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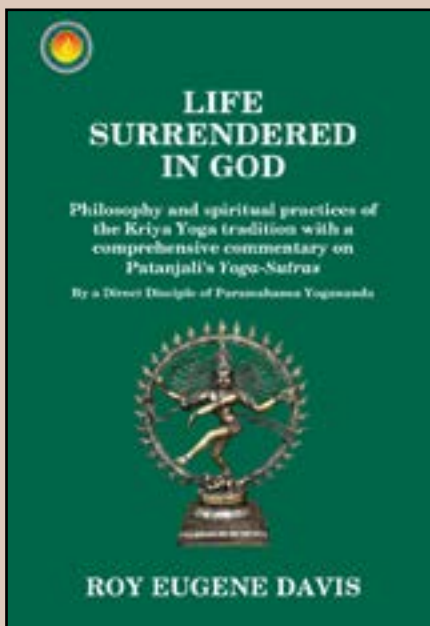


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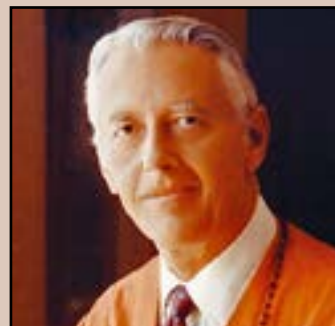
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12 STEPS OF SPIRITUAL FREEDOM

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

Email dr.tomsannar@gmail.com

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

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

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

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
Image by Elyas-Pasban

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 Dittkoff
Tom Sannar
Jeff Brown
Jim Egan

Our Advertising Rates • Low because we're in it for the outcome, not the income	4
12 Steps of Spiritual Freedom by Rev. Tom Sannar	4
This Month's Thoughts About Things with Andrea de Michaelis	6
Soul Songs: Abraham Fun with Karen Williams	6
The Teachings of Abraham-Hicks	7
Keeping Head and Heart in the Game with Dr. Joe Dispenza	5
Tipping Sacred Cows by Betsy Chasse	9
Herb Corner with Cecelia Avitable	10
Mysterious Man with the Ladder: Stories That Bend Reality by Jim Egan	11
Seth through Jane Roberts	13
Ask Michelle Whitedove, Celebrity Psychic	14
Essential Life Hacks with Mokshapriya Shakti	15
Notes From The Universe with Mike Dooley	16
Spiritual Graffiti with Jeff Brown	16
Crystals, Rocks, Minerals: Daily Use & Practice with Sharron Britton	17
What I learned from 14 Hours in a Row of Bolero with Mitch Dittkoff	18
Frank DeMarco: My Sessions With TGU (The Guys Upstairs)	19
Solar and Lunar Celebrations of the Ancestors with Debra Strasser	20
Gardening The Medicine Way with Debra Strasser	21
Our Phone Directory	26
Monthly Horoscopes	36
Our Mission Statement	48

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

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



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

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE JULY 2022 HORIZONS MAGAZINE. WOW. **Roe v. Wade.** The Supreme Court's decision is sad and unbelievable, out-ranking inflation and \$5 gas. **WARNING FIRED: SCJ Clarence Thomas** stated the court should also reconsider the rulings that protect birth control, same-gender relationships and same-gender marriage. This will be on the minds of voters in **November.** **Roe** is on the ballot. It's encouraging to see social media full of supporters harnessing their sadness and outrage, organizing and offering solutions. The decision has definitely energized the **Democratic** base, particularly suburban women and young voters. Record turnouts are predicted across the nation. Do what you can, join a local group, help out where you're able.

...continued on page 46...

Do what you can, find a local group, help out where you're able. Thank you for everyone who added kindling and wind to this massive bonfire, we will use it to light the world on fire, to make change for good, to protect and make it safe for all.



image Elyas-Pasban

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

PUSH THE EASY BUTTON

Perhaps I've adopted the common belief that one must earn or pay for every good thing - intangible and tangible - that is received or achieved. In order to become successful and financially free, I must work diligently. To be healthy, I must consistently exercise and be nutritionally vigilant. To be slim, I must forego favorite foods. To live to a ripe, old age, I must cope with physical/mental deterioration. To be loved/appreciated, I must serve/please others. To receive God's favor or eradicate karma, I must live in ways I would not otherwise choose.

Believing that everything has its price makes for an arduous life and one dramatically opposed to the fun, easy

adventure I planned when I entered physical experience. My desires are designed to come to me not through effort and suffering but through mental focus.

As I go about my routine, I practice turning my attention away from what I don't like and don't want and toward what I do like and do want. As I make this my work, all else will seem like play.

Through positive mental focus, financial opportunities will open up. Healing will occur. My body will gradually shift toward my ideal image. Unconditional love will find me. And those burdensome tasks I used to perform will start to feel fun or will leave my experience for good.

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.

MEDITATION IS NOT A RARE STATE OF BEING

Let's start with your conversation about not feeling any necessity or any impulse to meditate. So, we want to remind you what meditation is - from our perspective its purpose is the releasing of resistance and the allowing of the rising of a vibration. It doesn't matter at what point in your day you've focused in a way that you've allowed your vibration to rise.

We want to call your attention to a cork that's bobbing on the surface, and you hold it under the water - we would call that resistance or something that's unnatural to the cork (you being the cork). And that when you let go of that, the cork would naturally return to its buoyant, higher vibrational (in our analogy) position.

And so, when you are not doing that thing you do that holds you in resistance, then you are naturally in that state. We don't want anyone to believe that meditation is a rare state of being, we want you to remember that it's your natural state of being, and that not being in that high-flying, good feeling, light-hearted place is what's the weird part of life. Even if there are more people there than not, it's still the weird part of life; it's the exception. Who You are as an eternal being is mostly this buoyant being, and who you are when you are in this physical form could be that, too.

Now, what's happened to most of you is that as you came into physical form, your powerful intention was to take that buoyancy and that knowledge of the **Laws of the Universe** to focus it into a time and space where you could experience the measurement of progress incrementally - it's so that you could feel the hands in the clay, the hands-on experience of deliberate creating.

And so, there is nothing in all of the **Universe** more enjoyed by those like us who are currently focused from our Nonphysical perspective, or those like you who are currently focused from your physical perspective - there is nothing more delicious in all of the Universe than to be in a place where you can consciously witness the workings of the Universe as the Universe does

your bidding for you, as you get to stand in a place of deciding what would be better (and each gets to decide that), and then get to focus that knowing of what would be better into the place where it actually feels better and manifests.

When we say to you that you are the creator of your own experience, when we say to you that you are the center of the Universe, we mean that in the fullest sense. And it is only when you're really tuned-in, tapped-in, turned-on to the knowledge, to the beingness of the whole of who You are that you even begin to approach your life in the way that you intended as you said that you would come forth into this experience.

And so we spend some time as we are together pointing out to you your physicality and your Nonphysicality, and now we are really emphasizing in ways that some of you are beginning to hear that the Nonphysical part of you is so present with you all day every day. We love hearing from you that you have so much focus in things that make you feel light-hearted and buoyant that you don't require going to some place where you stop thought.

What you just said to us is "My thoughts are so much already influenced by my Inner Resources, and my awareness of my Guidance System and my desire to feel good is already so powerfully in place, that I stand in a position of being physically focused in a physical body mostly under the influence of Source Energy," which is what all of you intended to do at all times.

So, as you stand in your physical body knowing that you are there mostly, and aware what to do if you ever find yourself not there, then you have fulfilled your dominant reason for being here in this physical existence.

And this is what you said: "I will go into a physical body as part of the consciousness of that which I wholly am, and I will interact with other magnificent physical humans, and they will be diverse in that which they offer. And I will not find judgment from myself and a desire to push against them - instead, I will see from my exposure to them more clearly who I am, and more importantly, what I can be. For, without the differences that we all provide for one another, no new insights would ever come to me, and no new experience could be had by me or anyone else."

And so you said "I will provide for **All That Is** an avenue for expansion. And when it happens, I will feel the burst of motion forward - I will feel it in my being - and then I will stay up to speed with that forever more."

...continued on page 22..



KEEPING YOUR HEAD AND HEART IN THE GAME

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

Before you go to bed tonight, why not take some time to think about what you did well today with regard to your personal growth and evolution? If you are truly engaged in the process of personal change and transformation—if you are actively doing the work daily in order to create changes in your life—why not take an inventory to see when you consciously matched your behaviors to your intentions? If you want, you can even keep a notebook beside your bed and begin recording these reflections. *You can start by asking yourself questions such as:*

Was I able to align my actions with my thoughts when my eyes were open?

When did I stay calm while everyone else seemed impatient, judgmental, and distracted?

What thoughts did I stay conscious of that normally slip by my awareness unnoticed?

How long did I stay in the feelings of my heart during the day?

What synchronicities and serendipities showed up in my life?

When did I not react to the same person or circumstances in the same old way?

What do I love about myself that I did well today?

In other words, if in your morning meditation you were becoming your new self, and during the day you were working on overcoming some aspect of your old self, why not observe and review who you were being during the day and celebrate your efforts? If you worked on staying present and calm, relaxed and awake, instead of unconsciously living in one of your programs, celebrate yourself. When you begin reminding yourself what you did right today, then you can do it again tomorrow—and the day after that—until it becomes more natural and automatic.

WHY IS THIS IMPORTANT?

However big or however small, it's a great practice to celebrate your victories. If you can begin revisiting your successes—thus remind yourself of them on a daily basis—you're firing and wiring new circuits in your brain, while at the same time continuously laying down new neural pathways that allow you to become more and more familiar with repeating the act the next time. Done properly, you're practicing staying conscious and awake instead of unconscious and stressed.

...continued on page 43...

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WHO IS THE UNIVERSE & WHY DOES IT HAVE ALL MY STUFF

I share a lot about my kids. I am bracing myself for my daughter's teenage years when she reads this book and decides to use only her father's name as a way to separate herself from me and my stories about her youth. Hopefully when she's older she'll appreciate the gratitude I feel toward her and her brother for the wisdom they have brought me.

For me, raising children has been one of the greatest opportunities to observe the human condition in action as it sets in, takes hold, and forever separates us from our true selves. Until, that is, we figure out that we probably knew more at five than we do now. One of the traits that never ceases to amaze me about my children is their innate ability to manifest what they want effortlessly.

Or at least it seems effortless. They simply wish upon a star and somehow that new toy, that play date, that candy bar from the check stand just appears. I think my kids are masters at this, and it's not because I'm some pushover who just gives in. I'm tough. I am a mom of steel as we stand at the checkout, and they beg and use every power they can wield against my steely “No.” But I'll tell you right now, when I am looking for a parking space in a crowded parking lot, I tell them to put out their parking mojo, and sure enough, within seconds a parking spot opens.

Speaking of steel, my son fell in love with **Superman** and told me, all matter of fact, that the **Easter Bunny** was going to bring him a **Superman** doll. As a result, I searched high and low for a **Superman** doll, but with no luck. I mean, just about every other superhero you could imagine was available, but for some reason **Superman** hadn't had his turn in the mega blockbuster summer movie. (This was before the new **Superman** movie—now the dolls are a dime a dozen, and my son could care less. He is always ahead of his time.)

Anyway, one evening we went for a night out at a local shopping mall. It was an outdoor spectacle complete with its own free trolley ride that the kids could ride as much as they wanted. This mall had an old-style toy store, one that still stocked some of the oldies like **Slinkys** and retro **Pez** dispensers.

I thought for sure they'd have an old **Superman** doll, but shockingly they didn't. They had every other oldie but goodie superhero, but no **Superman**. I began crafting an easy letdown for my son, telling him the **Easter Bunny** might not be able to find a **Superman** doll and maybe he should think about something else. He looked at me like I was nuts and said in his little man voice, “Mom, seriously, the **Easter Bunny** is gonna come through.”

So off we went to ride the trolley. As we rounded the bend toward the end of the ride, the conductor announced that the **Easter Bunny** had set up shop in the center of the mall and was taking visitors. My kids' eyes lit up, and they squealed with delight. Ugh, I thought. There goes forty bucks on a picture with a bunny in a bad suit, but I couldn't say no to those little faces, so we dismounted our trolley chariot, and they went running straight for the little house all **Eastered** out with spring colors and eggs and whatever else the **Easter Bunny** has at his cottage. Although not out of sight, they were all the way across the court when I heard my son shout, “MOM, MOM, OH MY GOD!” I wasn't sure if it was a fearful shout—like the **Easter Bunny's** head had fallen off and my little **Max** would be forever scarred, wondering if all mystical beings had human heads underneath their own—or if something cool had happened.

...continued on page 32...



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HERB CORNER

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

PROSTATE HEALTH AND BPH

The prostate is a walnut sized gland at the neck of the bladder. The enlargement of the prostate tends to affect all men, but it mostly affects older men. Symptoms of an enlarged or inflamed prostate can be pain or difficulty in urinating, increased urination especially at night, a burning sensation when urinating or feeling the need to urinate with little to no urine. Prostate problems can be caused by hormonal imbalances, it can be due to foods loaded with hormones (beef, chicken, eggs, or dairy), diets high in saturated fats, poor circulation or lack of mobility.

