022**

Jupiter stimulates your energies and supports your morale. You have only one desire: to mark the spirits and take your place and make an impression on the world around you. With your unshakeable determination, you are nevertheless acting in the shadows. Mars is discreetly but efficiently pulling the strings. Rely on Venus to shine more openly. Mars dictates your actions and invites you to deploy your potential. Your initiatives bear fruit, which reassures you of your ability to develop successful strategies.

### **LOVE FOR MAY 2022**

Venus illuminates your sky! Take advantage of your radiance to communicate, seduce, and pass your messages smoothly to a conquered entourage. On the 10th, Jupiter takes over and attracts attention to you. You are too busy with financial negotiations or making the most of your potential to develop a love affair. But rely on Venus to play your charm and influence events and people. You are finalizing a project that will change the direction of your life, and you are mobilizing your strengths to prepare the ground. You don't have much time to spend with others.

### **MONEY FOR MAY 2022**

Whether or not it's to make money, you're investing your boundless energy in action. If you're looking for a raise, you're on the right track, but you're especially active in showcasing your talents and merits. Rely on some behind-the-scenes support to back up your demands. Suppose you aspire to change your activity, job, even your life. In that case, you want this new direction to be accompanied by an improvement in your income. This is one of your goals.

### **WORK FOR MAY 2022**

Jupiter is helping you launch a new cycle of expansion. You know how to convince your partners and interlocutors to believe you and follow you. On the 24th, Mars gives you the determination to succeed. This is where you invest most of your energy. Mars invites you to use strategy to target your actions and make your originality heard. Map out your path to your ideal. Behind the scenes, the metamorphosis continues. You are putting all the chances on your side to evolve per the experi-



ence acquired and the lessons learned from the past. Take advantage of specific talents that you wish to exploit to direct your destiny in the right direction.

## **TAURUS – (April 19 – May 19)**

### **MOOD FOR MAY 2022**

You are more inclined to think than to act. At least that's what the sky is telling you to do to steer your future in the right direction. You'd rather take it easy without feeling guilty. Not too inclined to make concessions, but determined to impose your new codes and not let anyone speak for you, rely on almost warlike energy to make yourself heard and respected. You'll leave your comfort zone to realize a private or professional project or both. It is a quest for something else, for elevation, for surpassing yourself that drives you.

### **LOVE FOR MAY 2022**

Venus urges you to carefully examine your behavior on the sentimental level and your way of apprehending or living the relationship to prepare yourself for a new cycle of expansion on the 28th, with full knowledge of the facts. You aspire to impose your new way of being. You communicate with determination on a project that would allow you to recover more autonomy emotionally or professionally. Do not hesitate to scrutinize your love affairs to better identify what needs to be corrected and improved. You will benefit from an ideal climate to concretize an inspiring project, but make sure that your dreams are shared, consult the other person on the substance of the matter.

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## **MONEY FOR MAY 2022**

If you are advised to move forward with your foot on the brake, for the time being, you will nonetheless defend your interests. Do not hesitate to explore your potential, which will allow you later to develop your projects fully. If you have just started a project and need money, rely more on your own dividends than possible external financing. Freedom seems to come at this price. Whether or not your current projects require funds to be brought to fruition quickly, you have no shortage of arguments, charisma, and audacity to rally support for your plans. Why not ask those who seem willing to follow you if you need money.

## **WORK FOR MAY 2022**

Jupiter and Mars tell you that it is time to think about the actions you want to take later to relaunch or realize a project you have been thinking about. At least until the 11th, you will not let up on the pressure. With your unfailing determination, you dare to get rid of everything that could previously have held you back from your impetus, your race forward, and your thirst for freedom and independence. You are particularly active and eager to strike hard to realize a project that will change the course of things and of your destiny. You do not spare your efforts and show a relentless determination when it comes to embodying your ideal. Count on your energy and enthusiasm to serve your cause.

## **GEMINI – (May 20 – June 19)**

### **MOOD FOR MAY 2022**

The cosmic situation favors your projects. You believe in yourself and receive help from a benevolent entourage that grants you its confidence. You have neither the time nor the inclination to dawdle. Still, you will relax when Venus connects you to a circle of friends and followers who will take your mind off things and put a smile on your face. Concentrated on your tasks, closely concerned with the mission you have assigned yourself, you will not look up from your work until the 20th. Then Venus lightens the mood and invites you to relax.

## **LOVE FOR MAY 2022**

You are in a friendly relationship with those around you, and you can count on Venus to bring you closer to those you love through a project that concerns them closely. From the 10th, the future begins to open up, and you start a new expansion cycle. A first fortnight where you are too held up at work by pressing matters. You have little time to devote to your love life, which

will only take on new life on the 11th when Venus brings you closer to those you love and who will return the favor. If you have just been given an opportunity for personal or professional fulfillment. In that case, your destiny continues to evolve and, driven by an unshakeable determination to seize your chance, you feel little concern for other quests.

## **MONEY FOR MAY 2022**

If you need money to set up and carry out your projects, you will communicate on the subject. Rely on your charisma and enthusiasm to unite people around you and to ask for (and get) money. You seek to assert your ambitions, impose your directives, and even defend your interests of a financial nature. You do not hesitate to go to the mat to get your way. However, you seem to be more concerned with an ideal to defend than with hitting the jackpot. Unless, of course, you need money to fulfill your mission.

## **WORK FOR MAY 2022**

Jupiter encourages and supports your projects. This is the time to take the plunge, to try your luck, to do everything possible to make your dreams come true. On the 20th, the Sun pushes you to take the initiative. Mars endows you with unstoppable energy at the end of the month, urging you to act, but not without learning from the past. To avoid being overwhelmed by unforeseen elements, you should be on the lookout for possible pitfalls so that you can work with confidence. You have no trouble changing things as you hoped. Mobilize yourself to make the most of a situation that connects you with an ideal. You can count on an unparalleled striking force to further accelerate the movement of change.

## **CANCER – (June 20 – July 21)**

### **MOOD FOR MAY 2022**

This month, you're in the spotlight thanks to a favorable economic climate that gives you hope for the future. Rely on your radiance and occult support to assert your ambitions or even impose a project that will help you orient your life differently. Offensive, you won't let go of anything, but count on your undeniable charm to make the pill go down as smoothly as possible. You

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redouble your zeal and obstinacy and pressure others to change things. Whether in love or business, there is no question of not getting what you want.

## LOVE FOR MAY 2022

Your professional life is more important to you than your personal life. You want to promote your talents and not miss any opportunity to be in the limelight. Count on Venus to reinforce your charm, which works as much in society as elsewhere. It exalts your power of seduction between the 11th and the 20th, and you make a mark. This precious asset will help you rally support at work around a daring project you have in mind. If, in April, you felt a new breath of life in your love life, you are touching nirvana with your fingertips and heart.

