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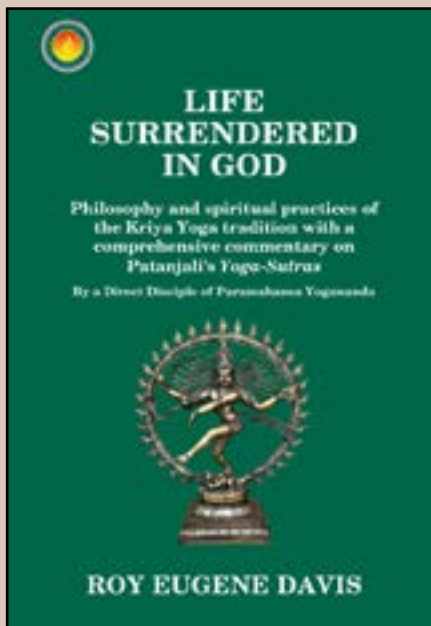
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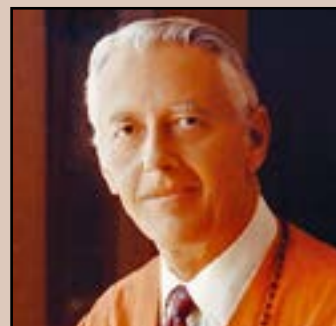
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12 STEPS OF SPIRITUAL FREEDOM

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

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

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



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

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE SEPTEMBER 2022 HORIZONS MAGAZINE. It's been a summer of fun juggling projects and managing schedules. **Benny the Cat** has been at the vet bcz **Tuxedo Sam** nabbed his cheek with a claw and it got infected. For 2 weeks it was a comedy of errors dealing with the vet, **The Cone** and keeping them apart.

I CAN MAKE ME BELIEVE THE CRAZIEST STUFF when I've got too much time on my hands. I constantly see evidence my ailments are only in my head. Ben is the fave kitty but I'm allergic so when I touch him I get sinusey and red eyes. Yet last month he was glued to me, I was covered in his fur and it didn't bother me AT ALL. Also, it's been a carpal tunnel summer (fun!) yet I've learned that when I HAVE TO, I can LIFT those carriers and DO what's gotta be done. Good to know.

NEW RULE: You can't tell me when life begins when you don't even know an election is over

THE GOOD NEWS WAS I didn't have time to remember I'm allergic and in the midst of a carpal flareup LOL. Clearly all that was in my mind bcz a coupla weeks in: no sneezing, sinuses clear, hands are good, nimble, no pain, working fine! Sheesh. My mind and body can make me believe all sorts of stuff when it has too much time without meaningful focus.

I'M SO GLAD I HAVE A GOOD WORK ETHIC, even 10 days off to tend to cat stuff, I got **Horizons** to press on time. In my 20's I worked for law offices in downtown **Miami**, developed a passion for it. That made being a workaholic easy. In a firm of 30+ attorneys with 90+ support staff, it became my social life and friendship circle as well.

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SOUL SONGS • ABRAHAM FUN



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

SAILING A RELATIONSHIP

If I'm in an unhappy relationship, the most important thing I can do is work on my own happiness, here and now, before I change any aspect of my situation. If I allow my sense of well-being to depend on the status of my relationship, I'm in a vulnerable position. I'm placing my inner peace and joy at the mercy of circumstances outside myself, over which I will never have complete control.

But I always have control of my mental focus, and *I will do myself a huge favor by focusing on what I like about my partner. What do I appreciate about this relationship, past and present? What's good about my life right now?*

I discipline myself to notice what's going right, not wrong. I practice observing my partner's strengths. And if that seems impossible, I change the subject in my own mind. (Ah...nice weather we're having.)

As I choose contented, peaceful thoughts despite what is happening with the relationship, then the relationship must improve or it must dissolve, allowing me to find fulfillment elsewhere.

A joyful me will be a match-up to a joyful relationship, either this one or another one. But without the inner work, I'll likely stay stuck on a sandbar.

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.

DEALING WITH NEGATIVE EMOTION

When you see something you want and you hold your attention on it and you give birth to a new idea, that new idea literally summons Life Force to itself through you. That's what that feeling of passion is.

But if you give birth to an idea, and as it begins to summon Life Force to itself through you, you begin to doubt it or worry about it or test it... now what happens is you are no longer a match to your own desire.

So while it's doing its best to summon Life Force to itself, for the completion of your idea, you are vibrationally out of sync with it now because you're including opposite vibration within you.

So even though it begins to summon, you don't feel very good in the process because the energy that is flowing through you is being hindered by the contradictory energy that is within you. That's what negative emotion is.

Negative emotion is what you feel like when you introduce a lower, slower vibration to a higher, faster frequency. If you have negative emotion, it is your indicator that in this moment you are not vibrationally up to speed with your Source Energy, and if you don't realize you have the negative emotion it's because the negative emotion has begun to feel rather normal...

In other words, isn't it normal to feel a little ornery or a little aggravated or a little overwhelmed?

And so, as you acclimate to a feeling of negative emotion, what you're actually doing is acclimating to a lower vibration.

You are actually becoming accustomed to a vibration that's not up to speed with clarity. It's not up to speed with wellness. It's not up to speed with abundance. It's not up to speed with who you really are.

It is up to speed with what many are living, and it is up to speed with what you are observing a good deal of the time, but it is not up to speed with who you really are.

But, because it feels normal to you, your **Guidance System** isn't as alert and alive, and so you don't receive the benefit of your magnificent **Guidance System**.

If we were standing in your physical shoes, we would not allow or accept or tolerate long-standing negative emotion.

Instead, we would use negative emotion in the way you all intended. We would feel it and know it for what it is: As an indicator that, in this moment, I have my attention upon something that is not in vibrational harmony with who I really am or with what I am wanting.

Not forever, but in this moment. Or for as long as I hold this belief or attitude or attention to this lower vibration.