This condition can be prevented by supporting the health of the prostate naturally with herbs, supplements, dietary and lifestyle modifications before any problems begin.

SUPPLEMENTS that may be of benefit to the prostate are **zinc, lycopene, lignins, essential fatty acids, selenium, boron, Vitamin E and D3, and Gama linoleic acid (GLA.)** In fact, the prostate needs ten times more **zinc** than any other organ.

Zinc is necessary to help shrink swelling of the prostate helping it to heal quicker. It also blocks the "bad" potent form of **testosterone, dihydrotestosterone (DHT)** that can cause the enlargement of the prostate.

For the prostate, these supplements have been found to decrease PSA levels and oxidative DNA damage, improve the immune system preventing many prostate diseases, reduce inflammations of the prostate, relieve bladder obstructions and balance hormones.

...continued on page 29...



THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

THE DUCK

One of **The Man with the Ladder's** favorite parks consisted of little more than an eruption of a few trees and benches in a long, narrow plain of tarmac and pavement. It qualified as a park under the definition that a park was a place where benches and trees grew people. It qualified, but barely.

When he was growing up, people used to say that if you waited long enough on the corner of **42nd Street and Broadway**, you would meet anyone you wanted to meet. It seemed to him that the same was true of this park. People showed up there who had no business showing up there. It was as if it were an unmarked stop on some strange underground railroad. But who was conveyed where, by whom, was a mystery.

The Man with the Ladder was not in the least surprised when, arriving at the park one vibrant and sunny day, he found there, on a bench, in front of a cement table, a spiritual giant, a Seer, a Mystic, a Master. He almost didn't recognize him dressed as he was in a leisure suit and preparing to lunch on a duck.

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The Man with the Ladder hesitated only for a minute before he walked over to the master. "I heard you speak once," he said. I wonder could you...." He wanted to ask something, but suddenly his courage fled, and he mumbled instead, "It's unusual...."

"What," asked the master, "to see a man getting ready to eat lunch?"

"No, not the eating exactly, except that it's **Peking Duck**, isn't it?" **The Man with the Ladder** asked, pointing to the complete animal laid out on the table.

...continued on page 30...



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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 over 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 feel some type of calling and not sure what that means.

MORE THAN EVER, NOW IS THE TIME TO TUNE IN TO WHAT THAT CALLING MAY BE.

Morgana has re-imagined and expanded her business, school and process so that many more people can be reached and 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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Alexandra

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



Marcella

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.



Shannon

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

SETH ON MULTIPLE SCLEROSIS

ROB: Recently Jane received a telephone call from John Pitre, of Chatsworth Road in Franklin, LA. John asked Jane, whom he has never met, if **Seth** could give any data that might help John's wife Peggy, who has **multiple sclerosis**. Jane said she would be glad to try, although she had no idea of what **Seth** would say.

SETH: "The case is not yet hopeless, though it is deteriorating. (Pause. Note: not all pauses are noted.) The inner will to live must be revived. It is this inner will to live that is lacking now. At the heart of the condition, there is a series of psychological shocks that occurred. Now give us some time here. (Pause.)

Some difficulty lies in the inner psychological relationship between the husband and the wife—an inner issue she does not face, and reacts to the issue in physical terms. The issue itself is based partially in her own relationship to both her mother and father. That is, the issue is frightening subconsciously, because of peculiar and individual attitudes caused by her own relationship to her parents. (Pause.)

Physically, there must be **fresh air and sunlight**, as much as possible. **Peanut oil** to be rubbed on the arms and thighs. Also calves, twice daily. An addition of **iron** to the diet.

The mental attitude, the deep and true mental attitude, of everyone involved, should be altered if possible to one that is more hopeful. The woman is picking up and reacting to the negative thoughts of those who believe recovery is impossible.

There seems to be a male relative, I believe twice removed, perhaps an uncle, though I am not certain—a visit from him would be beneficial. (Long pause.)

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As an immediate step, all effort should be made to remove negative suggestions, as these are building up about her.

She has felt psychologically trapped for some time, this bringing about the physical trap into which she has fallen.

She should be assured that she is loved, but basically free. She should be assured then that love is not a bond, to hold her down. She does not feel free to be the person she knows herself to be. She does not trust her ability to stand up and face the world.

An excellent and carefully-chosen hypnotherapist, well-versed in such therapy, offers her now the best chance of recovery. It is most essential that negative suggestions be drained away from her, and replaced by positive suggestions (long pause), and a massive effort to do so as required.

A man like **Le Cron** (author of **Self-Hypnotism: The Technique and Its Use in Daily Living**, copyright 1964, published by Prentice-Hall, Inc., Englewood Cliffs, New Jersey) will recommend a reliable hypnotist.

...continued on page 29..

ASK WHITEDOVE



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

Dear Michelle, When a pet dies, does the pet's spirit stay around for a long time?

DEAREST, Yes, our pets love us and many of them will hang around for a while and even come back to check on you from time to time; depending on the person and their connection to their fur baby. Our animals love us unconditionally and they will stay while you are grieving. They want us to be healed. When they feel like they're still needed, they'll stay around in their **Spirit Body**.

Animals can move between dimensions very easily, especially cats. Cats walk between worlds when they are alive, Whales and dolphins swim between earth and the blue world there are **interdimensional portals**. [Hey, we are all **multi-dimensional beings**; when you dream at night, you are out of body, too!]

But when our pets die, they stay with us for a time then they go up to the first level of heaven, because that's where they reside in the first level of heaven called Paradise. Their soul will go there until it is ready to reincarnate. So your pet can visit and hang out with us at the house where they grew up and their spirit can come and go at their will.

Does the spirit show up when called upon?

No, not really, they definitely use their free-will and cats never come when you call them anyway (big smile.)

Here is a cool example I watched on TV:

This woman had a video camera inside her home to check on her pets when she was away... but one day they captured her black cat that passed away a year earlier - - you can see the transparent cat on the couch and it becomes more solid. Sadly the lady couldn't see it with her eyes, only on video (link here https://www.reddit.com/r/Ghosts/comments/h8w4xq/could_this_be_a_ghost_of_my_cat_anyone_able_to/)
Its legit!

Dear Whitedove, Are we Gender Neutral in Heaven? Do we change genders when we come to earth?

DEAREST, When we return to the heavens, we'll return to **God** and we remain mostly the same in appearance. We usually pick the gender that we are most comfortable with, you look to be in your prime of life around the age of 30.

For example, I did a **Past Life Reading** for a friend and I told her, As I view your lives, you mostly choose to reincarnate with the same look, you are tall, with long stringy dark blonde hair - whether you are male or female. But it's our eyes, the windows to the soul that mark us. Clearly it is you, your soul prefers a feminine role now, but when you were a **Viking** you were a real bad ass warrior. But that life took a toll on your soul.

In **Heaven** when you had to answer for the killings, the bloodshed and how the murdering effected generations, you watched as your life replayed, you felt the ramifications of your acts of violence and then there is the karmic debt for those deeds, too. You decided to stay in the Heavens much longer to heal, you were determined to reincarnate to be a peaceful warrior, which you have mastered after many, many times and being tested.

You see, before we reincarnate we choose the detail of our next life, our gender, mother and father, our life situations, family environment and the physical location where we will live. As in all things, we have our **God-given free-will** to choose your gender and we pick a family to suit our needs for the development of our soul.

Do we need to be brought up in poverty to experience lack? Or do we need a wealthy family who can afford flying lessons so that you can become a pilot? There is so much that goes into planning this life - so don't take it for granted.

We pre-plan many events so when you face a hardship in life, a financial crisis, danger, dramatic illness, the loss of a loved one or in times of great stress, we should remember that the crisis is necessary for our spiritual development. Most people learn lessons the hard way. Through difficulty comes growth. There are no accidents, there are consequences for all of our actions; everything we do is in God's grand plan. So when issues arise, we should see them as stepping stones not as stumbling blocks. Spiritual growth and understanding are key to moving forward.

Read> [SHE TALKS WITH ANGELS](http://www.michellewhitedove.com/books) I know you will love it!
<http://www.michellewhitedove.com/books>

ESSENTIAL LIFESTYLE HACKS



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CREATIVITY

Creativity requires us to start using our inner resources. To be creative we need to tap into our soul self, our heart center. It does not matter how we use our creativity. Mostly we think of creativity in the form of the arts like painting, writing, music. But creativity can be used in every part of our life. We are creative when cooking, we can be creative when doing day to day tasks like cleaning or gardening. All entrepreneurs are creative to start a business. CEO's needs to be creative to handle the business and its workers. A teacher needs to be creative to inspire the students. Actually whenever we are solving a problem, we need to use our creativity. So what is creativity?

Creativity is a way of thinking to come up with a new solution or a new way of doing something.

We look at things from a new perspective or angle. We get away from following the same way and come up with solutions not previously explored. This kind of thinking is required in all parts of our life. It leads to innovation and progress.

Our mind has neuro pathways we usually follow bcz they have been visited before many times. To be creative, we need to willfully move away from the familiarity of previous ways of doing things and create new neuropathways. We are not able to do so, unless we tap into what we call your *vigyanamaya kosha*. That part of us that uses our soul self for inspiration. Usually, we think of it as our *heart center* or our feeling of empowerment, self worth, love, empathy, compassion, joy etc. The source of creativity does not come from the ego mind, but from the intuitive mind. The intuitive mind is a vast storehouse of knowledge and energy.

The beauty about creativity is that we are required to use our inner feelings and knowledge. Creativity allows us to dig deep into our consciousness and release the beauty within. We are moving beyond the learned experiences to create new. When we are using this part of ourselves, we feel full of energy and joy. It makes us feel alive and gives us a feeling of accomplishment.

We all have an unlimited amount of creative energy. When this energy is not used it begins to boomerang back to us. Energy must be used! Energy can not be idle. If we do not use our creative energy it will become our destructive energy in the form of self-judgment, depression, boredom, hatred and many other negative emotions. Creativity is an essential for our life. If not used it will slowly destroy the beauty of living.

...continued to page 44

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SPIRITUAL GRAFFITI

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

Sometimes people avoid the beginnings because they want to avoid the endings. This is particularly true if we have negative associations with happiness.

If we have had the carpet pulled out from under us at moments of great vulnerability, we may prefer to avoid life altogether.

**But what is life without beginnings?
And what is life without endings?**

Life is lived in the spaces between. We must begin again, time and again, if we are going to live a real life.



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>

The greatest predicament of living in the jungles of time and space is learning to be happy while still having unfulfilled dreams.

The greatest challenge is not looking to the illusions for meaning, definition, and answers.

The greatest mystery is figuring out who you really are.

And the greatest reward is having predicaments, challenges, and mysteries that you have absolutely ached, crushed, and unraveled.

Lucky you,

The Universe



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

VESUVIANITE

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 Summer Solstice has opened the gateway to summer and all of us are feeling the heat.

I try to get out in my garden early in the day so I can water and absorb the outdoor beauty without danger of collapse, but it is clear as we move into the month of **July** that we all need a little assistance working with the energies of heat and sun fire. When we can channel these energies in a positive direction, the excesses can be released and we can usefully access power.

The crystal I want to bring forward to work with the summer heat is **vesuvianite**. Also known as **idocrase**, **vesuvianite** is a mineral created through volcanic action and was first discovered near **Mt. Vesuvius** which gives it its name. Most **vesuvianite** is green, but it can also be found in dearest of **yellow, brown, white and pink**.

My personal favorite vesuvianite locality is the **Jeffrey Mine** near **Quebec**. This mine is now closed. The mine was a primary source of **asbestos**, but the **vesuvianite** crystals from there are quite famous among collectors and are found in beautiful shades of **pink, green and magenta**.

...continued on page 31



Vesuvianite cluster,
Jeffrey Mine, Quebec

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WHAT I LEARNED FROM LISTENING TO BOLERO FOR 14 HOURS IN A ROW

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

During the course of a lifetime a human being goes through many rites of passage. Birth, for example. First love. The death of a loved one and enduring a **Republican** primary debate. For me, one of the most memorable rites of passage happened in college during my "pledge weekend" -- the weekend I was initiated into a **fraternity**.

I realize, of course -- especially in these politically correct times -- that **college fraternities** are rarely associated with anything remotely smacking of insight, awareness, or transformation. But for me it most certainly was -- at least on the rite of passage night I was initiated into **Pi Lambda Phi** -- an experience now permanently etched into whatever remains of my mind.

THE INITIATION? To sit blindfolded in a pitch black room, next to 21 of my sweating classmates, all of us holding 17 marbles in our left hands while listening to **Ravel's Bolero** for 14 hours.

That is not a misprint, folks. Fourteen hours of **Bolero**. Fourteen.

If you are not familiar with **Bolero**, allow me to briefly introduce it to you. It goes a little something like this: **dahhhh, dah dah dah dah dah dah dah dah, dah, dah dah dahhhh, dah dah dah, dah dah dah dah dah dah dah dah dah dah dah dah dah.**

It is, shall we say, an extremely REPETITIVE piece of music, a kind of mental military mantra, one that requires the kind of refined sensibility to appreciate that none of us in that room possessed. I think the operational word here is **TORTURE** -- a kind of classical music waterboarding experience I still have not yet completely recovered from. Five minutes of **Bolero** is usually enough for most people. Fourteen hours is like the last year of a really bad marriage.