## MONEY FOR MAY 2022

You have been promoted, and your income has increased. You're in an excellent position to claim the monetary reward for your merits. If you need funding for a project that excites you, opt for a sense of nuance. It is an ideal of ascension that motivates your actions and commitments more than the desire to enrich yourself. Even if one does not prevent the other, your main objective remains to rise, not necessarily amass.

## WORK FOR MAY 2022

Jupiter brings opportunities for success through an advantageous proposal, a new rewarding job, or a recognition of your talents in broad daylight. You are putting your strength at the service of your ambitions and an original project. You are particularly active, even offensive, on the subject. Your gaze seems to be turned towards the future to be written. You aspire to push back the frontiers of the possible, even if it means expatriating yourself or changing company. You will get the contract that suits you, you will project yourself happily into an inspiring future, and you will not hesitate to assert your ambitions.

## LEO – (July 22 – August 21)

### MOOD FOR MAY 2022

A charmer, a skilled negotiator, an idealist, and ready to lift mountains, nothing stops you from doing what you like. Take advantage of this opportunity to evolve professionally and to make everyone happy. If Venus exalts your desires for greatness, Mars endows you with stub-

bornness and tenacity without fail. This combination allows you to make an impression. Your feelings help you to make your destiny evolve in the right direction. Count on your strength to move forward, to go ahead, without harboring any nostalgia.

## LOVE FOR MAY 2022

Venus allows you to envisage a future with the other person (or your loved ones) that you are delighted with. You will exchange ardently on the subject. On the 10th, Jupiter will confirm and favor your impulses and offer you the possibility of realizing your projects. You are mobilized on the social field, where you multiply your initiatives to change things. However, count on Venus to breathe into your love life, for you are not content with little. Rather greedy and magnetic, you are surfing on powerful energies of transformation to change things daily and consistently improve the ordinary. Venus invites you to raise your level of requirement in love.

## MONEY FOR MAY 2022

If your ambitions are financial, you will effectively plead your case. Count on Jupiter to effectively approach your hierarchy and get what you covet. You aspire to improve your status and specific duties that you seek to lighten. Money is not the main driving force behind your actions or negotiations concerning a contract. Whether you're arguing about a return on investment, a loan, debts, or an inheritance, you have a keen sense of how to steer exchanges to your advantage.

## WORK FOR MAY 2022

You assert your ambitions, your charm helps you to influence debates, and on the 10th, the way is wide open. Determined to have more freedom of movement at work or change your society, your life and actions come from your thirst for change and desire to act in this direction. You no longer want to live under the tutelage of conditionings that are now part of the past. You aspire to renew a daily routine that has run its course. Rely on powerful energies to accelerate or even bring about the metamorphosis.

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## **VIRGO – (Aug 22 – Sept 21)**

### **MOOD FOR MAY 2022**

Your energy is remarkable, and your actions pay off. You openly express your desires and your immense appetites to be satisfied. It is difficult to satiate you. Your warrior and ambitious side express itself primarily. You are moving forward, broadening your horizons, claiming your freedom. If Venus exalts your senses, let yourself be tempted by some sensual delicacy. This state of affairs invites you to believe in your dreams. Get closer to an ideal within reach of your heart. Whether your goals are sentimental or professional, count on your ability to connect, collaborate, warm your bonds and sublimate your loves.

### **LOVE FOR MAY 2022**

Magnetic, you count on Venus to exalt your sensuality and desire to seduce, and Jupiter will take over on the 10th. If you use your charm in society, your radiance will win hearts and earn you some success in love. You are primarily mobilized by missions that you aspire to affirm and concretize. You don't have much free time to shine and seduce, but a commitment becomes clearer. Exalting moments have given you the desire to take a step forward. Until the 10th, Jupiter reinforces the trend, and Venus exalts your thirst for pleasure, even great thrills.

### **MONEY FOR MAY 2022**

If your income is up this month, it's thanks to profitable returns on investments, bonuses, or inheritance, and you won't let a crumb of the feast slip through your fingers. The urge to change your life, country, or job motivates you. If you are offered the chance to earn more, you are fulfilled, but you will pursue it anyway if there is no financial benefit to your quest. If the cause you aspire to serve brings you a lot of money, much better. If you don't get much, too bad. You are selfless and motivated only by the positive influence you can have on the world.

### **WORK FOR MAY 2022**

You've just made a partnership or benefited from highlighting your skills. On the 10th, you start to reap the juicy rewards. Whether it's in the form of a bonus or a profit-sharing, Jupiter increases your chances of prospering. Then Mars reinforces the trend and focuses your activity. You aspire to develop your career plan, push

your limits, even move abroad. You are very offensive at the beginning of the month, and nothing will stand in your way. If you aspire to serve an important cause, count on the situation to commit you to it. You are determined and have the necessary energy to achieve this.

## **LIBRA – (Sept 22 – Oct 21)**

### **MOOD FOR MAY 2022**

Communicative, enterprising, you connect with others. You want to participate, collaborate, commit yourself, and you show an enthusiasm that pleases and reinforces your popularity. You are determined to change what is becoming burdensome, tedious, and annoying. Fortunately, Venus invites you to relax, to love, to share. Relatively open to the opportunities that present themselves, you rely on your intuition to make enlightened choices. This attitude allows you to change things and influence those around you without coercing them.

### **LOVE FOR MAY 2022**

You are looking for ways to improve your relationship. Venus favors creative exchanges, and on the 10th, Jupiter ensures an efficient relay. You will benefit from strong support to get closer to the other person, and you will want to commit yourself. You will find the right words to convince them to follow you. You do not have time to abandon yourself to the dizziness of love at the beginning of the month. The demanding daily life presses you to make essential transformations. Fortunately, you can count on Venus to help you meet the other person, declare yourself, or close ranks with tender words. An opportunity to improve your living conditions is taking shape, and the situation favors your blossoming in your family.

### **MONEY FOR MAY 2022**

Your desire to move forward, well surrounded, motivates your initiatives. Still, you will be happy if your superior or associates offer you a raise. And if you fight to get more, you will not lack energy or arguments to

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convince. So you could be given a bonus, a credit, or a perk that will ease the situation by getting the funding you need to make the change. Use strategy to tip the scales in your favor.

## **WORK FOR MAY 2022**

If prospects for a promotion or a more exciting job have emerged early in the year, you could sign a contract. You discuss the terms and conditions and have good conditions to take a significant step forward. Mars demands that you respond to a strong demand without delay. You are transforming what needs to be altered so that your status evolves, even if it means changing city, country, or life. You are not afraid to take the plunge because what you are being offered corresponds to an ideal that you have been dreaming of achieving.