NOT FEELING ANY NECESSITY OR ANY IMPULSE TO MEDITATE

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

...continued on page 22...



EXAMINING, EXPERIMENTING, EVOLVING

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

A couple of weeks ago, I shared some of the ways students approach me about how they judge their practice and get in their own way – by wanting something external and separate, instead of creating the experience internally by becoming it. There's another side to this conversation, though; an important distinction. And that's the fine line between judging your practice - and examining your practice.

Here are some other ways students sometimes approach me about the work:

"Dr Joe, do I have to do the breath?"

"Do I have to meditate every day?"

"Can I do the meditations lying down?"

"Can I skip the part about opening my awareness and focusing on nothing - and just go to the next part of the meditation?"

Can you see the difference between someone who is showing up, in earnest, day after day, and struggling with their own impatience with themselves ... versus someone who isn't being honest with themselves about the integrity of their practice?

I always encourage my students to be kind to themselves; to understand it takes time, patience, and practice to master. But I also make it clear: mastery is what we're working toward. And anytime you want to learn - or improve, or master - anything you're work-

ing on, some amount of healthy self-examination and self-evaluation is required. That's the only way you can improve - and deepen your experience.

Let's say you want to learn how to golf. When you're learning anything new, the first step is to get your mind involved. You study as much as you can - before you start playing the game. The more you learn about how to play golf, the better chance you have of performing your best. Then comes the technique. You have to immerse yourself in knowing what you should do and why you should do it - so you can align your actions with your thoughts when you start to play. Finally, getting your body involved takes you to actually playing.

Let's say you've been going to the driving range a few times a week to hit a bucket of balls and work on your swing. But after weeks of this, you're still not hitting the ball squarely. You're swinging the same old way, and it's sailing too far to the left or the right more than you're making good contact. Your experience of playing golf is not what you thought. And here's the difference between self-judgment and self-inquiry. *The question to ask in this moment isn't, "What am I doing wrong?" It's, "What am I not doing that I should be doing?" Or better yet, "Where can I improve?"*

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LIVING IN BLISS AND OTHER MYTHS

BLISS. I love saying that word. It makes me feel sensual and sexy and light and filled with air. Just uttering that word brings to mind daydreams that involve long, slow touches that trail along the skin and a warm, relaxed afterglow. The word bliss, when it sits out there all by itself, makes me want chocolate, tequila, and sex. It makes me imagine biting into a truffle while making *mmm* sounds.

There is just something dreamy about the word bliss and the idea of living in it—think **Ryan Gosling** and **Adam Levine** working in your organic garden, both of them shirtless on a hot, sunny day while you bask in the warmth of the sun and the glow of their dreaminess, sitting on a chaise, drinking puckeringly tart iced limoncello, and sucking on a succulent strawberry freshly plucked from your bed of abundance. Now that’s bliss, right?

Woe is me and rend some clothes, this is not, sadly, the case in my life. And if your life is anything like mine, you do not have **Ryan** and **Adam** in your backyard or anywhere else tending your real or metaphorical ladygarden either. Instead, you have **Lego** sets full of a zillion little rectangles that are too small for the adult human hand and bad directions full of pictures and arrows that wouldn’t make sense to a genius. Okay, maybe a genius, but not this suburba-mom. Add in the dolls whose clothes cost more than your wardrobe, a dog who eats better than you do, oh, and that drink in your hand is a glass of **Trader Joe’s Two-Buck Chuck** (which, by the way, is now two dollars and fifty cents! Is nothing sacred?). All of it, the **Lego** set, the doll clothes, the gourmet dog food, and the overpriced drink, really takes away from the dreamy bliss of your day.

Bliss equals perfect happiness, great joy. Yeah—like that’s possible, if possible equals **Armageddon**.

Can I really live in bliss? I’ve got bills to pay, so bliss just doesn’t seem to be on my radar. My love life is good, but after so many failed relationships, I’m good with dinner at **Applebee’s** and a box of cream chocolates from the corner store. My work is inspiring, but I’m not hanging at the **Chateau Marmont** with **Orlando Bloom** talking about my next project. And my kids— well, let’s just say at this moment one of them probably has the other in a chokehold, screaming, “I wish you were never born!”

Bliss? Perfection? Really? Seriously, I mean, when I hear someone say, “I’m living my bliss,” all doe eyed and breathless, I think, No, honey. You’re living in denial, or you’re so full of shit I could smell you before you walked in the door.

Ouch, right? That seems a bit harsh, but really. Have you met anyone whose life is a perfect great joy, like 100 percent of the time? Yeah, me neither. So is living in bliss a myth? Maybe it’s a tease, sort of like going into a store because of a huge “50 percent off” sign in the storefront only to be told that the sale already ended, and they forgot to take the signs down. Damn, I hate that.

But living in bliss, or living your bliss, is supposed to be glorious; it has to be, what with everyone trying to do it. Something to strive for, for sure. Like toned abs and buns. Or climbing to the top of **Kilimanjaro**.

Again, I wonder, why am I torturing myself? Is the outcome worth the work? And is it a maintainable type of thing? I would say that most people come in and out of their toned abs (if they have them), and we usually only climb anything once (if at all). Why have I put on this expectation that I should be blissful? More impor-

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

HELP FOR UNDERACTIVE THYROID

The thyroid is the butterfly-shaped gland just above the Adam's Apple with two lobes on either side of the windpipe. Symptoms of an underactive thyroid can be body temperature below 97.8F, cold intolerance, dry hair, brittle nails, constipation, weight gain, a hoarse voice, irregular or heavy menstrual cycle, low sex drive, horizontal ridges on fingernails, protruding lower lip, or ringing ears.

It can be brought on by environmental toxins, the hormone disrupter **Bromine** found in bread, flour, soda, energy drinks and some medications, hormonal imbalances, nutritional deficiencies medications.