Now here's where it really gets interesting. By the grace of the **Bolero gods** and the fact that the recording we were listening to had been made on a reel-to-reel tape recorder, every 17 minutes or so there would be a four second delay before the music looped back to the beginning. **FOUR SECONDS**. That was it. Every 17 minutes we had a four second reprieve from Mrs. **Ravel's** lunatic son.

What I learned during those four seconds taught me a lesson I will never forget.

Those four seconds were not memorable because of the **SILENCE** itself, but because of what happened DURING that silence -- the space that opened up -- a chance for the 22 of us to enjoy a blast of divine humor -- humor initiated by the youngest of us in the room that day, the **Honorable Barry "Boonbeam" Birnbaum** (now a much sought after attorney in **New York City**.)

What **Barry** did during those precious few seconds not only renewed and refreshed us, it most likely prevented the lot of us from spending the rest of our lives in a loony bin.

"**Nice beat, but you can't dance to it**" was **Barry's** comment during the first of our four second reprieves. "**More bass! More bass!**" was his commentary the second time around. "I much prefer the **London Philharmonic version**", he interjected after Round Three. And so and so on it went, 49 times every 17 minutes throughout that dark night of our collective soul.

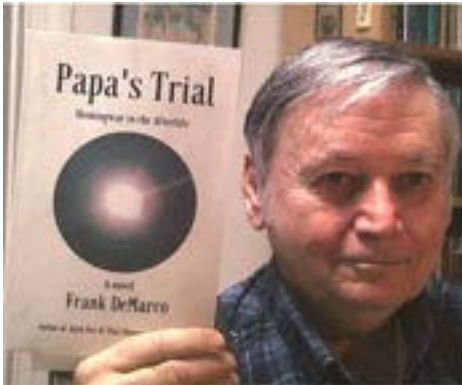
The smiles and laughter that followed **Barry's** comments refreshed our minds and rebooted our souls. Humor saved the day. Humor gave us new life. Or as **Gandhi** once confessed: "If I had no sense of humor I would long ago have committed suicide."

Humor is the great equalizer, no matter who you are and what you do. It opens the heart, relaxes the mind, diffuses worry, energizes, uplifts, renews, restores and rejuvenates. I like to think of it as one of the core universal truths on planet **Earth**. Beyond this **Earth**, I cannot say for sure, other than my perception that **ETs** from other worlds, at least in the pictures I've seen of them, never seem to be smiling. I don't get it. They are all so serious. All that "advanced consciousness" and still no sense of humor. Really? REALLY?

I have no idea if **extraterrestrials** listen to **Bolero** or think **Dave Chappell** is funny, but I do know this: **HUMOR IS A GIFT FROM GOD. Humor is divine. Humor is wisdom wearing a smile.**

Why else do you think the court jesters had the ear of the **King**?

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



DEATH AS RE-DEFINITION

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

Friday, August 13, 2021
3 a.m.

DeMARCO: *Fighting a sense of getting lost, here. So I set my switches for maximum focus, clarity, receptivity, and hope for the best. I presume you guys know where you want us to go. It has gotten fuzzy, to me.*

TGU: The key to understanding anything is to keep in mind, things don't come with extra, unnecessary parts. So the wider you cast your net, the more previously unconsidered factors you consider together, the more you learn. Even if you don't add anything you didn't already know, seeing them together may add to your understanding.

So, specifically, soul and spirit as they exist during 3D life, not merely after it. And for that matter (for we know it will appear to you to be a third condition), before 3D life, as well.

DeMARCO: *The soul is by definition the binding together of various elements in a particular time-space situation - how can soul have a "before 3D life" existence?*

TGU: As we said, we knew it would look different to you. After all, you see through 3D understandings. [Transcribing this, I see this could be read as if they meant we "see through" them in the sense of seeing through illusion. But they meant we see via 3D understandings.]

DeMARCO: *Well, enlighten us (though I'm getting a vague sense of it).*

TGU: The elements that will be chosen to be that soul exist to be chosen, do they not? They are the soul's pre-3D life, if you choose to look at it that

way, just as those same elements, crystallized or not, continue to exist after the 3D life is over - for, remember, "before" and "after" seem like absolutes to you, but from non-3D they look rather different. So to us it looks more like a division between "during" and "not-during" a given 3D life, with not-during not being split into pre- and post- as seems natural to you while in 3D.

So, spirit and soul - two aspects of one reality - exist in 3D during a life; at the same time, spirit does not cease to exist in non-3D, and of course soul exists in non-3D as well as in 3D (else how is your mind functioning by non-3D rules as well as by limits imposed by 3D conditions). Spirit and soul then continue to exist after 3D life, obviously, and this is the nub of what we set out to explore, is it not?

DeMARCO: *Yes. What is our experienced reality once the body packs it in.*

TGU: Your future is a direct extension of your present, only what changes is that your awareness is released from its 3D constriction, so you can see how it always was.

DeMARCO: *I take that to mean, we remain what we are, but much of what we are is invisible to us in our present condition.*

TGU: That's it. You live to greater or lesser extent as if the materialists' worse nightmares were true. That is, you experience mostly your 3D life, your closed-off individual subjective life, surrounded and shaped (not to say oppressed) by an "objective" external reality that may or may not have your best interests at heart but certainly doesn't seem to center on you.

...continued on page 35...



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JULY 2022

Welcome to July and the Dog Days of Summer! The Dog Days of Summer describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from? And what does it have to do with dogs?

One reason is because the hottest days of summer are associated with the star **Sirius**. **Sirius** was known as the “Dog Star” because it was the brightest star in the constellation **Canis Major**. For up to 35 days before and 35 days after our sun conjuncts the star **Sirius**, close to **July 4th**, it is hidden by the sun’s glare.

The ancient Egyptians refused to bury their dead during the 70 days Sirius was hidden from view because it was believed Sirius was the doorway to the afterlife, and the doorway was thought to be closed during this yearly period.

The ancient **Egyptians** also noticed that the rising of the star **Sirius** would occur a short time before the annual flooding of the **Nile**. The rising of **Sirius** therefore kicked off the farming season in ancient **Egypt**.

JULY 4: Independence Day, United States

JULY 9: Baha’i: Martyrdom of the Bab - commemorates the execution of the co-founder of the Baha’i faith, the Bab

JULY 13: Full Buck Moon in Capricorn

JULY 17: the 17th of Tammuz, Judaism.

JULY 22: Sun enters Leo

JULY 23: Birthday of Haile Selassie, Rastafarian

JULY 28: New Moon in Leo

JULY 29: Muharram - The first month of the Islamic calendar.

JULY 30: Rath Yatra - Hindu festival associated with Lord Jagannath (avatar of Lord Vishnu)

The 17th day in the Jewish month of Tammuz, Jews the world over fast and lament to commemorate the many calamities that have befallen the people.

Moses broke the tablets of the law he had been given on Mount Sinai, the priests in the **First Temple** stopped offering the daily sacrifice, the walls of **Jerusalem** were breached by the **Romans** in the **Second Temple Period**, a Roman general named **Apostomos** burned a Torah scroll, and an idol was erected in the Temple by the **Romans**.

Have a Blessed July.



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GARDENING THE MEDICINE WAY

HELLO SUMMER!



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!*

There is not a lot of gardening for food and herbs happening in the intense summer heat. The only thing growing is the grass and the weeds. While taking a pause in the garden, it's a great time to take a moment and notice some of the weeds growing around you. Whether or not you incorporate it into your landscape is a matter of preference, but it's nice to be able to name the plants you determine to be friend or foe.

Creeping into every yard, garden or flower pot it can find, is **oxalis or wood sorrel**. We can all recognize the clover shaped leaves of **wood sorrel**. I remember rummaging through patches as a kid, thinking I could find a 'lucky four leaf clover'. A four-leaf clover isn't a special variety of clover; it's just an unusual mutation of a three-leaf clover.



Wood sorrel

I wish that someone had encouraged me to taste the tangy **wood sorrel** leaves as a kid, it's rich in Vitamin C. Historically, it was used to treat **scurvy, fevers, urinary infections, mouth sores, nausea and sore throats**. Its qualities and flavor are similar to **sheep sorrel**. All parts of **wood sorrel** are edible including leaves, flowers, seed pods, and roots. **Wood sorrel** has a long known history of culinary use in ancient cultures.

Often described as awful, smelly and invasive, the **Momordica charantia** or **balsam pear, bitter melon**, it thrives in hot weather. The vines of this plant can grow to 10 feet or more throughout your shrubs and trees. In many parts of the world, this plant is not considered a nuisance at all. Known as **cerasee**, its leaves are dried and used as a tea for **diabetes, digestive disorders, fevers and ulcers**. **Cerasee** is especially sought after as a detoxifier.



Bitter Melon



Gotu kola

Mixed in with the **dollar weed**, or often mistaken for it, is **Centella asiatica** or **gotu kola**. **Gotu kola** also has a historical reputation for boosting mental activity and for helping a variety of illnesses, such as **high blood pressure, rheumatism, fever, and nervous disorders**. Some of its common applications in **Ayurvedic medicine** include **heart disease, water retention, hoarseness, bronchitis, and coughs** in children, and as a poultice for many skin conditions.

You will likely still spend plenty of time pulling weeds out of the garden this year, but at least you can now appreciate that they do have a purpose. And perhaps you might even relabel some of your weeding as "harvesting" and gain some nutritional benefit from what you once considered a nuisance!



Esther Hicks

ABRAHAM HICKS

...continued from page 7

That's what your **Inner Being** does: When you launch a rocket of desire, your **Inner Being** stays up to speed with that forever more. It becomes a constant vibrational point of attraction. And when you catch a whiff of what that point of attraction feels like, and you tune yourself to the frequency of that point /of attraction, oh, now the whole of You is interacting.

Now you are that bright light that we were talking about, that bright light that we could see so evidenced. You didn't have some question that was lugging it down, you only had desire that was uninhibited and not hindered in any way - no resistance whatsoever in your vibration. It's how you want to walk through life experience, which means as others see you, some of them can't see you - some of them are blinded by your bright light, some of them can't see it at all, and none of it is any of your business, anyway.

BY TELLING A STORY YOU BELIEVE, IT BECOMES REALITY

QUESTION: A passion of mine is film making and storytelling, and for seven years I've...

ABRAHAM: Because?

QUESTION: Because that's who we are. This is a story-based Universe, right? The ancient Greeks knew this, and the fact that we went there and kind of saw their stories in relation to ours...I don't know, there's this powerful, powerful energy associated with storytelling.

ABRAHAM: Well, you understand that by telling a story that you believe, it's no longer fiction - it becomes reality. So are you wanting to tell stories that you want to become reality?

QUESTION: Yeah. For me at an early age, the first film that I saw was the first time that I really felt connected to Source. It was just a download of awe and wonder and serendipity - all these, you know, positive energies just rushing through you, and there's no greater feeling than that.

ABRAHAM: Especially today with all of the technology and possibilities. There are few limitations to hav-

ing a vision and being able to portray it in a way that others can see it.

It represents the ultimate in creativity because, with all these hours that we spend together, we're talking about how life causes you to form a vision that sometimes you can't even get a clear picture of, but as the vision that you've put together begins to take shape, and these thoughts turn themselves to things, where they come out where others can see them, that's the deliciousness of being in this time and space, that what you've gathered up can become a reality that others can see.

And this film making represents that better than anything else that you could point to, in that you can conjure the vision from start to finish, which means including all of the movement that you wish for in those who see your film, and then you can create something that then accomplishes that movement. It's like you're creating a film in order to satisfy creating the film, but in the creation of the film, you satisfy that other intention to create, which is to help people see what you see.

QUESTION: Right. It's been a practice of, you know, Esther calls it the magic. And for me, the magician architect is very prevalent in this kind of art - you're kind of a dream weaver, you're kind of bringing all of these kind of cooperative components together - audio, lighting, dialogue and stuff like that.

ABRAHAM: We didn't quite get it out there in the way that we really want you to hear it. Everyone is making a movie, and all of them - everyone - if they come to understand the way the **Universe** works and what their **Guidance System** is telling them, can create the movie; the outcome will come out where they can experience it.

And so, within that understanding, now you are wanting to replicate the way the **Universe** works by getting a vision and attracting all of the cooperative components so that it can come out where others can see it. So it's like a shortcut.

Most movie makers sort of squander the most important part of that, which is the demonstration of how the entire **Universe** works. Making a movie can be a literal demonstration of the way the entire Universe works.

Think about that - you have some ideas, you've been gathering them for a while, they're in your Vortex, they've been spinning around, you're tuned-in, tapped-

...continued on page 23...