## **SCORPIO – (Oct 22 – Nov 20)**

### **MOOD FOR MAY 2022**

No stress to worry about, your relations with colleagues and hierarchy evolve in a cordial atmosphere. Take advantage of this harmonious period to make close links at work by making yourself useful. You are lively. You take advantage of these rising energies to express what is dear to your heart. You make your emotional or professional ties evolve in vibrant and very productive exchanges, even liberating. Dynamic, creative, and infinitely charismatic, take advantage of Jupiter to make sparks fly in love and in business. You will not go unnoticed, and you will communicate your enthusiasm to others. Rely on dialogue to convince and seduce.

### **LOVE FOR MAY 2022**

You please everyone. On the 10th, Jupiter clearly reinforces the trend and gives you opportunities to blossom, whether a rewarding professional proposal or an improvement in your living conditions. You aspire to make your relationships evolve so that they allow you more freedom of movement. You will impose your will and get your message across. Exchanges are lively but creative. Jupiter exalts your thirst for love! You meet your soul mate, or you intensely rekindle the flame in an ideal version of the relationship. Venus keeps the atmosphere at its best.

## **MONEY FOR MAY 2022**

A promotion could be accompanied by an improvement in your income. On the 10th, Jupiter reinforces your chances of progressing in your work and earning more. You have no qualms about talking about money and asking for an increase in your salary, even if it is mainly the nature of your dealings that you want to change. You get your way because you are willing to raise your voice to pressure those who give you what you ask for.

## **WORK FOR MAY 2022**

A good atmosphere prevails at work. Jupiter brings excellent opportunities: a tempting contract or better working conditions. You have a lot to look forward to and get off to a great start. You will be noticed, and your talents and merits will be recognized. You are establishing dynamic and creative relationships, demanding a certain amount of leeway and autonomy. Take advantage of this favorable situation to express your talents and personal development to reach heights of creativity and raise your colors high. You know perfectly how to communicate and draw attention to yourself.

## **SAGITTARIUS – (Nov 21– Dec 20)**

### **MOOD FOR MAY 2022**

You have all the necessary assets to attract attention. You are cheerful, full of positive energy, and you convey your good mood and make others want to hang out with you. Suppose you feel a particular annoyance towards recurring problems in your daily life. In that case, you change things with determination to open yourself to another way of living. You want to act and motivate your troops to support you efficiently.

### **LOVE FOR MAY 2022**

Venus exalts your radiance, and Jupiter magnifies your love life. With your charisma at its best and a climate favorable to all kinds of outpourings, you can do what you like with whom you like. You aspire to change things daily, gain autonomy concerning your family, express your needs openly, and count on Venus

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to reconnect with the vertigo of love or get closer to your children. You are putting the finishing touches on a project that affects your private life, and you have the necessary means to carry it out. You are bringing harmony to your home, and you are touching a life ideal with your heart.

## **MONEY FOR MAY 2022**

You attract money as well as success on the professional and sentimental levels. Especially on the 10th: Jupiter exalts your thirst for recognition and reward in the form of a bonus or a nice raise. You have a lot to do to break burdensome habits, and you are less mobilized on other grounds. For the time being, be content with breaking out of your routine. Spend money to protect yourself and your loved ones by buying property or investing for the long term, perhaps with the help of relatives (donations, inheritances).

## **WORK FOR MAY 2022**

Your charisma and your ability to express your talents to the fullest are paying off. Jupiter invites you to shine and seduce. The daily routine weighs on you, and you aspire to renew it. Mobilize yourself to bring about change within yourself, make what is blocking you evolve, and launch a change of path, of work to break with a routine that is undermining you. If you run your own business or are self-employed, you have every chance of seeing your business grow. Whatever your work, count on an increase in your income resulting from your ability to act, to invest yourself.

## **CAPRICORN – (Dec 21 – Jan 19)** **MOOD FOR MAY 2022**

Applied and philosophical, you favor actions taken with your family to guarantee harmony rather than obtain immediate work results. Rely on a natural desire to please your loved ones to express warmth and benevolence. You lack neither nerve nor ingenuity, you surprise your interlocutors, and you stand out from the crowd. Take advantage of this disposition to surprise and seduce. You have no difficulty attracting the attention of those around you who are under your spell, and your authority will help consolidate your popularity.

## **LOVE FOR MAY 2022**

You will protect your loved ones, guarantee harmony at home and develop arguments that will win unanimous support for your proposals. On the 10th, Jupiter favors real estate investments and your family blossoming. You want to spice up your emotional life, and you provoke the other person to understand that you are no longer content with the routine of your cozy nest. Count on Venus to pass on your inspiring messages to those around you. Communication evolves and strengthens your morale. Rely on your enthusiasm and oratory skills to elevate discussions and Venus to warm up the atmosphere and bring harmony to the home.

## **MONEY FOR MAY 2022**

If you intend to invest in real estate, you do not lack confidence or audacity, and you end up winning your case. You break with tradition and surprise those around you rather than guarantee your financial security. Don't go too far to ensure your back, or you risk confusing those who pay you. If you ask for a raise, you will not be turned down, as you show the reasons for trusting you.

## **WORK FOR MAY 2022**

You're putting up with delays or hindrances that delay the outcome of your day-to-day initiatives; business will pick up more smoothly next month. In the meantime, you apply yourself to serving the common cause, and your patience will eventually pay off. You are creative and eager to attract attention. You surprise your interlocutors and defend your ideas and initiatives to make a mark, for your audacity cannot be resisted. Jupiter places on your way interlocutors conquered by your proposals. You use an energetic tone to convince and win over people thanks to an ideal that you carry, and that seduces.

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## **AQUARIUS – (Jan 20 – Feb 17)**

### **MOOD FOR MAY 2022**

Count on Jupiter to boost your confidence in your ability to influence whoever you want and to add to your address book. Your charisma and contagious good humor make you smile and exalt your thirst to learn, share, and transmit. You are fighting to establish living conditions that you like. Still, you abandon your offensive side when Venus takes over: you relax, you get back to warm communication and human contacts. Focused on your priority objectives, you fight with panache to do what you like. Count on Venus to lighten the mood and approach the world more lightly.

### **LOVE FOR MAY 2022**

Venus favors warm exchanges with those close to you, with your partner, or with your children. The current passes without any problems. If you search for a soul mate, you are irresistible, and nothing can resist you. You spend a lot of energy to change things in your family and get the means to do so. You aspire to free yourself from certain limits and constraints that weigh you down, and Venus endows you with a sense of communication that helps you in this sense. You take advantage of a favorable material situation to get out of an impasse that kept you in a state of helplessness. You draw a line under the past to bounce back in the best possible conditions.