Even gluten can be problematic because gluten contains **gliadin** a protein that is unfamiliar to the body when this chemical enters the body the immune system sends out antibodies to attack it; unfortunately, these antibodies also attack the thyroid.

Hypothyroidism can also be due to stress, surgery, accidents where the thyroid took a hit, autoimmune conditions, tumors, or cancer. Helping the thyroid will depend on the underlying cause.

It is also important to avoid goitrogenic foods that inhibit thyroid functions by lessening its ability to properly use iodine. **Raw broccoli, cauliflower, spinach, Kale, cabbage, pears, and peaches** are examples of foods that can suppress the thyroid.

There are vitamins and minerals that support the thyroid. **Selenium, Iodine, Zinc** and the amino acid **L-tyrosine** are necessary to support thyroid functions.

Herbs that enhance thyroid functions would be herbs like **Irish Moss, Kelp, Ashwaganda, Eluthero, Black Walnut or Gota Kola**; these are herbs that are known to support and balance the thyroid. **Adaptogenic** herbs like **Tulsi, Rhodiola, and Schizandra** also play a supportive role in the health of the thyroid.

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THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

ZEN PAINT

When I met Utei for the first time, I was working painting lamp posts in the local park. He came over one day while I was working and insisted I was really Japanese. He adduced the way I painted as evidence and argued that I was just too stubborn to recognize the fact. For a whole morning he persisted in speaking only **Japanese** to me, and it was out of frustration and wanting to say something very delicate that he gave up and shifted into **English**, remarking that I must be from **Tanka** because they were the most stubborn people on the islands.

I was actually sorry that Utei stopped talking to me in Japanese because, towards the end, I felt I was beginning to understand, if only in a primitive way, what the little Japanese man was saying.

I asked him once, why he came to **New York**. Utei said that he discovered that he was a **Zen master** in a **Honshu** jail and that in a **Kyoto** monastery he discovered that his Zen had a **New York** accent.

Another time when I repeated the inquiry, he said that he merely followed a **Sony**, because it was not right for the spirit to hang too far back from the flesh, and it had led him here. None of this added up to an explanation so after a while I just accepted the fact that here in the park, where I worked on my ladder painting lamp posts, was a **Zen master** from **Kyoto**.

The section of the park where this **Japanese** man always sat seemed to stay cleaner than the rest of the park. The grass was always healthy no matter how many people had

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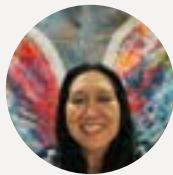
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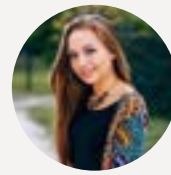
Alexandra

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

THOSE WHO RECOGNIZE THE JOY OF THEIR OWN BEING:

RICH made a statement to the effect that he found it difficult to maintain any kind of a relationship with any woman who did not subscribe wholeheartedly to Seth's ideas. Seth returned, speaking very softly, yet emphatically, and principally to Rich.

SETH: "Now, there are people who are quite involved with my ideas who do not know my name! There are people, believe it or not, on the face of the earth, who are fairly content with their lot, and they do not know my name! They know themselves.

They are aware of the vitality of their being, and they do not need me to tell them that they are important. The flowers and the cats and the frogs and the trees do not need me to tell them that they are important, and there are people who do not need me either, for that reason. For they recognize the vitality of their own being, and they have ignored the belief systems of their times. They are ancient children.

They may not read philosophy. They listen to the wind. They watch the behavior of the seasons, and they listen to their hearts. They do not need to read my books. They could have written my books if they could write.

They are the voices of nature and of the seasons, and they recognize their origin though they are not educated in your terms. And their heart speaks information that their intellect cannot possibly interpret, and in your terms would they seem indeed ignorant. They tend a tiny garden. They speak words that would make no sense to you, Rich, for they would not be intellectual. They would babble nonsense that in intellectual terms would make no sense!

Yet would you recognize such a person! And the love within their being! They do not have to recognize **SETH's** ideas, but to recognize and enjoy the validity of

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their being. I speak to those who do not recognize the validity of their being. Those who recognize it have no need of me."

RICH asked: "Don't you speak for more reasons than just that also?"

SETH: "There are those, my dear friend, who do not need me, for they are content. They are content because they realize in the depths of their heart, the joy of their own being. There are those who recognize the authority of their own psyche as it speaks to them in their private experience, and they do not necessarily even know the term 'psychic experience.' They, in your terms, may be ignorant.

...continued on page 29..



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ASK WHITEDOVE



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

DEAR WHITEDOVE:

Do we all come from heaven and reincarnate on Earth or can we skip going to heaven and just reincarnate to other planets?

MICHELLE:

Well I've never been asked that interesting question. There are many advanced souls that incarnate on Earth to help humanity.

These souls were not required to come here to work on karmic contracts and repay debts. These masters, they volunteered to be of service with their advanced knowledge and skills.

When their time comes to exit this planet, these souls have more options because of their skill level as a multi-dimensional being. Yes they can move on to another realm, dimension or planet without going to **Heaven for a Home Welcoming Party and Life Review.**

Other Advanced souls can skip dying and they can "Walk Over" to the Spirit World. We are all God's children although individually we are on our own path of spiritual growth and advancement.

DEAR MICHELLE:

Do we earn bad karma for trying to psychically attack a person who's doing evil, such as a dictator in the hopes of protecting innocent people? I have a friend who says that you shouldn't do that because of bad karma and it interferes with free will, even if the target is doing evil against innocent victims.

MICHELLE:

If you're of the light and someone is attacking you and you're innocent; you can protect yourself and psychically shield yourself; daily, we should shield up in prayer.

But if a powerful psychic medium or Remote Viewer would go after someone that is evil like a dictator, then yes, they will experience karma for that.

Karma is whatever you put out there, you are responsible for your actions. Whatever we put out there in word, deeds and thoughts: people will experience the law of cause and effect. What we reap is what we sow. What we do unto those, we do to ourselves.