Esther Hicks

ABRAHAM HICKS

...continued from page 22

in to your Inner Being, you're high on life, you feel really good, you get inspiration (which is your glimpse of what you have going on in there), other cooperative components come, you have a glorious time, just a great time having so much fun and pleasure and joy and love with the people that come and play with you, so that it's a life-giving experience. And then at the end of all of that, you spit something out which represents all of those harmonics.

And most who watch it have no idea of the importance of the creation that they're watching - they just go, tuned-in or not tuned-in, in alignment or not in alignment; they're doing some of all of that.

But really, it's irrelevant what anybody else thinks about it - only the joy that you have in the process of it is relevant. And if you really have a good time, so many will like it because they're all looking for an understanding of what you're going to need to understand in order to do it.

QUESTION: The theme - I've been searching for a theme, something to explore. And for me the idea of the **Apocalypse** or a **Judgment Day** - if you look at...

ABRAHAM: "I make my movie like I make my life."

QUESTION: Well, here's the thing: If you look at the stories from across our culture, everyone is fascinated with the end of times, right? And for me it's not so much that they're going to end, but it's the end of a cycle of oppression, and, you know, it's...

ABRAHAM: We would only go along with you on that as long as at the end, instead of it saying **The End**, it says **The Beginning**.

QUESTION: Exactly. So I wanted to see if you can kind of...we can coax something, some sort of how to deal with judgment, right? This idea of **Judgment Day**, like we're being judged.

I think that if you look nowadays throughout the world, people left and right - you call them clumps, you know,

your sexual orientation, your gender, your ethnicity - there are always people who are judging you. So I would like to explore that theme in a way that the Universe can just kind of flow and actually reveal.

ABRAHAM: Well, you don't want to take judgment out of the equation because **Step 1** involves variety and choices. So, maybe rather than calling it judgment, call it choices. What you're really talking about is **Step-5-ing** your way through life.

THE 5 STEPS:

1. You ask for what you want
2. Source answers
3. You align with what you want & release resistance.
4. You consciously maintain your alignment
5. You appreciate the contrast while you teach yourself how to release resistance and align with what you want

QUESTION: So, I've worked with kids who feel judged and oppressed. What would be the best **Hero's Journey** to take that character to show them that they're not, that they are the creator of their own reality? Like, what would be, from **Abraham's** perspective, the best journey?

ABRAHAM: All we will say about this, because lots of ideas will flow, and when you hit upon what is viable for you, you will know it. But these are the words that, if we were standing in your physical shoes, we would be offering to ourselves on a really regular basis:

"I want this film to be vibrationally accurate." Because, if it is in every part of it - not just in the way you approach it, and not just in the way you choose the cooperative components who will play with you, but in the writing of the story...

There are so many films that get down the road and present something that isn't vibrationally accurate. In fact, almost all films are that way, and so no one gets any real sense of how anything really works.

So just decide that the characters in your film will have some awareness of their own **Guidance System**, that they will be making deliberate choices that then represent the way their story line goes. And it doesn't matter which way the story line goes as long as early on in the film the person who is watching it understands that each character is writing his own part, and that the way it unfolds must be vibrationally accurate to the way this character has been shown to feel.

...continued to page 24...



Esther Hicks

ABRAHAM HICKS

...continued from page 23

HYPNOSIS -- YOU DON'T NEED A KEY TO UNLOCK A DOOR TO CONNECTION WITH INNER BEING

QUESTIONER: I've been a healer for as long as I can remember. I moved from physical healing to a way to heal without costing me anything - in fact, it energizes me - and that's using hypnosis. I've been troubled with previous recordings that I've heard from you about that and that's held me back a little bit, that's brought me to a much higher self-awareness and comfort.

Hitting on a previous talk where people have problems that originated way back and it's still holding them back, and this is the area that I've had a little bit of niggles with now. I've found a lot of people aren't even aware of that even in their childhood, and they're not aware that it's holding them back in some way. So one of the many processes that I've used to great effect is to effectively take them back as an adult to that childhood event and unhook them. And another discussion that I had...

ABRAHAM: Do you believe that if they are unaware of it, that they are hooked, and therefore they need to be unhooked - are you taking them back and hooking them before you unhook them, and then giving them reason to believe that that's what was holding them back, and so now they feel freer for a while?

AD RATES ON PAGE 4

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QUESTIONER: In a sense, I think I might be hooking them up with their true self. It's a hookup that way. I've talked to these people long after we've had our session.

ABRAHAM: That's the most important thing. How long after?

QUESTIONER: Sometimes years.

ABRAHAM: Good.

QUESTIONER: And they've just never looked back since then. So it's like the elastic band has been released and they're propelling into their Vortex.

ABRAHAM: The thing that you may have heard us say in response to questions about hypnosis - this is the reason for clarification around it: We want (and you do, too) people to reach for and find their alignment, and be guided from the perspective of their Inner Being. That way they hook up with their intentions that they've had coming in and the intentions that they've discovered along their way, because their Vortex is their true path - it is their true desire, it is their true nature, and it is the place from which they will find their greatest satisfaction.

And so, we also understand (and you do, too) the power of influence. So someone who has the ability (and there are a lot of teachers like that) to tune into their Vortex and tune into their intentions, who can see more clearly than they can see themselves, and who, in that alignment of wellbeing then offer the guidance that takes them there. That can only be a good thing.

But hypnosis, in and of itself, we cannot say is always a good thing because everyone who has the ability to get you to quiet your own mind and be under the influence is not necessarily in sync with who You really are and what you really want. And so, often when we are speaking to people who are not deep enough into the understanding of what true alignment feels like, then it's just not something that we are eagerly encouraging people to go off and do.

QUESTIONER: OK. When I'm working with people, that moment that I'm with them, I'm in love with them on a deep level. And that's when I find I get a really powerful...

ABRAHAM: Well, in that case, you are in complete alignment with your **Inner Being**, which means there's a very high likelihood that you're in alignment with theirs. But still, we just want to ask you this question:

...continued to page 25...



Esther Hicks

ABRAHAM HICKS

...continued from page 24

In some ways, does it feel to you like you're doing the work for them?

QUESTIONER: Never.

ABRAHAM: Explain that to us a little bit, because that's the sticking point.

QUESTIONER: One of the sort of metaphors (if you like) that I use is that people have locked themselves up in some way, and we find their cave ring, and we go through the keys until they find the key to their door and unlock the door themselves. It's not as if I'm handing them the keys, I just guide them in meditation, effectively, that they get in touch...

ABRAHAM: So the premise that you're beginning with is that there is a locked door that needs to be unlocked. And is there really? Is there a locked door between anyone and their **Inner Being**? That's our question to you. Did you have to unlock a door to get to where their Inner Being is? Did you have to unlock a door for yourself, or did you just vibrationally get there?

QUESTIONER: I vibrationally get there.

ABRAHAM: And so, can you not teach them that they could, too? Do you have to tell them that there's a door that they have to unlock? There isn't a door that they have to unlock.

QUESTIONER: Yeah, there is no door - it's all just in the head.

ABRAHAM: Perception.

QUESTION: Perception. It's whatever...in a sense, sometimes I go into trance with them, and it's what I pick up from them that I explain. It could be a walk in a deep, dark forest, and they find the wise person sitting behind them on a log. There are all sorts of things that just pop up, and I say it. Sometimes it doesn't seem to gel, so there's another thing that pops up. So I don't sort of...

ABRAHAM: Do you find everyone equally receptive to what you offer?

QUESTIONER: Not everyone has the same story, if that's what you're asking.

ABRAHAM: Can you find the locked door for everyone?

QUESTIONER: It's not always doors locked. Sometimes it might be a walk down into the garden and walking through an open gate that they didn't know was there. And still just perceptions... So I'm not sure I'm getting where you're coming from.

ABRAHAM: We're just knowing and wanting you to say it out loud, that everyone is different in their relationship with their **Inner Being**, and you find different people in different places. And so the same approach doesn't work with every single person - it's an intuitive thing that you're doing. And you can't teach that intuitiveness to everyone on the spot, but you can use your intuitiveness to guide them to something that they want.

And so our question is, when you use your intuitiveness to guide them to something that they want, is it something that sticks with them, or is it something that their life will then show to them in other ways?

We're not taking any issue with what you're doing except in this one slight way:

Does it make you all want to sit with him so that he can unlock your doors? [No.]

Well, that's good, because in lots of places there would be a "Yes, take me to my locked doors." And we want this to be an inside job. We don't want them to need to come through us or through you to find their own Inner Being. And so, now what?

QUESTIONER: Just, in talking with you now about this, I've felt a little bit held back because of those previous recordings. But with this discussion, now I don't feel at all held back.

ABRAHAM: That's important, because we have no intention whatsoever of holding you back. The only thing that we are wanting to add to this conversation (and you already know it) is the intuitive nature of your being.

In other words, that's what teachers and uplifters who are really effective have to offer - everyone has this **Vibrational Reality** and almost no one knows that they do, and so, when you know it and are able to tune to it, and are able to say things that then they feel resonance with that causes them to accept it, that can only and always be a really good thing.

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HERB CORNER

PROSTATE HEALTH AND BPH

...continued from page 10

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Nettle Root can also be used to help male genitourinary problems it helps the body to completely empty the bladder which reduces the urge to frequently urinate, it helps reduce pain and helps attain greater bladder control.

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SETH SPEAKS

...continued from page 13

The other suggestions I have made, the addition of **iron** and the use of **peanut oil**, should be begun at once. The bed facing the south. A change in the husband's attitude will affect the attitude of the ill woman.

The husband, now, should follow this exercise three times daily: He should imagine the energy and vitality of the universe filling his wife's form with vitality and health. Not a wishful thinking sort of thing, but a definite effort to understand that her form is indeed composed of this energy, and in this way he can help her use it to her advantage.

If possible he should touch her during this exercise, and it should be done morning, noon and evening. One of the shocks mentioned had to do with a death; one with an incident shortly before her marriage; marriage itself was a shock, and the third one.

Basically she was not ready for marriage. Beside this her marriage had a deeply symbolic, frightening connotation that was deeply hidden. She felt that marriage was a trap—the trap again, you see, and that it was a hampering of freedom. At the time this deeply-held subconscious contribution had nothing to do with her husband.

She has been literally wasting away, and she is at the mercy of the suggestions that she receives. This is why I stress strongly that all effort be made to achieve a more positive inner atmosphere.

The disease cannot be reversed physically.

A PHYSICAL REVERSAL will be the result of a SPIRITUAL CHANGE.

All those surrounding the woman absolutely must refrain from attitudes of hopelessness and negative suggestions, either implied or spoken. This in itself will bring her some relief. This in itself will allow her to improve to some degree.

A mental change therefore of those within her immediate environment is necessary.

...continued on page 45....



Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

"You have to order them a day in advance, don't you?"

"If you go to the wrong restaurant," replied the master jovially, "Any place that does not know what you want two days before you want it might as well be a **Burger King**." His look turned suspicious. "You don't want any," he asked, "that's not what you had in mind, was it?"

"No,"

"Good," said the master, "because I'm not good at sharing."

"It's just that I heard you speak once," **The Man with the Ladder** repeated, working his way up the incline to the request he wanted to make.

"I remember, I remember," said the master, "in front of **Bloomingdales**. It was raining. I remember you."

"But how could you? I was just one of the crowd and I wasn't even near the front. I was on my way to my aunts, and I wasn't even paying much attention."

"Nonetheless, I remember you. You were wearing an apricot colored work shirt. I hope you got rid of it-- it was an atrocity."

The Man with the Ladder was stunned by the accuracy of the master's recollection-- even though he himself liked the shirt. "But, but...", he stuttered.

"I remember, I remember. Why make a federal case of it?" the master shifted his attention to the duck and was preparing to start his lunch, wing first. "And I remember the story I was telling when you passed. It was that story about a man who hunts butterflies."

"That's right! That's what I wanted to ask you about. The story you told that day has haunted me-- but I could never remember how it ends. I was wondering if you might be able to tell it to me again after you've had your lunch."

"No time like the present, as a matter of fact there is no time but the present." the spiritual master managed to reply between chomps, "Once upon a moment there was a **man**

with a ladder walking through a park like this one when he came upon a **Buddhist monk**."

"Excuse me," **The Man with the Ladder** interrupted him, giving the spiritual giant a chance to sink his teeth firmly around one of the duck's legs. "I must not have made myself clear. The story I wanted you to repeat was the story of the man who hunted butterflies and that story didn't have any **Buddhist monks** or **men with ladders** in it."

The master let loose muffled grunting sounds which resolved themselves into a very distinct sentence. "Listen, if I can remember you--munch--and your apricot shirt in a passing crowd--munch, munch--give me credit for remembering how the story goes."

"But you said yourself that the story you told in front of **Bloomingdales** was the story of the man who hunted butterflies. Now what does that have to do with a **Buddhist monk**?"

"A great deal." the master replied, "You see that story then is not that story now. Times change, people change, situations change, so in order to tell the same story twice you've got to tell it differently to account for the changes."

"I don't understand. Why can't you just tell me the story the way you told it in front of **Bloomingdales**?"