### **MONEY FOR MAY 2022**

You've been fighting for what you've been asking for. You're taking advantage of what you've gained to play the field of ideas and communication. This is where you redouble your zeal to get the funds you need to set yourself up as you see fit. Unless you need the money to start your own business. You'll be more zealous and authoritative than ever to get the reward for your efforts to grow.

### **WORK FOR MAY 2022**

Ideas flow, you express your potentials, and you find the words to make the unanimity. Mars endows you with energy and strength, and you struggle to obtain the means you need to realize a personal project. If you've made investments, you're doing everything you can to make sure that these investments keep their promise.

## **PISCES – (Feb 18 – March 18)**

### **MOOD FOR MAY 2022**

You are evolving in an atmosphere conducive to your enrichment. Appreciated by your loved ones, you discuss the best way to make everyone happy. You mobilize your strengths to make yourself heard. You count on Venus to warm up the atmosphere and reconnect you with more sensual aspirations. You hold many assets likely to help you. Your inner voice assures you that you are on the right track.

### **LOVE FOR MAY 2022**

You are developing your potential, increasing your income, and showing a particular appetite for goods and advantages of all kinds. This greediness extends to your emotional and sensual aspirations. You turn to your loved ones with the desire to look after their well-being. Still, you also seek to assert your independence and impose your methods. Jupiter puts you in touch with the idea that you can achieve. An essential (even life) project takes shape and contributes to your fulfillment.

### **MONEY FOR MAY 2022**

The economic situation offers you many opportunities to enrich yourself. You are rewarded for your work, your commitment, and you do not hesitate to ask for more. Channel your enormous appetites, for it is first of all your right to be yourself that you claim. Next month, you will return to more material priorities, even if Venus sharpens your appetites. You do not necessarily pay attention to your bank account, but be careful not to overspend your budget.

### **PISCES: WORK FOR MAY 2022**

Jupiter invites you to mobilize to develop your skills, earn more, express new potentials, and get the reward of your efforts. Nothing and no one holds you back. You want to mark your territory and show who you are. This is the time to break with habits that have had their day. Focus on the first half of the year to get your message across. You have much to rejoice about: love, a new job, or a new life. You are bursting with zeal to achieve your goals. Spring is favorable to your fulfillment.



Dr Joe Dispenza

# THE HEART AND BRAIN TANGO

*...continued from page 8*

pathetic arousal. The constructive, coherent interference of frequency that takes place between these two centers then creates higher amplitudes of energy, causing an awakening in the brain and an exuberance in the body. As a result, the heart informs the brain that it's safe to create, it's safe to awaken, and it's safe to raise its consciousness out of survival.

**When that happens, we can see new possibilities because we are no longer trapped in limited survival emotions.** The heart says to the brain, *Hey, I'm the creative center. Get out of your analytical mind so we can start dreaming of new possibilities to change and expand your life.* This energy is both super sophisticated and super elegant, while at the same time being beautifully simple.

Once there's an arousal, the sympathetic nervous system starts to balance the energy between the heart and the brain. As that energy moves to the brain, you'd expect those brainwaves to slow down—and they do—for a while. However, at a certain moment, we began to see the energy of the heart act as a carrier wave for other brainwaves to ride on.

Then, all of a sudden, we observed the brain go into very coherent harmonic states at the same time - coherent theta, coherent alpha, coherent beta, and ultimately coherent gamma brain waves. And these were all standing waves—one riding in rhythm on the other. Now here's what's really surprising.

Think of energy moving away from a beating drum. As the sound waves travel further away from the source in concentric circles, the energy becomes weaker. This is natural law - when frequency interacts in a medium of matter (air, solids, liquids, and plasma) in three-dimensional reality, the energy of the waves dissipates.

And yet, we observed the opposite. The frequency, intensity, and duration of energy in the brain began speeding up into faster and faster gamma brain wave

patterns. It's these elegant, orderly changes in the brain that bring us into greater levels of conscious awareness.

All of this is to say that the more relaxed and in our hearts we are, the more our brain and body open up to energy. The research findings confirmed that there is a zone when our bodies are super relaxed and calm, and our minds are more awake and aware.

**It's when we're not operating in survival: not feeling threatened, in danger, anxious, or worried about the next moment. Instead, we're just very present — and at the same time, very joyfully conscious. That's the formula right there. That's the side effect of heart and brain coherence.**

This type of coherent energy that the heart and the brain produce raises our consciousness and moves us closer to the present moment. And since consciousness is awareness and awareness is paying attention, and paying attention is being present and noticing, we can feel safe to create from the unknown.

**In doing so, we're able to see new possibilities that we can't see when we're operating out of self-limiting states of mind and body.**

When we reviewed our spectrum analysis during our **Denver Week Long Advanced Retreat** of numerous people in this empowered state, we saw how magnificently ordered these patterns of energy were — and we saw it skillfully happen over and over again in our student body.

This is the natural state of being that great individuals, leaders, artists, athletes, saints, mystics, and masters throughout time operated out of. Their initiations were the challenges that caused them to not be moved by the external world, and to instead remain in the eye of the hurricane, centered in a greater level of awareness.



Mitch Ditkoff

## DO YOU HAVE MY GLASS OF WATER?

*...continued from page 18*

The eyes of the young woman opened wider as she stepped forward and touched the monk lightly on the arm. "If it is agreeable to you, kind sir, would you, after drawing your water, accompany me ever so briefly to my father's house? Perhaps your healing touch is what he needs to stay alive."

Having been taught, for years, the power of service and compassion, the young monk's path was clear. "Of course!" he replied. "How could I refuse such a heartfelt request? Please, dear lady, lead the way."

It was only a short walk to her father's house, a small, well-kept cottage on the outskirts of town. One look at the old man was all it took for the monk to see the seriousness of the situation. Clearly, the man was at death's door and, unless the monk began immediately tending to his needs, it was obvious to him that the young woman would be fatherless by morning.

And so, all night, the monk sat by the old man's bedside, administering herbs and teas and balms, rubbing his feet, chanting sacred mantras and, all the while, abiding in a state of deep meditation.

At daybreak, when the young woman woke, she was amazed to see her father smiling, talking with the monk, the color of life having returned to his face. Bowing deeply, she embraced her father, stroked his hair, and kissed him lightly on the cheek.

**"Praise God!"** she cried. **"And praise you, oh holy monk!"**

"Thank you, dear woman. I appreciate your kind words, but it is not me that heals. It is the power of life and your father's will to live. But please know this: Your father is not yet healed. Last night was just a beginning. By my calculations, he will need at least three more days of care before he is back on his feet."

Three days. That was the monk's prediction. Not a long time to return from death's door. But on the fourth day, much to the monk's surprise, the father took a turn for the worse and died.

The old man's daughter, of course, was filled with grief. But grief was only part of what consumed her. She was also filled with fear. You see, with her father gone, there would be no one to run his shop of fine textiles in the center of town -- and with no one to run his shop, there would be no money to buy food and firewood, and with no food and firewood, the young woman would not only starve to death, but freeze, with winter fast approaching.