God knows our intent that is how Karma is weighed. But judgment and punishment, well that's God's business. Who are we to interfere?

Great Spirit has different souls, we'll say **Spirits** or energies, to deal with evil. **God** has legions of warrior Angels, and many are here on Earth right now. Also, there are Angels among us disguised as people, their soul's energy is not of the human DNA.

Any psychics who attack people with their energy are practicing the dark arts or black magic. And there is heavy karma to pay for using your **God** given gifts to harm someone. It's a strict No, No!

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

FORGIVENESS

What is forgiveness? Why is it important?

Webster defines it as a cessation of resentment against an offender; and to give up claim to retaliation. It is important to note that the word has nothing to do with the offender, but purely with us. Forgiveness means to release discordant energy patterns we have created between ourselves and others. Forgiveness removes the pain, but the memory is still there. We will be able remember it in a dispassionate manner.

It is our desire to live a happy and fulfilling life. If we hold on to anything negative in the past no matter how difficult the experience may have been; we carry the offenders' actions into the present and relive it every time we remember and are not willing to forgive. This means we are giving the offender free access to inflict the pain within us over and over by our stubbornness of not forgiving. Now we must ask the question: "why are we holding on?" When we touch something that gives us pain, like a burning coal, we immediately release it to stop the burning of our hand. But strangely we do not consider the pain of an offender in our memory that needs to be released.

All of our thoughts and energies all always present. Nothing gets lost, it can only be transmuted. When we repeatedly think of something, it becomes a thought form. These thought forms begin to take on a life of their own. For example, the devil is only a thought form, but extremely powerful. We hear people stating that 'the devil made me do it.' That means a thought form that was created in their own mind became so powerful, that they felt compelled to commit the crime.

Hence, they blame the devil. When we have resentment towards a situation or person it becomes a thought form and it becomes real. It resides within us and affects our whole life and health. Those thoughts of what we have done wrong or someone else has done wrong to us imprison us. They are putting bars around our consciousness.

Everything in our life including thoughts are a vibrational patterns of energy. Every vibration has the desire to return to the light or source. These vibrations that we hold within us that are not of light frequencies or the frequency of love are imprisoned within us until we release them to the light. When we forgive others with loving intensions, we return negative vibrational patterns back into neutral. All that negative energy that we have created around that circumstance we bring back to neutral.

We come into balance and harmony through the law of forgiveness. All of our own discordant energies and interactions with others begin to release with forgiveness. The energy cords that we have created and also

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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

We don't just do anger work because we need to express and release our justified rage. To be sure, healthy anger release helps to restore the integrity of our being. Anger is a sacred emotion, if it is honored authentically, without destruction. But there is more.

We do healthy anger work because we come to recognize that we cannot touch into the deepest parts of our vulnerability without it. Until the inner child knows that we have the capacity to protect her tenderness with ferocity, she will not fully reveal it. He will only open so much, until he knows that he can hold himself safe.

This is one of the reasons why those who grew up unprotected will often keep their hearts closed. They don't have a template for self-protection. Sometimes we have to forge that template ourselves- in the fires of our own empowerment. The more sturdily we can touch into and express our rightful anger, the more comfortable we will feel embodying and expressing our vulnerability. The more powerful our roar, the more open our core...



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>

What if every wrinkle, scar, or gray hair only made you more beautiful?

What if every tear you've shed, mistake you've made and challenge you've faced, only drew you closer to the light?

And what if for every breath you've taken, every sentence you've spoken, and every path you've chosen, your fans in the unseen multiplied?

Well, I'd say it's about time you found out.

Be proud, we are -

The Universe



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

PYRITE

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

As our long hot summer draws to a close, we sit on the precipice of change. It has become difficult for many folks to sift through the deluge of shifting energy and conflicting information eddying around us. Since the **Autumn Equinox on September 24** is the time when the day and night are of equal length, representing balance, we are drawn to seek our sense of calm within as we try to make sense of it all so we can set a sane and sensible course for our lives. This can be challenging when we are reeling from so much stimulation all around us. The crystal ally I want to share with all of you this month is **pyrite**, one of the primary ores of iron.

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Pyrite

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THE STORY OF A MOMENT I HAD WITH PREM RAWAT, IN 2010, BACKSTAGE AT THE BEARSVILLE THEATER IN WOODSTOCK

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

My long-time teacher, Prem Rawat, has been speaking to people all over the world about inner peace for the past 51 years or so. He is always in great demand and his audiences, in India, have sometimes been as large as 350,000.

So, when I found out, in 2010, that he was coming to my little town of **Woodstock, NY**, I was quite surprised -- especially since the biggest venue available, the **Bearsville Theater**, had a capacity of only 350 people. No matter. His is not a numbers game. He goes where the love is and there was a lot of love in **Woodstock** drawing him there.

A few days before he arrived, I received a phone call from a woman whose role it was to select the MC and the backstage security person for **Prem's** event.

Since I had MC'd some of his events before, she thought it might be a good idea if I was available that day to MC the **Woodstock** event, but she told me she was also going to ask another person, **Joan Apter**, to be available, too, and then, on the day of the event, she would make her decision. The person, she explained, who was NOT chosen to MC would be the back stage security person.

Our responsibility, she went on to say, was simply to show up at the hall an hour early and, at that time, she would tell us who was going to MC and who would do back stage security.

But I already knew the answer.

Joan was going to MC the event and I was going to do back stage security -- because, I reasoned, that if I was backstage, I'd have a way better chance of having a moment or two with **Prem** as he waited for his cue to take the stage. And besides, I sort of had a cold (sniff, sniff) and **Joan**, glorious **Joan**, would absolutely nail it as the MC.

Getting to the hall just a bit earlier than **Joan**, I explained to the MC-selector lady that, today, I would NOT be the best choice to MC, given my cold (sniff, sniff, achoo).