"If I were to repeat it word for word the way I spoke it then it would have completely different connotations in the context of today. So much so that it would actually be a different story. Now if it were a rainy, overcast day and we were in soup kitchen in **Newark**, I might just be able to tell that story as the man who hunts **Buddhist monks**. But is it raining now? And does this look like **Newark**?"

The Man with the Ladder looked up quickly as if it might have started to pour without his noticing, but the sun was shining, and he had to admit it wasn't **Newark**. The master treated the issue as closed.

"Besides," he said, I've learned a thing or two since then." He finished stripping the wing clean, and started down the side of the duck, as if his teeth were following a map drawn on the duck's back.

"I am now a firm believer in--munch--spiritual economics." the master seemed to say. "Every truth worth knowing can be spoken in fifteen words or less. And every truth that can be spoken in fifteen words or less can be said in six or less."

Out popped the leg bone from his mouth clean as a silver spoon.

...continued on page 44

CRYSTALS, ROCKS

Photo by Karin Wolf



Sharron Britton

VESUVIANITE

...continued from page 17

Vesuvianite is a crystal ally that can help you break out of mental and emotional traps that lurk within your unconscious.

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If you are drawn to **vesuvianite** and would like one, it is not always easy to find. I am very fortunate to have bought several flats many years ago so my store always has them in stock and you should be able to find them in any good rock shop.



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TIPPING SACRED COWS

...continued from page 9

I ran to him, and as I approached, I was stunned. My mouth dropped open, and I stopped dead in my tracks as he stood there in front of the **Easter Bunny's** door holding a **Superman** doll. He was dancing a jig and screaming, "I told you, Mom! I told you the **Easter Bunny** would bring me a doll." I just stood there and said, "Yes, **Max**, yes, you did. Now, can you ask the **Easter Bunny** for like a million dollars, a **BMW**, and a really hot, emotionally available, independently wealthy man while you're at it?"

Okay, so here's how it happened. Outside the **Easter Bunny** cottage was one of those little carts you see at malls these days, like little mini-stores usually selling sea salt from the **Dead Sea** or phone covers, only this one had toys. It wasn't actually part of the **Easter Bunny** display, but it was just close enough to look like it to a five-year-old, and who am I to argue? As the kids went in to see the **Bunny**, I asked the cart keeper how much. He said, "You know, I don't know. I only have one of those things— it's the only one I got, and I just got it today." And that, my friends, is how it is supposed to work, or so I'm told. As I stood there watching my son snuggle his **Superman** doll and hug the **Easter Bunny**, I felt pure love and gratitude.

I wondered how come I couldn't do that.

I have spent many a night sitting on my porch swing, looking up into the vast universe, asking, begging, desiring, and wanting stuff. Just for clarity, when I say stuff, I don't just mean those **Jimmy Choos**. I also mean the transcendental stuff like peace and wisdom and happiness and love and all the other "stuff" we want. It's all stuff, and we all want it, and for some reason we can't seem to get it without help from the cosmos. When we do get it, we spiritual folks say, "**The universe** provided."

Which brings up the question, **Who or what is the universe, and why does it have all my stuff?** Okay, seriously, who the fuck is the universe, and how the hell did it just drop a **Superman** doll into my son's hand?

And why do I expect it to answer all of my requests and prayers as if it's some sort of divine vending machine?

Here's what **Wikipedia** says about **the universe**: "The Universe is commonly defined as the totality of existence including planets, stars, galaxies, the contents of intergalactic space, and all matter and energy. Definitions and usage vary and similar terms include the cosmos, the world, and nature."

Okay, so that's big. Totality of existence pretty much means everything. In the **YouTube** video "**The Most Astounding Fact**," **Neil deGrasse Tyson**, in voiceover, reminds us that we have something in common with the universe. We're made up of the same specs of energy, of matter. Which means (if you didn't get it with the totality-of-existence definition) we are essentially a part of the universe.*1

Anyway, if I'm a part of the universe, am I asking myself for all this stuff? And if I am asking myself, then why am I torturing myself? Give it up, woman! Apparently my kids already get this, which is why a **Superman** doll can appear out of thin air from the **Easter Bunny**. Maybe the **Easter Bunny** is the universe. Maybe whoever told me the **Bunny** wasn't real was wrong.

Once, before I was I and you were you, we were. Yep, we were. The story goes that we were the totality of existence. We played in the sea of potentials just being love and light, but apparently that got boring and someone, something, some prism of light in our little bubble of joy and love, got the bright idea that maybe we should give suffering and separateness a try—so BOOM went a big bang.

Through years and years and millennia after millennia, our divineness grew into the beings of misery and suffering that we are today. Or aliens made us— it depends on who you ask. Either way, we're an unhappy bunch for the most part.

Why are we so unhappy? Well, let me ask you: if you were wrapped in a warm blanket of love pretty much 24/7 and then all of a sudden you weren't, wouldn't you be unhappy? But here's the catch.

When we exploded into a bazillion little specs of light, we forgot something really important. We forgot that we still are a part of that totality of existence. We are a part of that love being that wanted to experience something other than joy all the time, so we popped the big cherry and here we are. This reality is our canvas. We are the creators of our lives, the painters of this masterpiece, and we get to paint it however we want.

...continued on page 33...



Betsy Chasse

TIPPING SACRED COWS

...continued from page 32

In the beginning of one of my favorite movies, **People v. The State of Illusion, Austin Vickers** describes our lives as a mosaic created by us. We are the artists, and the canvas, if you will, is the universe. “It’s our **Etch A Sketch**,” he says.²

It’s our playing field, and we have the power to put on it whatever we want. So why don’t we? I mean, I don’t know about you, but if I had a dollar for every time I’ve prostrated to that illusive universe, begging and pleading for something, I would probably have enough money to buy it.

But if the universe is an **Etch A Sketch**, an empty canvas, and I am the artist, then it is me I am groveling to, it is me I am begging to give me that which I seek.

If I’m seeking it, I’m telling myself I don’t have it.

Well, of course I don’t have it! Otherwise, why would I be asking for it?

Let me try saying this straight: if I am part of the universe and I ask the universe for a new pair of shoes, I am essentially asking myself for a new pair of shoes. (To be fair to the universe, which is me, I often give myself those shoes. Shoes are easy. It’s peace and happiness I seem to hold out on.)

The idea that I am the universe, or at least a piece of it, and that I am somehow, like **Mary Poppins**, carrying around a bag filled with answers to desires and wants, has always frustrated me. I mean, clearly, if I did have that bag, I would surely dig into it.

It took a while, but I finally realized that I have been asking myself for all the wrong things. I cannot paint that which I don’t truly desire, and while those **Jimmy Choos** are sexy and hot, I know deep inside they won’t fulfill me. I’ve painted that picture many times in my life, and I know what it looks like.

Again, we’ve come back to what are we asking for and why. Will that person, place, thing, or event actually give us what we are truly looking for, and why do you think you don’t already have it?

I’ve touched a bit here and there on the idea of separation. In attachment, separation is what makes us feel the need to get something when really, if it’s truly our soul’s desire, then it is a part of us, and therefore we already have it. No need to ask, just look and it’s there.

If I don’t seem to have what I’m looking for, then I can honestly say it’s probably because either I don’t really want it (it’s not my soul’s desire) or I’m asking for the wrong thing.

This is one of those nebulous “can’t touch it, can’t really see it” concepts—that is, until you finally do feel it for yourself. My son wanted that **Superman** doll, and he saw no reason he couldn’t have it. He knew that doll with all his being. He described it to me; he told me it would be soft so he could sleep with it, but it would have a lifelike face so that when he played with it, it would look real. There wasn’t a doubt in his mind about any of this.

When I told him that the **Easter Bunny** might not bring it to him, he assured me that the **Easter Bunny** would. But he also said to me that if the **Easter Bunny** failed to come through, he would get it for his birthday. My son was patient, and he wasn’t about to let his nonbelieving, bubble bursting mama rain on his parade. He knew he was connected to that **Superman** doll. It was his already, and how it landed in his arms didn’t really matter.

This concept of connectedness eluded me for a long time because I never really felt connected to anything. I couldn’t grasp that intangible idea. I kept looking for connection and couldn’t find it.

What I finally realized was that I couldn’t feel connected to a life that wasn’t my soul’s desire. I couldn’t feel connected to things that truly wouldn’t serve my true self.

I needed to clean my pasture and begin to ask for my piece of the universe from that cleaned self, not from the self that was bogged down in old beliefs about what I thought I was supposed to be asking.

Austin Vickers, besides being an awesome filmmaker, is an amazing yoga instructor. He told me about a yoga term **leela**, which means **divine play**. It can refer to children at play or to a divine story that is unfolding with me as its director. It’s like the blank canvas, and I am its painter. But how can I find the true colors that speak to me, the me who resides underneath all the beliefs, all the ideas about what is right?

...continued on page 34...



Betsy Chasse

TIPPING SACRED COWS

...continued from page 33

So much of what I have written about in this book is about finding the core of your being, that place where everything outside you doesn't matter because you already have everything you need inside. That is probably one of the hardest things I have come to accept, that there is nothing out there, no shoes (can you imagine!), no man, nothing that will actually give me happiness and peace.

When I can let go of the needs I've been programmed to think I need based on beliefs that aren't true or don't really fit, when I can forgive myself for the past where I failed and fumbled because I didn't know who I was, when I can see that the car I have gets me where I want to go (oh, and by the way, thank God I don't have the shiny **BMW** because have you ever been in the backseat of a car that generally transports kids? That is not a pretty sight!), that's it. That is peace, that is happiness, that is my universe giving me what I truly desire.

See, I (the true self, the capital I) know that right now that shiny **BMW** isn't what I really want, it's what I think I need in order to fulfill my need to feel good about myself. But I am good without it, because if I had that car, I'd be stressing about the string cheese and cheddar bunnies.

The real I has already given me the peace I have been begging the universe (me, in case you forgot) for because the real I knows that no matter what snack foods end up in the backseat of the car I already have, it's going to be fine.

My son loves his stuffed buddies. They're his comfort, and he has a vast menagerie of friends he cuddles with at night. It's his way of finding peace now that he sleeps in his big boy bed, even though he still usually finds his way into mine along with every one of his sleeping buddies, including **Superman** (I have often rolled over and found **Superman** between my boobs).

My ex-husband has a **Superman** shirt, and we bought one for **Max**, and they used to wear their shirts at the

same time. **Max** was so proud to wear that shirt, and when it finally didn't fit anymore, there were tears all around. I kept it in his keepsake box.

The quest for the **Superman** doll began shortly after my ex-husband and I separated and he moved out of the house our family shared. For months my son worried that we might not be safe enough without a superhero (or his dad) to save us from some sort of impending doom.

In other words, it wasn't really a toy he was after; he wanted to be able to sleep with his dad every night. It was his soul's desire, and if he couldn't have the real thing, then a Superman doll would do and nothing was going to stop him from getting one, not even the **Easter Bunny**.

I was amazed to watch how my son created an attachment to an outside "thing," a doll, to fulfill his need for safety and comfort. He was five, and grasping the bigger concept that he had that safety without the doll was a bit much for him. His soul's desire was to feel safe and comforted in a tough time, and he manifested what he truly needed to get that feeling, and yes, it was a thing. As I realized this, I began to tell him as often as I could how loved he was, how his dad was never truly away from him, and that he could simply think of him and feel him there, even if his Superman doll wasn't with him. Since that time, **Superman** has found his way to the drawer with all of **Max's** other buddies. They're not completely out of reach, but **Max** also knows that the love and comfort he needs are within him and around him.

NOTE

* On a side note: **Neil** is so going to be pissed that I mentioned his name in this book. He's a hard-core atheist and reductionist (a reductionist is someone who believes that the universe and everything in it can be figured out and defined using **Newtonian** physics, sort of like "There's an app for that," only they say "There's an equation for that," and believes that the love, the dreams, the weird **déjà vu** you experienced last week were all just whoopsies in the brain). So let's just say that we have opposing views, and our groups don't always get along. But this "**The Most Astonishing Fact**" **YouTube** thing rocks no matter which way you swing on the spiritualatheist metronome.

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



MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

...continued from page 19

You can't remember where you came from, you can't tell what your limits may be, you can't decide what your future prospects may be, beyond a finite and mysterious 3D life.

Once you are released from 3D blinders, everything changes in your experience, though of course nothing changes in your situation.

DeMARCO: *You mean, I think: Nothing changes but our perception, which suddenly clears and reveals how things were all along, unknown to us.*

TGU: That's right. (Isn't it what we said?) In 3D you have plenty of opinion. Once free of 3D, you have fact.

Now remember, you have died in 3D; you have dropped the links to the body that held you in one place-time. You are no longer in the living-present moment within 3D. But now you are in the living-present moment that does not move you along minute by minute, and - note this: "and," not "or" - you remain in every 3D moment you experienced in 3D life. Both.

DeMARCO: *Hence the difficulty in describing an afterlife. People tend to describe one or another aspect of things but not together.*

TGU: Yes, nor have we accomplished it, either. We have pointed to it, but that's a good way from filling out a portrait.