"Oh monk sent to us from **God**," she exclaimed on the fourth day after her father's passing, "I know what I am about to say is a lot to ask, but would you be willing to mind my father's shop for the next few days so I can get my house in order? The task is really quite a simple one. All you need to do is greet the people who enter the shop, help them find what they want, and sell it to them at a mutually agreeable price. In the meantime, I will fix you a bed in the barn so you will have a comfortable place to rest and meditate upon your return each night."

"I accept your kind invitation, dear woman. Remember, I have been trained to serve ever since I was a small boy. It's off to work I go. May **God** be with you on this glorious day."

One day turned to two. Two turned to four. And four turned to eight. Not only did the business grow with the young monk's loving care, so did his feelings for the woman. In time, his appreciation turned to fondness, his fondness turned to joy, and his joy turned to love. A year later they married and a few years after that they found themselves the proud parents of two beautiful children -- a boy and a girl -- both of whom the town elders claimed to be incarnations of great spiritual beings.

The young monk, now merchant and father, could not remember a time in his life when he had ever been as happy or as blessed.

Five years passed. Then another ten. In the 16th year of his adventure into love, 80 miles from his home on yet another buying mission in the extraordinary southern region, a sudden summer storm came upon the land. Not just any storm, but a storm whose ferociousness had never been seen before. It rained for days and days and days.

At first, the merchant simply buttoned up his coat, opened an umbrella, and trudged on, committed as he was to bringing home the finest of the region's textiles to his ever-growing store, especially since he had already taken advance orders from some of the town's

*...continued on page 45...*





Mitch Ditkoff

## DO YOU HAVE MY GLASS OF WATER?

*...continued from page 45*

most influential citizens. But no matter how steadfast he continued to be, the river continued to rise. And as it did, the keen-eyed merchant noticed three large bags of rice floating by him, bags marked with the insignia of his well-respected enterprise.

"This is not good," he said to himself. "Not good at all. It seems as if one of my silos must have been breached by the river. It's time to turn for home."

The rain kept coming. The river kept rising. And as it did, he noticed it carried more than bags of rice downstream. It also carried cows, three of which he recognized as his own.

"Not good, not good at all," he exclaimed again, digging his heels deeper into the side of his trusty steed and quickening his pace once again.

And then, yet another mile closer to home, he saw a sight he couldn't have imagined in a thousand years. There in the river, face up, floated his young daughter and son.

"Oh my God," he wailed. "How can this be? My two precious children, gone. GONE!"

The man had never felt this kind of grief before, never such loss -- the only motivation he needed to gallop as fast as he could and return to the love of his life, the one who would be waiting for him, arms open, at home -- his sweet and precious wife.

Yes, he saw her, but far sooner than expected. There, not more than a few yards from where he now stood, he saw her, too, floating down the river, face up, body bloated from a watery death.

Devastated beyond belief, he did what any man in his situation would do and threw himself headlong into the raging river. Simply put, he saw no reason to live anymore.

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Nor did he see, upon throwing himself into the water, a large piece of timber floating by. The impact of his head hitting this unseen piece of wood was strong enough to knock him out, the large piece of timber now a kind of makeshift raft carrying him downstream.

How long he floated no one knows for sure. Nor does anyone know where that miraculous piece of wood came to rest on the far river bank. But come to rest it did. Was he dead or alive? He could not tell. Shivering and stunned, all he could see when he opened his eyes was wet sand everywhere and what appeared to be a pair of feet. Rubbing his eyes, he continued staring at the feet now strangely familiar to him. Raising his head ever so slightly, he saw ankles, then the hem of a robe, and then, looking up all the way, the radiant face of a man looking down at him and smiling.

**"Do you have my glass of water?"** the man said.  
**"My son, many years ago you asked me to help you understand the meaning of maya. This... has been just one second of it. Welcome home."**



Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 29*

He thought to himself that this was a sophisticated thing to say so early in the morning, particularly on the neighborhood's side of the wall, but the reply was just as urbane.

*"I always thought that graffiti is wisdom on a wall that's only wide enough to hold information."*

The **Man with the Ladder** had not been prepared to hear anything of the sort and he listened with amazement as the two spray painters carried on this dialogue in sing song voices.

*"I always thought that wisdom is just intelligence waiting for a situation to happen in."* said the first.

*"Nah,"* said the second, *"Wisdom is just intelligence waiting for a person to happen to."*

*"Same thing."* said the first

*"Not at all."* retorted the second.

The **Man with the Ladder** had always thought of graffiti artists as inarticulate people who only talked with cans of paint, and he was a little disturbed to find them so facile with words that they encroached, unselfconsciously, on what he felt was clearly literary ground.

Fearing that if they caught him looking at them they would run away, he calculated that if he climbed quietly to the very top of the ladder and peered over the top of the wall, he could see them without risk of being seen. He hesitated a moment because he did not want to be the cause of a loss of a masterpiece.

He took his shoes off and tied them together and put them carefully around his neck, as he had seen someone do in a movie, and slithered up to the top of the ladder and peered over the top.

He almost swallowed his shoes. Below him on the other side of the wall were two girls, no more from the top than eleven or twelve and probably no more than eleven or twelve from the side or front either, he thought. The one

on the right side of the wall was a black adolescent. Her companion looked a little smaller and had pig tails. The black girl was on a skate board.

*"Graffiti,"* she said as if she was making the definitive pronouncement, *"is a one person dialogue."*

*"I always thought of graffiti as a two person monologue."* chimed in her pal.

*"O.K., O.K.,"* said skate board, *"What shall we paint today?"*

*"How about a list of the symptoms of herpes,"* pig tails replied. *"Art should do public service."*

*"No,"* said the second. *"How about, To recover from an incurable illness tempts fate unnecessarily."*

*"You're getting too intellectual,"* the first complained laughing. *"How about something short so we can go to McDonalds for breakfast."*

*"Intelligence sucks,"* was her suggestion.

*"And wisdom spits out."* came the retort very quickly.

*"Nah,"* said her companion thinking a moment, *"if there's one thing people can't stand it's premenstrual intelligence."*

The **Man with the Ladder** watched as they flopped down on the ground. The black girl propped her hand under her head and sprawled on the curb in front of the wall. *"You know,"* she said thinking out loud, *"I know what it is when a person is wise, but I've always wondered if animals could be wise too."*

*"Sure,"* came the reply, *"each in their own way."*

*"How about an ant?"* challenged her companion.

There was silence for a little while.