She agreed and, I gleefully took my position back stage. My role, I learned, was a simple one. When **Prem** entered the building, all I had to do was press a large red button on the wall to alert the sound and lighting guys that he had arrived.

That's it -- notice when **Prem** walked into the building and push a big red button. No experience necessary.

While **Joan** did her mic checks on stage, I practiced pushing a big red button back stage, hoping in my heart of hearts that somehow, I would have a moment with **Prem** -- not wanting, of course, to crowd him or get in his way or be goofy or uptight or screw things up. After all, the back stage waiting area at the **Bearsville Theater** was rather small.

The more I stood there, waiting for **Prem's** arrival, the more it dawned on me how just how small a space it was -- just big enough, for him and... um...er... uh... me, the security guy with a cold, having just pressed the red button and not wanting to get in his way.

Get the picture?

As the hall filled up with guests, so did every ounce of my being with a feeling I had become delightfully familiar with over the past 41 years -- the feeling of anticipating **Prem's** arrival -- the one person in the world who astounded me the most. Usually, I was sitting in the audience, back in row ZZ or up in the mezzanine, but today... this sunny day in **Woodstock**... in the iconic **Bearsville Theater** once owned by **Bob Dylan's** manager... I was going to be closer, much closer, to the main attraction.

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Everyone is Welcome. No experience necessary.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO SEPT 2022

September brings us the Autumn Equinox and a flurry of festivals and religious observances around the world. While we worship and celebrate, it also seems we pause to feel the shift of the weather and time. We can reflect on the balance of our life, on a day when the dark and the light are equal.

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity. Carl Jung

September 9: Full Harvest Moon in Pisces. The full Moon that happens nearest to the fall equinox (September 22 or 23) always takes on the name “**Harvest Moon.**”

Unlike other full Moons, this full Moon rises at nearly the same time—around sunset—for several evenings in a row, giving farmers several extra evenings of moonlight and allowing them to finish their harvests before the frosts of fall arrive.

September 10-25: Pitru Paksha, Hinduism. Ancestor remembrance.

September 19 - 21: Moon Festival, China - A Time for family reunions. Ancient Chinese Emperors worshipped the moon in Autumn to thank it for the harvest.

September 25: New Moon in Libra. The new moon = new beginnings, a more introspective time and represents new beginnings as we plant seeds for the future. It's a good time to set clear intentions for the month ahead, clarify your goals, start new projects, and acknowledge your growth since the previous new moon.

September 25-27: Rosh Hasanah, Judaism New Year

Buddism, Japan:

**September 20 - September 26: Higan
23th September 2022: Shubun No Hi**

These are times to pay respects to deceased family members, visit family graves and hold family reunions in honour of those who have passed.

September 22: Autumn Equinox - 3:20 pm EST

This is the time of year when the earth tilts on its axis so that the sun crosses the equator. It is commonly known as the day when day and night are of equal length, but you will actually see this on **September 26**, when the sunrises here in **Florida** at 7:16 am and sets at 7:17 pm. This is referred to as the equinox.

Between these dates, the Sun also moves into the astrological sign of **Libra**. This is an excellent time to reflect on where you have or need balance in your life. You can simply visualize opposing forces that work in balance, like light and dark or turning wheels. We cannot exist without balance.

Michaelmas Day is the feast of Saint Michael the Archangel, celebrated on the 29th of September, in the Roman Catholic Church. Michaelmas was an important observation in the UK, beginning in the Middle Ages.

It used to be said that harvest had to be completed by **Michaelmas**, almost like the marking of the end of the productive season and the beginning of the new cycle of farming. It was the time at which new servants were hired or land was exchanged and debts were paid.

This is how it came to be for **Michaelmas** to be the time for electing magistrates and also the beginning of legal and university terms.

*Happy September
and Blessed Be*

GARDENING THE MEDICINE WAY



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

FALL HARVEST FESTIVALS BEGIN IN MANY PLACES OF THE WORLD IN SEPTEMBER. One of the most famous ancient festivals that still continues is **China's Mid-Autumn festival**. People of all the provinces celebrate with feasts and enjoy them in the spirit of wishing for a good harvest again next year.

Also in the northern hemisphere, neo-pagans observe **Mabon**. While the name **Mabon** comes from **Celtic** mythology, ancient stories of harvest and death and rebirth can be observed from **Egyptian festival of Osiris** to the **Eleusinian mysteries of Greece**. For all, it is a time of a noticeable shift in the weather and all of nature.

The heat continues for me so near the equator. My thoughts are not on harvesting but planting. Fall gardens thrive in **Florida** and you can have a bounty of vegetables in the spring. What I will harvest are some of the wild berries that will be ending soon.

One of my favorites at this time is **Callicarpa or American Beauty Berry**. This is a common roadside shrub or to many, an annoying weed on over grown property.



Most people would not believe the dense fuchsia berries are edible, but they make the most delicious jelly, filling the house with a slight minty smell as they cook. It doesn't take many of these berries to make several jars of jelly.

HERE'S A RECIPE YOU CAN TRY:

1 1/2 qt. beauty berries, washed.
2 quarts of water
Boil for 20 minutes and strain to make infusion.

Use 3 cup infusion, add 1 envelope Sure-Jell and 4 1/2 cups sugar.

Bring to boil for 2 minutes.

Remove from burner and allow to stand until foam forms.

Skim off foam.

Pour into sterilized jars and cap.



SINCE WE ALL VIBE TOGETHER, LET'S VIBE HAPPINESS



Aislin Taylor

Aislin Taylor is a James Van Praagh certified life coach, a certified Fairyologist and a Reiki Master. She is also a Ritual Master in the lineage of King Solomon and an Adept in the Ancient Mystery School. Email CronesCauldron@yahoo.com

You're going to realize it one day that happiness was never about your job, or your degree, or being in a relationship. Happiness was never about following in the footsteps of all of those who came before you, it was never about being like the others. One day, you're going to see it. That happiness was always about the discovery, the hope, the listening to your heart and following it wherever it chose to go. Happiness was always about being kinder to yourself, it was always about embracing the person you were becoming. One day, you will understand. That happiness was always about learning how to live with yourself, that happiness was never in the hands of other people. It was always about you. It was always about you.