DeMARCO: *So if I'm getting this - by osmosis as much as by anything we're managing to put into words, even vague allusive (and elusive) ones - now whatever-we-are is both spirit as higher self and is soul as 3D experiencer and is a larger combination of souls. Cats in a sack, so to speak, the sack being the higher self, the larger being.*

You are getting there, but let's try bullet-points, see if we can clarify somewhat:

- The larger being (spirit) comprises souls but is not itself a soul. It has sent parts of itself, or the awareness-patterns, call them, repeatedly into 3D and has

received them repeatedly after their 3D experiences.

- Each soul - each bit of spirit in its own particular conformation, set within its specific time-space framework - exists as part of the larger being and exists as its own self-referential being.

- Each soul has connection with every other soul of the higher being's, as should be obvious. The connections may or may not be conscious during the 3D life (probably usually not) but are evident and inherently natural outside of 3D life.

- Souls live a particular hybrid existence. They are always an intrinsic enmeshed part of the time-place they occupied in 3D. Those time-places continue to exist, so you could rightly say that that specific part of the larger being that is any particular soul extends to that time-space and remains a part of it.

- Yet souls remain a part of the larger being's awareness - that is, they share that awareness - even while enmeshed in 3D. Thus, one more inseparable connection between 3D and non-3D.

- It has always been this way, only 3D conditions mostly prevent you from realizing it. Of course as soon as you are released from those conditions and you look back (so to speak), your understanding of your life changes pretty immediately, pretty completely.

It would help if you would re-familiarize yourselves with the material Rita provided that was made into Awakening from the 3D World, realizing how it describes the change in awareness from the point of view of a given 3D individual, rather than a systems view such as we are providing. The contrast will be productive of new, deeper, understanding.

Now, you're looking at the clock and saying, "It's only 45 minutes, we can go longer," but we prefer to pause here. It is a logical pause.

DeMARCO: *Fine. A title for the session?*

Perhaps "Past and present spirit and soul"? Though, that doesn't quite do it.

DeMARCO: *Maybe, "Life is continuation, spirit and soul."*

Maybe "Death as redefinition."

DeMARCO: *I like it. Okay, thanks and till next time.*

Feel free to skip a day, remember.

DeMARCO: *Okay.*



ARIES – (March 19 – April 18)

ARIES: MOOD FOR JULY 2022

Jupiter is keeping you in good shape and putting you on positive vibes. Take advantage of this cosmic support to shine. If you start the month sure of yourself and your ability to rally support for your ideas, reduce the pace at the end of the month because your rating will go down if you don't do as you please. Rather than playing the victim or going for the jugular, opt for a more intuitive approach to the issues at stake. This attitude will help you avoid stirring up tensions, whether at work or home.

ARIES: LOVE FOR JULY 2022

Jupiter exalts your aura and strengthens your influence on the world around you. But do not abuse your powers. Venus invites you to take care of your own, but that's no reason to accept yourself as the boss. You aspire to improve your environment and your exchanges with your loved ones. To change things without hurting your loved ones' feelings too much, you present things to them in the right way. But tone it down at the end of the month because they find you too daring. Be careful not to generate any misunderstandings due to over-emotionality. Rely on your receptiveness to make your family understand that the changes do not alter the desire to live harmonious exchanges with your family.

ARIES: MONEY FOR JULY 2022

Greedy, you want to be recognized and rewarded for your talents and investments. You demand what you are owed, but don't ask for too much and don't spend too much. Ask to be paid what you're worth and prove yourself to convince your interlocutors that your demands are legitimate. More than financial issues, it's power issues that keep you on edge. You would be well advised to avoid confrontation so as not to lose.

ARIES: WORK FOR JULY 2022

Mars gives you the energy to defend your interests. To get a raise, recognize your talents and merits. Count on Jupiter to strengthen your aura and on the Sun (from the 22nd) to reinforce your creativity and contribute to your success. Uranus exalts your desire to exploit potentials that have remained in the shadows or even gone by the wayside. Count on Mars from the 19th to relay your aspirations and assume them but avoid ask-



ing too much at the end of the month. Otherwise, you risk irritating some. Avoid getting into a tizzy because you are up against forces beyond your control. Plan your initiatives for the long term. And if your current situation generates tensions in your family, rely on your intuition to manage them in the best way possible rather than acting without discernment.

TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR JULY 2022

If you communicate, you'd better think carefully before speaking and acting. Do not hesitate to involve your family and close friends in your perspectives without worrying them by deploying ambitious projects in their eyes. Rather skillful in expressing what you have in mind and making others aware of your moods around the 10th and 14th. Your originality of tone seduces you. You have more difficulty uniting people around your desire to change things in the family where criticisms fly (the 26th, the 28th). Don't brood at the risk of alienating those around you who are waiting for you to slip up. Rely on your ability to rally your troops around a common ideal. Put your energies at the service of your projects.

TAURUS: LOVE FOR JULY 2022

It is vital to measure the scope of your interventions (on the 5th and 9th) to get your messages across without ambiguity, without hurting anyone. Count on Venus between the 18th and the 27th to bring you closer to those you love. Don't hide anything from your loved ones so that you can end the month with a top rating in the family (31st). You communicate your need for free-

...continued on page 37...



dom, your thirst for more room to maneuver. Whether within the couple or the home, you find the right words. You are more adept at communicating an idea. This project is close to your heart but does not forsake your own for the sake of your personal aspirations.

TAURUS: MONEY FOR JULY 2022

If you are actively preparing, albeit in the shadows, for what is to come and take shape next year, you will see things in a big way. Why not, if you know (usually, a Taurus knows). More than just getting rich, you are eager to free yourself from a straitjacket of obligations, rules, and habits that end up locking you in, even if it means making some small sacrifice. If, at the beginning of the month, more or less hidden animosities are hindering your ambitions, rely on a controlled approach to your aspirations to achieve your goals rather than putting everyone in a corner.

TAURUS: WORK FOR JULY 2022

You have no lack of energy or determination (between the 5th and 19th) to convince colleagues and superiors that you are ready to move mountains. If you find the right words (on the 9th) to score points, keep to yourself what you are working on in secret and which will come to light in 2023. You lack neither inventiveness nor a genuine desire to break with the past and a way of working that no longer corresponds to your evolution. Suppose you succeed in convincing people that your aspirations are legitimate and serve the common cause. In that case, your exchanges will be more animated. Avoid playing against your own side by awakening an ambush of adversity that pushes you into a corner. Rely on communication so that people will want to follow you and adhere to your proposals.

GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR JULY 2022

Rather playful and in a hurry to achieve your goals, rely on dialogue and consultation. Your current good fortune does not give you all the rights and your humor coupled with an infectious enthusiasm helps you make a mark. You are somewhat at ease and a fine strategist in your exchanges, but be careful not to trigger hostility at the end of the month, not to awaken ambush adversity by playing on your volubility. Think before you speak. Otherwise, you risk inflaming debates. This is not necessarily the best method to achieve your ends that you oppose to those whose favors you wish to obtain. Instead, rely on your ability to make people dream and to use your talents to influence others to your advantage.

GEMINI: LOVE FOR JULY 2022

If you have a talent for the art of understatement (on the 5th), count on Venus to show your aspirations and desires in a more obvious way. If your appetites push you to excess, you will rally the support of those you love around exciting prospects (the 23rd, the 31st). Count on Venus to reinforce your radiance and launch a new cycle of expanding your love life in beauty. The delightful planet contributes to your success, even if you seem more concerned with financial matters than with your emotional fulfillment. You can count on its undeniable charm to calm things down, so be careful not to let your current affairs intrude too much on your personal life.

GEMINI: MONEY FOR JULY 2022

You know how to take advantage of discreet but effective support. However, this protection doesn't give you the right to throw money away or build castles in Spain. You will hold tight to discussions on the 10th and 14th. But less so on the 26th and 28th, when you will be expected to do so. You aspire to serve a cause, fulfill a mission, reach an ideal, or change direction. Know that it is not by putting pressure on your banker or a loan shark that you will get the best out of the game.

GEMINI: WORK FOR JULY 2022

Jupiter encourages your initiatives and projects. You know how to mobilize those who defend your interests but do not take advantage of this support to spend more than expected. This attitude earns you criticism. Your arguments will be much more convincing on the 23rd and 31st, as your ability to act as a fine strategist works wonders. Measure the impact of your words at the end of the month. Possible slippages alter your credibility. Prefer to put forward your talents and potentials rather than play with your charm and avoid opposing head-on with someone stronger than you.

...continued on page 38...



CANCER – (June 20 – July 21)

CANCER: MOOD FOR JULY 2022

The sky is the limit when it comes to your mood, but don't take it for granted. Control your enthusiasm and your desire to control everything. Nothing will stop you when it comes to opening up the future to your liking. Sassy, greedy, offensive, you have good cards to play the game as you see fit. You are rather upset with all those against you. You make those around you aware of your approach and vision of the world.

CANCER: LOVE FOR JULY 2022

You seem to be mobilized by your professional activity, which offers you opportunities to spread your wings. But count on Venus (between the 18th and the 26th) to awaken your desire to seduce. However, do not abuse it to try to charm in high places. Prefer to show off your talents. Projects are in the air! You will mobilize to carry them out as quickly as possible, which will rally everyone around your audacious plans. Just don't be too greedy on the financial front. Vehement, authoritarian, you'd do well to smooth out the rough edges. Get those you love on board with your dreams and unite people to avoid ending the month on deaf ears.

CANCER: MONEY FOR JULY 2022

From the 22nd onwards, you do not hesitate to take the initiative to get recognition for your talents. If you avoid being too demanding, you will get your way at the end of the month (31st) but do not think everything is due to you. Your demands will offend people's sensitivities and earn you some refusals and inconveniences. If you force anyone's hand, you risk making enemies. By moving forward smoothly, you will convince people.

CANCER: WORK FOR JULY 2022

Jupiter favors your flights of fancy! But don't take advantage of your current popularity to impose your ideas and methods, subtly advance your pawns, and skillfully defend your interests. You are pursuing objectives that will change your destiny and give it a new direction. If you lack neither ingenuity nor audacity in the conception and promotion of your plans, you put pressure on those who finance your projects. You may prefer to intervene with more nuance to change things to your advantage. On the other hand, if you persist in sticking to your guns, you are likely to make no progress at all.

LEO – (July 22 – August 21)

LEO: MOOD FOR JULY 2022

Jupiter exalts your thirst to broaden your horizons. This month you show a determination to surpass yourself. Your enthusiasm allows you to rally support, seduce those around you, and end July in full expansion. You'll be relatively happy with yourself. You act quietly to chart your own course in life, and you have every chance of achieving your goals if you give up expressing your demanding ego at the end of the month. At times you may feel as if the whole world is conspiring against your desires and ambitions. The situation invites you to compose rather than to impose yourself. To avoid ending the month too frustrated, disengage yourself from a daily life that looks grey.

LEO: LOVE FOR JULY 2022

Count on the Sun from the 22nd onwards to attract the attention of whomever you wish (31st). It's not sure that your emotional life will occupy your thoughts. Still, you'll be working in the shadows to change your destiny, to free yourself from certain obstacles, to try something else. From the 26th, love takes over. Count on Venus between the 9th and the 18th to help you carry out your projects and lay the foundations on a solid foundation, even if you feel blocked by a daily routine that is cutting you off.

LEO: MONEY FOR JULY 2022

If your primary goal is to move up the ladder, you hope to gain more and earn more. Use your current aura to demand recognition for your talents and merits. However, the thirst for novelty and change drives you, not necessarily the desire to earn more money. Even if you want to hit the jackpot, assume that some elements and events will slow you down.

LEO: WORK FOR JULY 2022

There's no question of taking your foot off the pedal in the professional arena, where you're mobilizing to defend your interests. You can count on a warlike Mars to impose your rules, to take a stand, and to make a mark. You have no lack of arguments or charisma to

...continued on page 39...



achieve your goals. Supporters in the shadows will help you break with the past, but keep your voice down to avoid turning your superiors against you and your interests. You may struggle to make progress, but daily life will call you to order throughout the month. Go on vacation rather than bury yourself at work so you don't expend your precious energy unnecessarily.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR JULY 2022

Are you eager to transform your life, to evolve, to move forward? To be sure to make an impression and score points, showcase your talents, use your power of conviction, and above all, take your time. Caution and lessons learned from the past will help you to progress. Eager to dare to do something different, elsewhere or otherwise, you will plead your case advantageously! But be careful that your audacity does not turn into temerity. You are not very cooperative, so opt for a strategy that favors gentleness, charm, and suggestion rather than force.

VIRGO: LOVE FOR JULY 2022

You don't lack arguments to defend your vision of the future at the beginning of the month. Count on Venus (between the 18th and the 26th) to rally the votes around projects that seduce your entourage. Just be careful not to scare your loved ones by investing too much in your plans. Until the 9th, count on your charm to shine in society and seduce whoever you want, but if you take too many risks, it is not sure that people will want to follow you. You want to control others, so do not impose your desires and wishes on anyone else and play the soft card to reassure those around you. If you think that your projects are worthwhile, make sure to share your feelings.