*"I know,"* said the smaller of the two prone figures. *"Wisdom for an ant would be not to walk on sidewalks even if the cracks were filled with candy and cookies."*

Without another word spoken, the sound of spraying began. The **Man with the Ladder** sat down abruptly. His urge

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Jim Egan

## STORIES THAT BEND REALITY

...continued from page 46

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

to try to speak with the graffiti artists had abandoned him. He realized that, face to face with an adult, they would revert to young adolescents, interested in adolescent things and behaving exactly as they were expected behave. But spying on them in their native habitat and hearing them talk unencumbered with the burden of conforming to adult expectations shocked him.

As he sat quietly the sun came up and bathed him in the full light of the day. For some reason he could not explain, he did not dare to stir from his perch until the silence from the other side absolutely convinced him that the two graffiti artists had left.

He even felt nervous as he folded his ladder and shifted it to his shoulder. He hurried to see what wisdom such intellectually unfettered, precocious children had imparted to the other side of the wall.

His face dropped. In the place they had prepared and covered so carefully were two names, **Cindy** and **Jane**. He stared at them for a long time before he noticed that, hanging between the names, pinned to each by a leg, was a finely crafted ant, no bigger than his thumb. *'Too tiny to have been spray painted,'* he thought, but there none the less.

He went home early that day and by its end he began to cultivate the notion that hardly any of what he thought he had heard had really been said; and that he was such a good listener that he had filled in the noise and blanks in the conversation of twelve year olds with fragments and bits of ideas that had come from his own head.

By the day's end, he had raised a doubt in his mind about whether they were children at all. He even tried to convince himself that maybe they were old academics doing morning exercises, and that his position on the ladder had merely distorted their appearance.

A few days after the hunting episode he successfully hunted down an explanation of what had happened. He was sure that he must have seen the two girls names on the wall before and that morning merely dozed off on top of the ladder.

His imagination had constructed a story in his mind about how the names got there, adding detail to an otherwise unexceptional event.

To confirm this almost gelled conviction, he made a detour from work one day. When he saw the two names on the wall, plainly written and without even the smallest of an ant adorning them, he was relieved.

He had already written it off as too mundane for a **Man with the Ladder** story and was putting the cover on the box of the episode when for some reason he couldn't fathom later -- an accident, an unnecessary trick of fate -- he looked below and off to the side of the names.

And there was the ant. It had clearly moved and was undoubtedly heading very slowly, inexorably, undeterably for the sidewalk.







Andrea de Michaelis  
Publisher

## THOUGHTS ABOUT THINGS

...continued from page 6

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

This was just after I became acquainted with **Satya Sai Baba** and his teachings and there was a lot of crossover between the groups. It was definitely a time of much learning, many manifestations, evidentials and miracles, all of it a testament to what can be accomplished with group focused intent. It took me to a whole new level in my meditation and visualization practice.

There was little to no drama in these groups like you see in so many. I'm not knocking any of the groups. *When we're called to come together, it's for the purpose of integrating our personality with our Soul and we do that via interaction with others.*

*Whoever ticks you off the most is your soul mate, they are your greatest teacher. They give you lotsa chances to work on patience, tolerance, acceptance and finding common ground to achieve a team goal.* Stay focused on the work and either the personality clashes will stop or you'll move on to other groups.

**Frank** and I found both types of groups and had a few clashes of our own. For the most part, we could rationally discuss our issues in light of the teachings and easily move past it. *But as much as you think you know, no one is immune to emotional flareups.* Our 2 big egos, sometime it was a sh\*tshow that played out during group. We once spent 7 years not speaking then reconnected on **Facebook** and laughed at ourselves. I counted **Frank** as a soul mate, and it wasn't always study, study, study. Sometimes we'd watch 1930's and 40's horror flix: **Bela Lugosi**, **Boris Karloff**, **Lon Chaney, Jr.** and speculate on the metaphysical implications of the films. Fun times!

Last month, my beloved **Frank Maiello** passed in **The Phillipines**, heart attack, unexpected, while he slept in the arms of his loving wife **Tessa**. That's how I want to go. Not expecting it, surrounded by loved ones. **Frank** has 2 sons, **Charles** (so proud of him, like the son I never had) and **Ram**. **Frank** had an intense and complex personality, which those of you who knew him well know. (Smile.) He wasn't always understood but he was ok with that. He had massive esoteric metaphysical knowledge and knew that wasn't everyone's bag.

*But that meant he understood there is no death.*

He was a musical genius who knew some heavy hitters, he introduced me to **Richie Havens** back in the day. I know we'll meet again.

One thing that period of heavy duty study time together in the 90's did for me was take me into that **DEEP PLACE** where I gained the absolute knowing that **THERE IS NO DEATH**. I believed it as a concept before but in the 90's I got evidence and revelations that dissolved the veil for me for good. I was grateful for the understanding in 1996 when both my mother and husband died. I've never felt apart from either, tho, nor from anyone who's passed. I know we'll meet again and can communicate now.

**RAMBLING THOUGHTS.** In **March 2020** my life began to morph. I dinged my knee and had to stay off it 6 weeks so I signed up for grocery delivery. The knee's fine now but it was perfect timing when the pandemic arrived. Delivery saves me so much time I'll keep doing it. My business changed as I wasn't walking mags into the stores anymore, many closed because of the pandemic. I saw only delivery people and neighbors at home. I got to know a lot of neighbors as I'd be working in the yard during busy morning walk times. *I discovered I've got some really cool neighbors!*

I began an herb and vegetable garden when supplies weren't always on grocery shelves. It was a booming tomato, basil and collard season, kept me busy dawn to dusk. *It also kept me hopeful that no matter what was going on with the economy or the pandemic, I'd find a way to make it because I always had.*

It was a wacky 2 years of me, on one hand suddenly having lotsa free time and, on the other hand, having ALL my unconscious resistance show up in the form of the worst pollen allergy season EVER as well as hand, arm and knee injuries due to over-doing. It's all fine now but it was kinda cool that I'd get daily adventures to overcome or work around. *I learned to more fully go with the flow and more easily surf the energy of the day.*

I didn't do a lot of writing my thoughts down except on **Facebook**, so thoughts and ideas had time to percolate.

*I gained a deeper appreciation of the ordinary stuff of my life.* By **2021** I'd taught myself via **YouTube** and **TikTok** to cook my favorite **Thai**, **Cantonese** and **Vietnamese** dishes and make healthier - less sweet, salty, fatty -- versions. I learned I'm a great cook.



Life is good. I can't think of anything I'd change. Enjoy our offering this month. Hari Om.

Andrea

# HORIZONS MAGAZINE

## MISSION STATEMENT

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

Andrea de Michaelis. Publisher

## OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



Betsy Chasse

# TIPPING SACRED COWS

*...continued from page 33*

It took me thirty days to come to these answers. It took courage to face what my life had been and how I'd gotten to where I was. It took honesty to be real about who I had been and who I wanted to become, and it took belief in myself and the belief that what I truly desired, I could achieve. But the amazing thing was that I had never read a book about **quantum physics** or the **Law of Attraction**.