Bianca Sparacino

It has taken me many years to understand this and to make the choice to live it in my humanly fallible way. Taking care of yourself is not selfish. It allows your happy energy to touch the collective oneness.

This is because our lines connect, there is no me, you, them. There is only one collective. So if you're taking care of yourself in a healthy way, you're also taking care of the collective.

If you don't take care of yourself now then consider making different decisions.

You are meant to be happy.
We're all meant to be happy.
We all vibe together, let's vibe happiness.

-- Aislin Taylor



Esther Hicks

ABRAHAM HICKS

...continued from page 7

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

...continued on page 23...



Esther Hicks

ABRAHAM HICKS

...continued from page 22

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 En-ergy," 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."

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.

ON RELATIONSHIPS AND BEING WITH ANOTHER PERSON

QUESTION: Do I really need to be with someone to be happy? I think I feel like I'm living happily ever after by myself with my two cats. So, do people have to have a relationship in order for them to be happy?

ABRAHAM: You can't help but have relationships because you're not here vibrationally alone. So you are having a lot of interaction with a lot of others, and as you are paying attention to the harmonics between you and the others, then there is an enhancement.

The thing that we would like to call your attention to is that, as you are moving through life experience and knowing what you don't want and knowing what you do want, you've put a lot into your Vortex. And you are not there singularly, you have a lot of intentions relative to a lot of others. So with whatever is in your Vortex, as you then allow yourself to move in the direction of it, you just feel better and better and better and more and more satisfied.

So, to answer your question in a very specific way, there are relationships in your Vortex that you will feel more satisfaction as you move toward them. And usually - not always, but almost always - when someone says to us *I've decided that I'm really not looking for a relationship*, it's from a guarded perspective of not wanting to compromise, or not wanting to be faced with things that might take you out of alignment.

So once you are pretty sure that you are consistently in *Step 5*...you see, *someone who says to us I stay in Step 3, I'm really good at Step 3* (you're really going to like this - stay with us because you're going to feel a strong distinction), I really like *Step 3*

Step 1 is ask,
Step 2 is Source answers,
Step 3 is line up with what you've asked for,

if someone says I'm really good at *Step 3*, and in fact, I've mastered *Step 3*, I'm steadily in *Step 3*, then that's

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usually from the perspective that someone says I don't want a relationship because they do not want any ripples in their stream - they really like being in alignment, they have this all contained, but there is always an urging from within or a calling from within for more.

And so, **Step 5** is where you're not only willing to allow yourself to engage with others for the purpose of expansion, but you're not worried about it because you know that Step 1 moments can be appreciated, too.

We'll just say it to you in really simple terms: Your greatest expansion comes from up close and personal relationships with others, because as long as you can just walk away, as long as there's no strong reason to find alignment anyway, then you don't get very good at **Step 5**.

Step 5 almost requires a sort of steady presence of something that you have to find vibrational alignment around. Does that make sense to you? That doesn't mean that everybody needs to be together, but the more decisions you make in every day, the more robust the Energy is that flows. And the more robust the Energy is that flows, the greater the potential for joy.

If you're going 100 mph and you hit a tree, we say it would be a lot easier on you if you were going 5 mph. But isn't it way more fun to go 100 mph than it is 5 mph? In a relationship you can go 100 mph and learn how to not hit trees.

QUESTION: But what if I don't really want a relationship?

ABRAHAM: Then don't have one.

QUESTION: OK. So I'm good. I mean, I don't have to, because I'm happy that way.

ABRAHAM: Here's the thing that we know about you and everyone else: You're always asking for more, and *relationships are the fastest and greatest and most beneficial avenue to more that we know in your physical environment.* So we're just asking you to just pay attention to whether what you're saying is coming out

of true satisfaction or if it's coming out of a little bit of guardedness of not wanting to rock the boat.

QUESTION: Well, pure satisfaction is what I say.

ABRAHAM: It's what you say. (Fun)

QUESTION: It is me.

ABRAHAM: Oh, we believe you.

QUESTION: No, you don't.

ABRAHAM: We believe that you believe it.

QUESTION: OK. I don't know - I feel happy every day and I don't feel any... let me tell you...

ABRAHAM: We're not trying to create in your reality, we're just telling you what's in your Vortex.

QUESTION: OK, I'm not really arguing for my limitations, either.

ABRAHAM: Say again.

QUESTION: I'm not arguing for my limitations.

ABRAHAM: Yes you are. (Fun)

QUESTION: No, I'm not. OK, whenever in the past I've had relationships, some of them were good and some of them were not that good, but at the end of every day I was just wanting to go home. I was like OK, it's time for me to go home and be alone - I don't want to have, you know, this...

ABRAHAM: You want to avoid the ripples. Yeah. But what if you got clear sailing. What if you're so in control of your own vibration and your own focus, what if you are tuned-in, tapped-in, turned-on, and you are an unconditional liver of life, and what if you could be with someone and only see positive aspects, and what if those positive aspects just keep coming and coming and coming and surprising and delighting you?

What about that?

QUESTION: Well, maybe.

ABRAHAM: We're just saying (Fun) we've never known anyone who chose to be alone who wasn't doing it for the wrong reasons. Who wasn't protective in nature about it.

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And we're not saying you have to take somebody by the hand and go off into the sunset together, we're just saying relationships are the reason that you've come into this time-space reality.

Your vibrational Vortex is a relationship example. Your desires aren't in there all by themselves, they're in there having relationships with all kinds of things.

QUESTION: OK, so I had enough with my cats (Fun), and I am a **Miami Heat** fan, too. So...