VIRGO: MONEY FOR JULY 2022

You are looking for funds to carry out your projects but do not be too greedy to scare your bankers. By using strategy, you have every chance of convincing, of realizing your ambitions because you plead your cause with efficiency. Rely on your charm and your ability to share your universe.

VIRGO: WORK FOR JULY 2022

Ambitious and determined to climb the ladder, you usefully plead your case. Take advantage of a distance from events to lay the groundwork for the future mean-

ingful and productive way. If you aspire to free yourself from certain previous limitations, to carry out projects that will open up new and exciting perspectives, count on the first fortnight to draw the broad lines. You are supported in your initiatives but avoid launching yourself without a net at the end of the month. Opt for a gentle approach and rely on a vision of the future. These projects feed your imagination rather than trying to force the hand of collaborators who are against you.

LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR JULY 2022

A natural desire to change things at work, to strengthen the company? Rely on your ability to motivate your colleagues, your hierarchy to move forward together, and forget your egotistical desires. You lack neither flair nor audacity to propose your options during a creative first fortnight. On the other hand, you should tone it down afterward because your determination turns into a thirst for power that is not well perceived by those around you. If you find it challenging to find the right words or if you want to avoid confrontation, go on vacation alone or make an effort to understand others.

LIBRA: LOVE FOR JULY 2022

Jupiter invites you to take a step towards others. Still, you will do your best to manage your social and professional contacts. Venus exalts your radiance, and you use it to attract attention and replenish your connections. Still, you have little time to spare for the other person as you make necessary changes to a career plan that you wish to see evolve. However, Venus exalts your thirst to live intense moments that meet your requirements and give you a certain radiance. Suppose you attack your loved ones or try to be right about everything. In that case, it is not sure that you will be unanimously accepted by your family. Prefer to play the card of reason and appeasement. Communicate gently and devote more time to your loved ones to end the month in harmony rather than in conflict.

...continued on page 40...



LIBRA: MONEY FOR JULY 2022

You are focused on your desire to succeed and open up the future to your liking. If you can reap some financial benefits, the prospect delights you but is not a goal in itself. You have too much to do in your work and complicated family life to worry about increasing your income. Unless, of course, the current problems are money-related.

LIBRA: WORK FOR JULY 2022

Rather vindictive and eager to get your situation moving. If you have the correct arguments to convince others, don't impose anything on them and rally support by arousing interest, even enthusiasm, not forcing your way through. A desire to innovate and bring your personal touch to an activity animates you. But do not think that your ingenuity or audacity will automatically open all the doors. Use your flair to guide your activity productively and increase your creativity daily. If family worries interfere with your work, try to balance attention to your private life and being present at work.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR JULY 2022

You are ready to go for it, to take advantage of opportunities to blossom daily. Whether on a personal or professional level, Jupiter boosts your energies, ambitions, and thirst to live the present moment to the fullest. Rather enthusiastic, enterprising, and eager to establish new rules and human relationships, you will rally the votes but don't believe that all is allowed at once. Practice listening and do not impose anything on others. Otherwise, beware of the dialogue of the deaf.

SCORPIO: LOVE FOR JULY 2022

Intense exchanges! But contain your volubility to keep people united. Venus will raise your standards in love, and if you don't ask too much of those around you, you will end the month in harmony with everyone. You have the opportunity to bring the other person into your world, to make them want to break with a past that ties you down and limits the field of possibilities. On the other hand, do not impose anything on anyone. Focus on a gentle approach to the problems you encounter in your family. Raise the level of debate rather than running into a wall. If you stick to your guns, you could end the month in a stalemate.

SCORPIO: MONEY FOR JULY 2022

Jupiter offers you some great opportunities. Your talents and merits are recognized (and rewarded) in high places. Your main objective is to inaugurate a new way of working in your alliances (private or professional). If you have to talk big money, you do not submit your aspirations to the diktat of cash. You want to make your point rather than increase your income. Unless the blockages you encounter are related to financial issues, this area is temporarily relegated to the background.

SCORPIO: WORK FOR JULY 2022

You can count on your strength to convince your partners of the need for change in the company. If your arguments hit their target, avoid upsetting the rules and habits because people will find it difficult to follow you. Suppose your perspectives, proposals, and ambitions require from your business partners that they leave you free of your movements. In that case, they will grant you their confidence but do not abuse your privileges. Your demands would be less well-received. You are active and courageous but belligerent! Don't offend anyone. You must understand and accept that your aspirations do not necessarily meet unanimously. Rely on diplomacy to sensitize those who listen to you but not surrender to your arguments.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: MOOD FOR JULY 2022

You have a great deal of energy and determination to meet daily life demands and make the most of your assets. The only pitfall to avoid? The one catch to avoid believes you have the right to go beyond certain limits and manipulate those around you. Rather dynamic and driven by a genuine desire to transform your daily life emotionally or professionally, you are thirsty for novelty. This state of mind is well received by those around you. Ask for and respect the opinion of others. If not, tension sets in and puts your nerves (and those of others) to the test. Opt for dialogue and consultation rather than refusing to bend or move an inch. Venus will help you do this.

...continued on page 41...

SAGITTARIUS: LOVE FOR JULY 2022

Your determination helps you convince those around you that changes are necessary for your daily life to evolve but do not impose your vision of things on others. Instead, bring your loved ones into your world and take off together. Venus invites you to take a step towards the other, rely on your ingenuity, your audacity to spice up your daily life, and pleasantly surprise the other. But don't take your desires for orders! You risk attracting some hostility (from your partner or children). Rely on dialogue, listening to others. Be willing to take them into account to make the month run smoothly.

SAGITTARIUS: MONEY FOR JULY 2022

You will not hesitate to force the hand of those you want to win over to your cause. Don't abuse your power or charm to get your way. If you have the soul and qualities of a fine strategist, take advantage of this to ask for a raise. At the end of the month, don't ask for anything because you pressure everyone. You are looking for more, and don't hesitate to raise your voice to get what you think you deserve. Change your methods so that your requests are eventually answered in the positive.

SAGITTARIUS: WORK FOR JULY 2022

You roll up your sleeves to perform the tasks and responsibilities that fall to you. But don't assume that your obvious talents give you every right. Instead, you'll have to rely on solid arguments to push your limits and achieve your ambitions. You do not lack the audacity or desire to change the established order and make everyday life swing. Don't think you are allowed to force anyone's hand (colleagues, partners, etc.). You spend a lot of time promoting your initiatives and creations. Still, you lack tact or modesty when confronting them with the opinion of those who pay you. Take a step towards the other rather than stubbornly sticking to your positions.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR JULY 2022

Offensive between the 5th and 19th, Venus intervenes (between the 18th and 26th) to nuance your outings. This precious support contributes to your success in business and in love if you do not take advantage of these beautiful dispositions to tip the balance in your favor. Your ability to surprise people will enhance your popularity, but don't switch from humor to provoca-

tion to end the month surrounded rather than alone. Old stories, memories, and trials from the past surface and trouble you. To try to see things clearly and avoid projecting your anxieties onto the outside world, talk about them as clearly as possible to those close to you rather than attacking everyone else.

CAPRICORN: LOVE FOR JULY 2022

You will be involved in intense exchanges but occasionally leave the floor to those closest to you. In search of family blooming, you step towards the other to reach a consensus and change things. You aspire to spice up your love affairs, to change the way your relationship works. You find the right words to make the other person accept your requests but do not abuse your powers so that they continue to follow you. You may cause trouble in the family if you try to subject your loved ones to proposals that some may not find clear or convincing. Rely on a spirit of cooperation to avoid generating palpable tensions.

CAPRICORN: MONEY FOR JULY 2022

If you need money to settle down more comfortably, you will plead your case. But don't ask for too much to make sure you get enough. You're mainly thinking about making a mark to gain a financial advantage. You have demons to tame and differences of opinion to settle before you worry about earning more, especially since Saturn demands that you keep your spending in check.

CAPRICORN: WORK FOR JULY 2022

You can count on Mars to assert your ambitions and showcase your talents and merits: your unwavering determination to maintain yourself, solicit feedback and initiate dialogue. Your offensive strategies coupled with attentive listening to others will bear fruit, and your talents will seduce. You have no trouble rallying support for your proposals. On the other hand, if you take it easy and think you are allowed to cross the white line, you may end up paying for it. In your family or at work, your approach to the world and others is blurred by impulses and the manifestation of your inner world that some people find difficult to understand. To improve exchanges, connect with your intuition.

...continued on page 42...





AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR JULY 2022

If Jupiter reinforces your enthusiasm, be careful not to overdo it in your family or your private circle where you want to reign supreme. If you keep your hunger under control, nothing will alter your happiness, and you will feel that nothing is impossible. On the other hand, you will be very impatient if you find that your desires are not unanimously accepted at the end of the month. To avoid brooding, you should try to make contact with solid friends.

AQUARIUS: LOVE FOR JULY 2022

Venus helps you smooth things over and put yourself at the service of your loved ones. At the end of the month, the current is flowing wonderfully well between you and your loved ones. You bend over backward to improve your living conditions. There is talk of changing things in your family: breaking away from a way of life that is weighing you down or simply moving out. Beware of certain abuses of authority that degenerate into conflict and disrupt your daily life. Rely instead on Venus to get your messages across gently and thus counteract a tendency to blur the frequency.

AQUARIUS: MONEY FOR JULY 2022

Jupiter is pushing you to the forefront of the scene. You have every chance of attracting attention. Take advantage of this to claim a well-deserved reward. If your aspirations to transform your bases, change air, place, or way of life require funds, you persevere in collecting them. If you're in a troubled environment, you'll use your potential and talents to get a financial bonus.

AQUARIUS: WORK FOR JULY 2022

Carried along by Jupiterian energies, you develop strong arguments and benefit from a charisma that helps you influence your interlocutors and partners. You score points. Unless you work in a micro-company or family business, you seem to be more mobilized by your private affairs than by advancing your career plan. To avoid trouble, serve the common cause before your own.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR JULY 2022

Rather audacious and demanding, count on an undeniable charm and on a beautiful capacity to attract honors, money, and admiration of all to finish the

month more cheerful and popular than arrogant. Rather fanciful, your lights are plebiscite, and your outings applauded. You feel carried by your successes (in love, in society). To keep your popularity at its peak, avoid showing yourself angry, upset, and ultimately frustrated at the end of the month. You have the impression that events are conspiring against you and your interests. Don't take these restraints too seriously to not drive everyone away. They will soon give way!

PISCES: LOVE FOR JULY 2022

If you feel that you have differences of opinion with the other person, don't worry. Venus reinforces your magnetism to radiate and seduce. You can also count on goodwill to please to end the month with popularity at the top. You will surprise and attract whoever you want because you do nothing like everyone else. If certain obstacles slow down the realization of a project, you cultivate serenity, especially with your family. If your romantic aura assures you of great success in love, don't reduce your chances by obsessively pursuing your goals.

PISCES: MONEY FOR JULY 2022

Jupiter assures you of increased income but does not squander your money. The temptation is great to indulge yourself. You value your potential and get rewarded for it. Use your charm to show off your merits and make people understand what they owe you with humor. Patience. Resistance will soon give way.

PISCES: WORK FOR JULY 2022

You can count on your offensive verve to convince, but be careful not to ask for too much so as not to alienate those with power and money. You will plead your cause by putting yourself at the service of the community. You can count on your ideas and proposals which are out of the ordinary to make a positive impression on people during the first half of the month, which will serve your interests. People will not fail to notice and appreciate you. You are defending a project, but you are coming up against a block that exasperates you. Take your pain in patience and give up playing the victim. Rely on your inspiration, your talents, and an ideal to reach to raise your head.



Dr Joe Dispenza

KEEPING YOUR HEAD AND HEART IN THE GAME

...continued from page 8

When you're done reflecting on your day, it's equally important to think about who you want to be the following day. **Ask yourself questions such as:**

Since I have another opportunity at life tomorrow, what would I like to work on or get better at?

When did I go unconscious today, how can I change that tomorrow, especially if I am given the opportunity to change something about myself again in the same circumstance?

How can I stay in the energy of my future the entire day today instead of falling back into the same unconscious programs?

How can I present myself differently to the same people who normally push my buttons?

What are the habits and behaviors I want to continue working on?

In remembering how I fell back into those familiar feelings of anxiety, worry, and overwhelm—just because of one thought—how can I stay in gratitude all day?

How can I remain a conscious creator tomorrow, instead of being a victim?

The reason I keep reiterating this is that if you don't change your energy, your life is not going to change. There are going to be times when life or circumstances frustrate you and you don't want to do the work to change your energy. During times like these, we find ourselves not wanting to change our energy because we're tired, we're feeling too upset, or because we've allowed some external circumstance to get us down. As a result, we find ourselves doubting that our efforts are going to make a difference, or that they will matter in the big scheme of things.

But I'm here to tell you that when you're able to change your energy precisely when you're most challenged, that's when the power of your will becomes the most valuable and most transformative. If you can change your energy when everything in your body, your mind, and

your environment seems to be conspiring against you—if you can reconnect to the energy and emotions of your future in that moment—I promise you, you're going to alter your reality in some way.