I hadn't meditated a minute in my life, and I had no idea what I was doing, but I believed with all my being I needed to do it and that I could.

*You could call it beginner's luck, but sometimes I think ignorance is bliss because within sixty days of writing that list, I had everything on it.* I had been hired to make **Bleep**, I had moved to **Washington**, I had met my (now ex-)husband, and I was out of debt.

And then I got cocky. I decided this manifesting thing, this **Law of Attraction** trick, was easy, and I didn't have to work at it anymore. It took ten years for me to build that castle and about three minutes to tear it down. Well, the truth is, I was tearing it down as I was building it, because I was using shoddy building materials, not fully developed understandings.

But I either didn't see that I was missing the point, or I shoved it deep into the bowels of my dungeon of doubt, because ten years later everything I had "manifested" was gone. My marriage to my "soul mate" was over, **Bleep** was still there but almost a distant memory, and I was back in **LA** and broke. Only now I was a single mom with no real way to earn a living, and no idea what I wanted to do or what I could do. I was just in pure survival mode.

I was shocked and surprised to find myself back where I had started almost ten years earlier, sitting on my floor with a burning candle and making yet another list. I was angry for a while. I didn't want to hear from one more person how everything has a purpose or that I should meditate. No amount of knowledge about the workings of the universe could fix this, and the **Law of**

**Attraction** was bullshit because I certainly did not attract this! I was the **Bleep** girl, for fuck sake. I am the amazing manifester of all things wonderful. This shit does not happen to me!

When we suffer a loss, we go through many stages of grief, and I was hunkered down in denial. But there was one thing I couldn't do, no matter how hard I tried. I couldn't undo what I knew—that the only way I was going to get my life together was to start over and make a new list. It had actually worked the first time, and I had gotten everything on it that I asked for. When I made that list, I had found my inner voice, and she helped me believe I was worthy of my dreams. I had just lost her somewhere along the way. By finding that inner voice, I had peeled back one layer of my onion, and it worked for a while. Now I needed the willingness to dig deeper into myself to weed out the stubborn roots of my past. I guess the old saying "if at first you don't succeed, try, try again" makes sense here. Although now I understand that it wasn't a failure; it's a process.

What I learned about the **Law of Attraction** was that it wasn't a gimmick or a toy I could whip out at parties. It was real, but not in the way I had understood it. The **Law of Attraction** works because it gives you exactly what you are being—like attracts like—no bullshit, no floating on the bubbles of bliss, and no riding the quantum foam.

You can fake it all you want, but unless you dig up the bones of your beliefs and make the necessary changes, you will only get what you are really asking for. You will only get what you're truly emanating into the quantum field. No matter how many nice thoughts and vision boards you have, no matter what you're asking for, if there are a bunch of defeatist, victim, angry, lack-filled subconscious programs floating around in your brain, that's what you get.

So be careful what you ask for, and be clear in what you ask for. And be patient with yourself, because getting what you really want sometimes takes getting what you don't want first. And sometimes (most of the time), what you get is probably what you need in order to finally understand what to ask for.

That other ginormous adage we love to shout out for all to hear, as if we really want to lay claim to it, is "I create my reality!" Okay, I'm guilty of perpetuating this baby. To be fair to both films (*The Secret* and *Bleep*), we did have good intentions, and we weren't completely off base.

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Betsy Chasse

# TIPPING SACRED COWS

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But guess what. You don't really create your reality. Some say reality is collectively created through our collective consciousness (since we're all connected).

Others say it was created by accident, and still others say a big guy in the sky built it as his ultimate playground and torture chamber. And yes, it is made up of all sorts of cool things like electrons, quarks, and other particles, but again, all that is just mental masturbation. If anyone tells you they know, emphatically and without a doubt, what reality is, then they are either the second coming of **Jesus** or an arrogant asshole who needs to go read another book (and since I like to think I'd recognize the second coming of **Jesus** if I were, you know, there when it happened, my money's on the "go read another book" option).

Even if the observer affects reality, mostly we only do it on a very, very (insert very-infinity here) small level, and individually you aren't really creating the reality of the chair you're sitting in to read this book. Okay, maybe you went to a store and bought it, but magically manifesting it out of thin air—I think not. It's probably still there even when you're not.

I believe that what you're really creating is your opinion of reality, your experience of it, which, as I have said, is tainted by your beliefs about it. In other words, while it's true that when you step in that pile of dog poo in your yard, you can perceive it any way you like and therefore create a reality in which you see that pile of poo as a gift to your grass or as a nuisance, but you still have to figure out how to get it out of the nifty grooves in your tennis shoes.

And thus the mundaneness of life rains on your reality parade just a little bit, and you are left feeling vaguely damp. Then, in your newly dampened state, you begin to ask questions like "**Why on earth did I bring this dog poo into my life?**" and "**What's my lesson here?**" because we **New Agers** love to see the meaning in everything, even the dog poo, and we love nothing more than an existential quest into the meaning of said dog poo.

Can't it just be poo? Must I find some kind of awesome meaning in scraping the shit out of my shoe grooves? I mean, I can, but should I? Because here's the real deal—at least the way I've decided to perceive it. You did not reach into the quantum field and manifest that poo in order to send yourself a message of deep meaning. The dog simply pooped. It's neutral poop.

The same pretty much goes for car accidents, ski accidents, and even the fun stuff like when you see signs for **Hawaii** everywhere and you begin to think, "I need to go to **Hawaii**." Can't it just be that **Hawaii** is on a big advertising kick? While it may be true that you need a vacation, the universe probably isn't sending you messages about it. The universe is neutral until you make it your own reality; the meaning is coming from you, not the other way around. You will see what you want to see and attach the meaning that best suits what you think you want, so if you've been hankering for a trip to **Hawaii**, well, you're going to find a way to get there. But it's still your hankering.

I jumped on the "**I create my reality**" bandwagon pretty quickly, and why wouldn't I? At the time, my life was going pretty damn great, so of course I wanted to take credit for it, but that meant I also had to take credit for the times in my life when it wasn't all peachy keen. I had to take credit for both the shit and the roses.

Again, because my life was pretty good at the time of this "**I create my reality**" realization, I must have felt I needed all that stink in order to smell the roses.

But here's the thing about "creating reality." When we choose to attach meaning to something, the meaning we're most likely to attach is the one that comes out of the belief machine in our head. So yes, you are indeed "creating a reality," but (and I'll say this again, because it bears repeating) instead of thinking you magically dropped that chunk of reality there, you should be wondering why you are attaching the meaning you are attaching to the collections of particles in front of you.