ABRAHAM: Well, maybe we got too carried away with the satisfaction conversation, because we want you to be satisfied and more, satisfied and more. And if it's not more, you can't stay satisfied because you can't stand still.

So it has to be more and more and more - your satisfaction mark keeps moving and moving and moving and moving and moving and moving and moving and moving; more, more, more is the mantra of the Universe.

QUESTION: OK, I get you, I understand that, but you say we have so many lives to live, so what if it's normal to be alone in this life and then maybe in the next one I'm open to that? (Fun) Can that be? Why not?

ABRAHAM: There's only now, there's only now, and everything that you are is converging now. And everything that you are is becoming more. And you're, for some reason, using the conversation of relationships to hold back from what your Vortex is calling you to.

If we didn't have clear view of your Vortex, we wouldn't be having this conversation. We'd just say OK, next. But your Vortex has something else going on to which you feel resistance, so you're making up a story.

This is the best conversation that we've ever had with anyone because it represents the way so many people are approaching life experience.

And so we bring you along as a collective consciousness to the place of realizing that you are eternal beings, and that you can be or do or have anything, and that you've put things into your Vortex, and that the deli-

ciousness of life is then to allow what you've put there to be demonstrated and to allow those thoughts to turn to things.

And what you are effectively saying is "I've put a lot of things in my Vortex, but I've decided not to allow certain parts of them to evolve, and the reason is because I've had some bad experiences before."

Here's a good place for this conversation:

When you think about the **Emotional Scale** and you think about the worst feelings being despair and the best feelings being love and appreciation, and right in the middle there is this contented or satisfied place that we are talking about, if you feel overwhelmed, then having a day of doing nothing seems like a really good idea.

But if you feel eager, having a day of doing nothing is taking you in the wrong direction. Do you see what we are getting at?

While having no relationship feels way better than having one that doesn't feel good, and being in charge of your life feels way better than somebody else thinking that they're in charge of your life, and being self-sufficient feels way better than being dependent on somebody else, what if all of that were already resolved and you were tuned-in, tapped-in, turned-on, and you were already knowing your invincibility, you were already knowing that you could be or do or have anything, wouldn't you rather be or do or have it with somebody that is reflecting back to you in a powerful way?

When you hear something that's a really funny story, don't you want to reflect it to someone else so that they can enjoy it in the same way that you did?

QUESTION: I do - I tell it to my friends. No? I mean these other relationships besides being partnered with somebody...

ABRAHAM: You get to do whatever you want to do.

QUESTION: So it's not the same, you say.

ABRAHAM: We've just noticed that when you are interacting with someone, in the same way that this time-space reality helps you to focus, interacting with another on a really regular basis helps you to focus even more.

You find out more about yourself when you're up close with someone than you do when you're not up close to someone. It's just more opportunity for more discovery. And the more discovery, then the more opportunity for satisfaction. That's all we're saying.

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SETH SPEAKS

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They may prattle — or sound confused. They are as wise and as crafty as a flower. They do not need intellectual concepts because they understand the nature of love and the nature of the soul.

If you were satisfied with the nature of your existence, you would not be here. There are those who are satisfied, and they do not need my voice. They find sufficient reinforcement from the dawn and the twilight. They find sufficient reinforcement in their parents and in their children. They find sufficient reinforcement from their dreams and from their waking experience, and they may seem simple to you.

They may build ditches, or throw sawdust hour after hour, as you did. And yet they trust the simple authority of the twilight and the dawn. Speak to them of **SETH** and the word is meaningless. They do not need me. They do not need my voice, because they heed the voices of the oak trees and of the birds, and of their own being, and, let me tell you, in certain terms, I am a poor imitation of the voices of your own psyches to which you do not listen!

I speak to the world with it, and try to arouse within your beings the great exultation that you realize is your own. If you had it you would not be here! You sense it and you want it and I have it — but so do you! But the child does not need to listen to me. He is his own **SETH** and his own **Sumari**. And you have your own **SETH** and your own **Sumari** within you.

I will be unneeded as all the ancient gods are unneeded, and gladly so, when you realize that the vitality and the reinforcement and the joy is your own, and rises from the fountain of your own being, and when you realize that you do not need me for protection, for there is nothing that you need to protect yourselves against — you are as innocent as the dawn or the twilight — as innocent as if you were created in this moment.

You are innocent! There is nothing — no crime — you are guilty of — no penance you need do, dear Pan! Do not insist therefore (to Rich) as you have been, that a woman understand my words — only that she understand the messages that spring from her own soul."

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Aislin Taylor

For many years the masses were kept in control by not allowing everyone to learn to read and write because it's dangerous for us to start thinking for ourselves. If something is banned for your protection, that's a white washed way of say-

ing, this is information we don't want you to have, this is a line of thinking we want to steer you away from for your own good. Ultimately, it's not for our own good. Aislyn Taylor

WHAT STEPHEN KING HAS TO SAY ON CENSORSHIP AND BOOK BANNING

"Censorship and the suppression of reading materials are rarely about family values and almost always about control, about who is snapping the whip, who is saying no, and who is saying go.

CENSORSHIP'S BOTTOM LINE IS THIS: if the novel *Christine* offends me, I don't want just to make sure it's kept from my kid; I want to make sure it's kept from your kid, as well, and all the kids.

This bit of intellectual arrogance, undemocratic and as old as time, is best expressed this way: "If it's bad for me and my family, it's bad for everyone's family."

Yet when books are run out of school classrooms and even out of school libraries as a result of this idea, I'm never much disturbed not as a citizen, not as a writer, not even as a schoolteacher . . . which I used to be.

What I tell kids is, Don't get mad, get even. Don't spend time waving signs or carrying petitions around the neighborhood.

Instead, run, don't walk, to the nearest nonschool library or to the local bookstore and get whatever it was that they banned.

Read whatever they're trying to keep out of your eyes and your brain, because that's exactly what you need to know."