When you slip back into the programs of the past, it takes a greater level of energy and awareness than the rapt feelings of anger, frustration, fear, resentment, and so on—and that requires you to become so conscious that you don't return back to those default programs of the past. When you can change your emotional state during these times, you can once again begin to see new possibilities, but if you're stuck in self-limiting survival emotions and you can't feel the energy of your future, then you're definitely not going to believe in it either. That's because, more than likely, you're in the emotions of your past, and when you're in survival, it's not a time to create.

I want to encourage you this week to take time out of your day to practice changing your energy. It doesn't have to be a huge commitment either. Just stop, pause, and think about who you're being in the moment—and if you're not being who you want to be, then make a choice to change your energy back to the energy of your future. Reflect on who you want to be and who you are in the process of overcoming and becoming. Once you've changed your energy, now start again with your eyes open. Sometimes I do this five or ten times in a day.

If you can learn to change your energy when it matters most—when it's harder than anything else that's happening in your environment—then anything after that will be relatively easy. And because all the while you're learning to regulate and maintain your energy, when you default back into the emotionally conditioned and hardwired programs of the past, it's going to take less energy to get to what will become your new baseline. With time and practice, you will develop the habit of knowing when you are being the creator of your life and when you are being the victim of your life—and you will have the power to change yourself from victim to creator.

So, when you are calm, awake, and out of the program, celebrate your victories because such triumphs are the markers that gauge your progress. Change your energy, change your awareness, change your life, celebrate the win. Those victories will add up. And when you remind yourself of those moments, from a biological perspective, you will become that celebrated person.

You've heard the saying, I've done it so many times, I can do it with my eyes closed. I want our community to get so good at staying relaxed, awake, and conscious, that we can do it with our eyes open.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 15

So, if one feels any negative emotions, one needs take up something creative. Something that inspires. Some may say *"nothing inspires me"*, that is not true. Everyone has something wholesome, that they love. One may say *"I do not have time"*, that is also not true. Check and see how much time is wasted away. **If we really begin to love something we make the time.** It seems that negative habits that one loves, like smoking, one always finds time for. Search into the soul and find our passion. Let us break away from the box that society has bound us into. It takes effort. It is much easier to be a couch potato and allow life to just go by. But know that the energy needs to be used. Do not allow that energy to steal your health and create unhealthy thoughts and body.

There are courses for business professionals in creative thinking. You don't need those. In daily routine tasks, look for a more efficient way of doing them. Experiment which is best. Creative thinking is a way of thinking. It will become a habit rather than just in your creative endeavors. Any time that we use a new way of doing something, we tap into our intuitive selves. We are not following the neuro pathways that have been previously programmed. **All negative emotions are due to a lack of inspiration.** To change any of our negative emotions we need to think "outside of the box." We need to utilize our energy creatively. To do so we have to willingly be open to new ideas.

The more we use our creativity, the more we have energy to create more. It cannot be used up. Creativity is the catalyst which drives innovation. To keep any system moving forward. In art, in science, technology, and society, creativity is something we should nurture, promote. By valuing creativity in all forms, we can find meaning, solutions, peace in a challenging world. In work and home life let us set up a natural environment for the free flow of ideas and inspiration.

Creative thinking allows us to be an eternal student of life and every day is an opportunity to learn or experience something new, even in our very mundane life. But the minute we think that we know, we shut down inner wisdom. We create a box. This life was given to us to create, enjoy. We can either create heaven on earth, or hell. It is up to us. Let us explore, analyze, problem solve, organize, communicate with an open mind and find the true joy of our Soul's expression.



Jim Egan

STORIES THAT BEND REALITY

...continued from page 29

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

"It's also true," he said, just before he passed the curve of the neck of the duck on his way to the other leg, "that any truth that can be spoken in six words or less is so obvious that it need not be spoken of at all."

The Man with the Ladder wasn't sure of the integrity of this last sentence because it coincided with the plunge of the other drumstick into the masters maw.

"Of course," he said, using his tongue to scoop the remaining pieces of breast into his mouth, "those truths that are so obvious that they needn't be said at all, require no fewer than three volumes to write them down. So much for libraries."

The master set the clean carcass down on the cement table in front of him, standing it up and balancing it so that it faced south, toward the **World Trade Center**, which could just be seen in the opaque southern sky.

"Thank you," he said to the carcass, "thank you." A little breeze awoke from somewhere and started the carcass rocking, and the master gave it a turn and started it spinning.

"Do you see?" he asked ``Do you see?" **The Man with the Ladder** confessed he didn't see anything other than the unexpectedly animated carcass of a duck and, when he looked up, the uncertain outlines of the **World Trade Center**. The next thing that the master said seemed to come from the still spinning frame of the picked clean fowl. "Truth is just a convenient metaphor." it seemed to whisper.

With these words, the master turned and headed in the opposite direction from the buildings whose tops were beginning to be obscured by glowing clouds.

"I enjoyed our conversation," he said over his shoulder in a good humored way, but **The Man with the Ladder's** attention was caught by the carcass which at that moment spun off the table and landed by his feet. It rested there, looking up at him, as if it were some sort of a test that he was not quite ready yet to pass. And although he wasn't quite sure what to do next, he guessed that as the price of the lesson, he was expected to clean up. With a good feeling about himself and the world, he tossed the carcass into the wire trash bin on the corner and hoisted his ladder onto his back and set off home.



SETH SPEAKS

...continued from page 29

If possible she should be taken out into the sun, and the peanut oil will be even more beneficial if it is used then.

Look for subtle signs of improvement rather than further signs of deterioration

Now, all of this may sound impractical, and yet it represents your most practical answer. (Forceful delivery.)

On your part, do not manufacture hollow, false assurances, but honestly and persistently remind yourself that the physical matter of your wife's image is formed from and filled with universal energy. A block has been preventing her from utilizing this energy with anything like normal effectiveness.

You can help make up for this by your own attitude, and the instructions I have given you. This will give her some breathing spell, when the disease will cease its progression. If these instructions are followed completely, then some (underlined) improvement should take place very shortly.

This will give you some time, for her own subconscious attitude must be altered if any real improvement is to be expected. (Long pause.) She must realize that there is hope. I believe you have a fairly small sunny parlor. The room has beneficial connotations for her. Let her be moved there.

There are some past-life influences operating. Some of these will serve to explain her inner reactions.

Right now however it is not as important for you to know these as it is that you take the steps I am giving to you.

There is something about a metal chain that is hers, but I cannot see more on this right now. If she wears such a chain however, then remove it. There seems to be some metallic effect circling the neck. Some difficulty here, caused by an allergic reaction.

Parsnips should be added to the diet.

People have not seemed to have confidence in this woman, or she does not feel that anyone is confident of her ability to cope with reality. She does not realize that she has the energy to triumph over this illness. The realization that she CAN is all important.

The situation is indeed drastic. (Pause.) Her desire to live must be wooed. Any small pleasures that she has should be used in an effort to involve her with pleasure. As much pleasure as possible must be given her to counteract the concentration upon hopelessness and disaster. I cannot stress any of these points too strongly.

You must begin to EXPECT that she has hope, for she reacts to all suggestions, as each individual does. Although she is unaware of it, she is telepathically conscious of all such powerfully-negative suggestions. You must try to battle these for her until she can do so again for herself. (Long pause.)

If these instructions concerning a beneficial change in mental environment are not taken, then indeed no other advice or medicine will be of help. (Pause.) I will address healing energy to her, to the best of my ability. She is being smothered, you see, by the hopelessness that surrounds her, as well as by her own hopelessness. To relieve any of the environmental negative thoughts and suggestions will bring her some immediate relief.

The simple exercise given you will immediately bring more positive aspects into the picture, then relief from secondary harmful suggestions, and harmful emotional climates. We can begin a program designed to change her own inner expectations.

It is here that a reliable hypnotist would be of great benefit, in uncovering many hidden subconscious errors. There is some possibility that I could help here, but the close contact of such a reliable person would be more emotionally satisfying to the patient.

I stress again that all of these instructions contain more potent aids than you may realize, and recommend that you follow them as closely as possible. There is hope. You must both have the strength and courage to grasp it."

—TES8 Session 364 September 13, 1967



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.*

AND IN CASE YOU MISSED IT: How timely of the **Supreme Court** to **DIMINISH MIRANDA RIGHTS** one day before reversing **Roe v. Wade**, which they knew would incite nationwide protests.

SHORT VERSION: On June 24, the Court stripped individuals of the right to sue for **Miranda Act** violation. In **Vega v. Tekoh**, the Court held that someone who is denied their **Miranda** warnings and who was compelled (i.e. by police interrogation and intimidation) to make false confessions/statements that are later introduced against them at trial CANNOT sue the police officer who violated their rights, even after a jury finds them NOT GUILTY of what they were coerced into confessing to.

OUR AUTOMATIC REACTIONS SHOW US WHAT WE REALLY KNOW, THINK AND BELIEVE

Do you have children? Grand children? Hearing the **Roe v. Wade** and **Miranda Act** decisions, with the kids in mind, what was your automatic reaction? A lot of times I think I know ahead of time what my reaction will be, when I don't. My default setting is always to look for the silver lining. In this, I see change makers coming together as never before, mobilized by an increasingly conscious social media.

Sure, there will always be the opponents and trolls coming out in force to distract us from the important issues so we don't pay attention to what bills are being piggy backed onto proposed legislation. But people have come out of the closet, so to speak, the past 5 years, blatantly flaunting who they are, what they think

That lets us know what we're dealing with. And helping support those working for change helps everyone who follows, everyone who comes behind, our children, grandchildren and great grandchildren.

**IF I CAN MAINTAIN CALM IN THE FACE OF
THE HORRORS OF DAILY LIFE, I CAN STILL
FOCUS MYSELF INTO HAVING A HAPPY LIFE**

It's hard when the mind's default setting is focused on the woes of the world. I literally have to make it a daily discipline in order to "break" the habit of unhelpful thoughts. I know I'm properly trained when I've practiced the situation so repeatedly that my intent overrides the muscle memory. Whether it's worrisome thoughts, midnite snacking or knowing when to pull a gun, in the heat of the moment, are you disciplined enough to remain focused and clear headed to properly assess the situation and react appropriately? Train yourself, make it a daily practice to remain focused and when the time comes, there will be no mistakes.

The prefrontal cortex, which controls thinking, logic, knowing what to do, responds to EXPERIENCE as it develops. The wider the variety of experience, the more development. (EXAMPLE: live in one town your whole life? Only talk to a handful of people? That doesn't give you much variety of experience.)

Alcohol, nicotine, amphetamine, cocaine, morphine and psychoactive drugs diminish elasticity in the prefrontal cortex, which affects thinking, logic, knowing what to do. Someone with little variety of life experience, on a diet of alcohol and nicotine is gonna feel safe with people who feel familiar and end up agreeing with them and following their beliefs, often to their downfall.

Train yourself to be aware and observant. Train yourself to discipline your mind so you're never so overtaken by emotion that you make fatal mistakes.

Make it a point to READ a variety of viewpoints, EXPERIENCE new places and people, BE OPEN MINDED -- for the sake of experiment -- to what other people believe is the truth and why. Knowledge is power.

MEANWHILE BACK IN MY CORNER OF THE WORLD

New friends are surprised to learn I do the mag on my own when other local publications list staff and volunteers. **HORIZONS** was never designed to create income. I'm in it for the OUTcome, not the INcome. Horizons is not for everyone, it's a little offbeat, it attracts some deep thinkers and visionaries and workers on the inner planes. I'm thrilled to have gotten to know so many of them/you through the years. It feels like a family. The mag is available for free at the website, decades worth of them.

<http://horizonsmagazine.com>

Enjoy our offering this month.
Hari Om.



Andrea

Do what you can, find a local group, help out where you're able. Thank you everyone who added kindling and wind to this massive bonfire, we will use it to light the world on fire, to make change for good, to protect and make it safe for all.



Image Elyas-Pasban

HORIZONS MAGAZINE

MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

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



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

Louise Hay

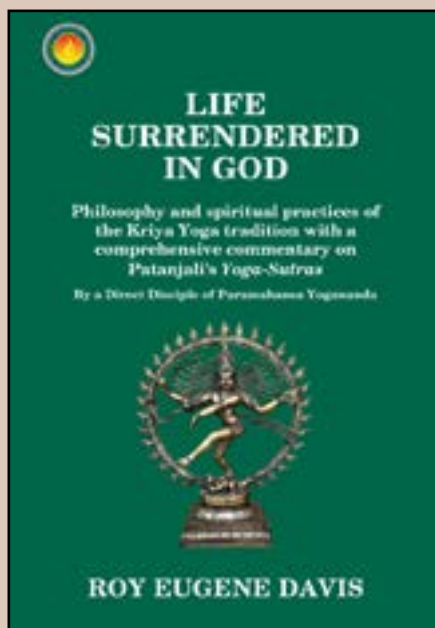
*When we think that the
world has unlimited
resources, our world
becomes unlimited.*

Ma Yoga Shakti



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(1931-2019)