How do you want to see that long line of traffic in the morning? Is it an opportunity to listen to that awesome book, or is it a hindrance because you're late, or is it just traffic? How you perceive things and how you respond are what create your reality. Reality is just reality, and I've decided I have enough meaning in my life, and a little discernment is a good thing. There is a time and a place for meaning, and it's not always in the dog poo.

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Betsy Chasse

# TIPPING SACRED COWS

*...continued from page 51*

I hope you're relieved now that you can let go of finding meaning in why your dog loves to poop in your favorite part of the garden. But even if not everything has to have a meaning, it's also possible that everything could be an opportunity to fine-tune your behavior and learn a thing or two about yourself in order to not have to constantly search for meaning.

A good place for this kind of nuanced fine-tuning of behavior, for me anyway, is in the relationships with the people we surround ourselves with. It can be fun (or traumatizing, depending on the relationship) to really look at how you behave and how you react to another person (the meanings you attach to them and their actions). Your behavior and your reaction (not theirs) can tell you a lot about yourself. The spiritual premise that is often used in conjunction with this is that the people in your life are mirrors for you to reflect upon your own self. You "attract" them because you need to learn something about yourself or maybe you need to learn something from the encounter. I believe that this is true to some extent, because we can learn from how we interact with other people. But are you really manifesting these people in order to learn something, or are you simply responding to the beliefs you already have about yourself and gravitating toward the people who agree with your beliefs? Or is it the same thing?

Here's a fun word: responsibility. If I am the creator of my own reality, then I am creating/attracting everyone in it. Wow, that's a lot of responsibility. Suddenly I am not only responsible for me, but also for them and everything they do, because somehow it's all because of me. Can you spell narcissistic?

In my relationships, it took me a while to realize that I am the one doing the doing because the lens through which I participate in the world is mine. This was a relief, this realization, because if I was doing the doing in my life, that meant everyone else was doing the doing in their lives. Suddenly I was able to let go of the idea that I could or should do the doing for anyone

else, that it was, in fact, impossible to be accountable for creating or maintaining someone else's reality and decisions. I can self-determine exactly one person, and that person is me. What's important is my ability to respond.

Which led me to finally understand that I am responsible for me, my reactions, and my responses to input from others. The people in my life are not doing anything to me in order for me to "learn." They are simply being themselves, and I am attaching meaning to their behaviors based on my beliefs. Furthermore, I realized that if I took a moment to really listen and pay attention, instead of simply slapping my beliefs like a voiceover on top of their pretty faces, I would realize that a lot of interactions probably aren't going to go where I truly want them to go.

I will say that I have had my not so great moments when I got really honest with myself and acknowledged that I had, indeed, invited people into my life who, from my end of things, sucked. It is a hard thing to say, it was me. I had that drink, I went home with him, and I married a couple of the "hims." Okay, for full disclosure, I have been married twice, once when I was very young and even more confused than the second time.

But no one operates in a vacuum, and sometimes you have to stop yourself and realize that the people in your life are doing their own thing in the same life-scenes that you are a part of. Like actors in a play, we all feed off the energy and the nuance of one another to create the stories of our lives, both the joint story and the singular story.

And that is how and why we mutually feed into, on, and off the set beliefs we have established about ourselves. We're hearing our set of beliefs, and they are hearing theirs, and neither of us is really listening. When you realize that, your behavior around people will change.

And there it is. Another reality that is mundane but highly significant: ***we change throughout our lives. And we don't change at the same pace as one another.***

Which means that sometimes, when we change our beliefs and the other person is still feeding off the way it was, we may find that the other person sort of doesn't belong there anymore. When that happens, it's neces-

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Betsy Chasse

# TIPPING SACRED COWS

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sary to collect what we can from them and move on. In the process of doing this, you might find a silver bullet of understanding about yourself and why this person was in your life in the first place. Learning this about yourself may be hard, but you will if you're willing to be honest.

But then what? Once you've had this ah-ha! moment, and you've uncovered some belief about yourself, this person doesn't just suddenly evaporate or melt away. I know, I know. "They" say the people who no longer match your energy go away. Unfortunately, that's not always how it goes. Sometimes you're stuck with them, in which case you have to change your reality about them.

This was the case with my divorce. I have kids with my ex-husband, and he's not going anywhere anytime soon, even though I have changed and I "believe" he hasn't, at least not in the way I expected him to (expectations are a real doozy). I stood around for a long time waiting for him to change, thinking that since I created my reality, I had also created him in order to learn what I needed to learn. I felt like I had learned all that I could from him, so why wasn't he doing the dance my puppeteer hands were demanding he do? What did I do to create this? Why wasn't he doing what I wanted? It must be me; there must be something else.

I spent almost two years feeling frustrated and angry and hurt after my divorce. I always attempted to take the higher consciousness road (and failed most of the time), but I often focused on seeing my own failures in why my ex-husband and I could not get along, why our divorce was so ghastly, and why we fought so brutally. I blamed myself over and over again, as if I was somehow responsible for the way he was behaving and I could somehow change it. As if I could somehow change him. He wasn't being what I wanted him to be—why couldn't I control him?

When we grab hold of the notion that we create our reality, we begin to see ourselves as the masters of the universe, the ultimate puppeteers, and to some degree we are, but it's important to know whose strings we actually strum.

One morning not too long ago, after living in my own hole of blame and disappointment at my failure to manipulate my puppets, I woke up and it hit me. I could manipulate him, but not by assuming I had created him and therefore held the strings. He was his own creation and I was mine.

I began to focus on my own movements, my own steps, and let him do his own dance. *It was a dance that hadn't changed, at least not that I could tell, but my perception of it had and therefore so had my reality around it.* I changed my language from asshole to human, flawed human, like me. I found compassion instead of anger. I stopped making it about me and realized he had his own set of rules he was living by.

It's more than just rearranging the furniture. It's an actual paradigm shift, so to speak. There is no magical poof where the walls disappear and the car in the driveway morphs into a **Porsche**. It's a perceptual shift with same walls and same car, but a different perspective. Not reality bending—perception bending.

I had been seeing my ex-husband as an asshole, so that's what he was being. Once I stopped seeing him that way, he stopped too. Because we have kids, he will be in my life for a long time. I can either spend the next twenty years dealing with an asshole while he deals with a person he perceives to be a controlling bitch, or I can get practical.

Whenever I have to deal with something relating to our life, I get very clear on the outcome I desire, why I desire it, and from what perspective I am having that desire, and I decide if it is really necessary. When I do that, and do it for real and not half-assed, everything seems to work out exactly as I intended. No fights, no drama, no asshole or bitch. Just the facts, ma'am.

So there you go—I do create my reality. I just wish I could figure out how to find Ryan Gosling.

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



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

Louise Hay

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

Ma Yoga Shakti



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