BANNED CLASSICS

per <https://www.ala.org/advocacy/bbooks/frequentlychallengedbooks/classics>

1984, by George Orwell

A Separate Peace, by John Knowles

Brave New World, by Aldous Huxley

Native Son, by Richard Wright

Slaughterhouse-Five, by Kurt Vonnegut

The Catcher in the Rye, by JD Salinger

The Color Purple, by Alice Walker

The Grapes of Wrath, by John Steinbeck

The Lord of the Flies, by William Golding

To Kill a Mockingbird, by Harper Lee

A Clockwork Orange, by Anthony Burgess

A Farewell to Arms, by Ernest Hemingway

A Separate Peace, by John Knowles

All the King's Men, by Robert Penn Warren

An American Tragedy, by Theodore Dreiser

Animal Farm, by George Orwell

As I Lay Dying, by William Faulkner

Beloved, by Toni Morrison

Brideshead Revisited, by Evelyn Waugh

Catch-22, by Joseph Heller

Cat's Cradle, by Kurt Vonnegut

For Whom the Bell Tolls, by Ernest Hemingway

Go Tell It on the Mountain, by James Baldwin

Gone with the Wind, by Margaret Mitchell

In Cold Blood, by Truman Capote

Invisible Man, by Ralph Ellison

Lady Chatterley's Lover, by D.H. Lawrence

Lolita, by Vladimir Nabokov

Naked Lunch, by William S. Burroughs

Native Son, by Richard Wright

Of Mice and Men, by John Steinbeck

One Flew Over the Cuckoo's Nest, by Ken Kesey

Rabbit, Run, by John Updike

Satanic Verses, by Salman Rushdie

Slaughterhouse Five, by Kurt Vonnegut

Song of Solomon, by Toni Morrison

Sons and Lovers, by D.H. Lawrence

Sophie's Choice, by William Styron

The Awakening, by Kate Chopin

The Call of the Wild, by Jack London

The Great Gatsby, by F. Scott Fitzgerald

The Jungle, by Upton Sinclair

The Naked and the Dead, by Norman Mailer

The Sun Also Rises, by Ernest Hemingway

Their Eyes Were Watching God by Zora Neale Hurston

Tropic of Cancer, by Henry Miller

Women in Love, by DH Lawrence

CRYSTALS, ROCKS

PYRITE

Photo by Karin Wolf



Sharron Britton

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Pyrite is not difficult to find and it crystallizes in many forms, although it is most often seen with cubic crystals. It is a beautiful shiny gold and has often been mistaken for gold by prospectors. It is often called “fool’s gold” because of this. Mineral collectors **love pyrite** for its beauty and fascinating crystal forms.

For metaphysical practitioners, **pyrite** offers a sense of grounding without feeling weighed down. It is also a great stone for prosperity and helpful in keeping us from being tricked or fooled. This is incredibly useful at a time when it can seem impossible to know the best ways to manage your finances and avoid scams.

It is also a good tool to assist in realizing what we truly value rather than what we are taught to value. During times when value systems are being constantly challenged, **pyrite** reminds us that the truth within us is our best guide.

Should you need to find some **pyrite**, you should be able to find some in any rock shop as it is plentiful all over the world. You can find single cubes from **Spain**, natural spheres from **China** and fine mineral specimens from **Peru**.

Should you prefer polished pieces, there are hearts, spheres, skulls and tumbles.

In some places you can go out and find your own although **Florida** is not one of them. Prices range from a few dollars on up, so everyone can find some pyrite that suits them and their budget.

Because **pyrite** is iron-based, once it has been exposed to oxygen after mining it can succumb to “**pyrite disease**.” What was once a fine specimen can turn dull brown and crumble into tiny pieces. This is a natural process that demonstrates that change is inevitable, but most of us want our cherished minerals to remain beautiful and shiny while we use them.

The **pyrites** from **Peru** and **Spain** are highly prized for their longevity and will not show any signs of oxidation for 200 years, so try to find **pyrite** form one of these place. Most of the polished pyrite you will find comes from **Peru** so your search should not be difficult.

Let us all move into the fall with a renewed sense of inner balance and the awareness that we know what is really important.



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Betsy Chasse

TIPPING SACRED COWS

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tant, I wonder if there is anyone I can blame in particular for making this bliss thing the thing that everyone wants.

Besides **Oprah**.

The etymology of the idea of bliss can be traced all the way back to the **Sanskrit** word **ānanda**—ā meaning all sides, and nanda meaning pure joy. So bliss is joy from all sides. In **Hinduism**, in order to reach **Brahman** (being conscious bliss, the highest reality) you'd have to connect all three dots, sat (truth), cit (consciousness), and ānanda (pure bliss) and then you would be totally connected from all sides to **God**.

But in order to do this, according to many a modern bliss expert as they quote the many ancient bliss experts, you must be completely devoid of attachments, anything that screams or whispers external sensory input. Which just seems really unrealistic.

Perhaps for you, the idea of complete connection 24/7 to your higher source is possible, and for my part, maybe I'd have liked to be completely detached from all external sensory input, say, after my son had his first "food poop." But a great deal of the time, actually most of the time, I kind of like the sensory input. I've decided that this is okay. The trick is how we use that sensory input and what we understand bliss to be within the context of our lives.

The idea of bliss became popular as a modern Western concept because of **Joseph Campbell**. His idea was **to follow your bliss, and thanks to PBS, which aired Joseph Campbell and the Power of Myth** and his other shows over and over again for decades on end, many people glommed on. Next thing you knew, there were a whole bunch of bliss advocates telling you to get you some. And you should. Get you some, that is.

It's just about being real about what your bliss is, not what gives you bliss. By this, I mean the difference between the soul's desire and earthly delights, because there is bliss and then there is sexy, fun, exciting,

adventurous bliss—not that this is bad or anything, you just probably shouldn't design your whole life around getting it. I mean, look what happened to ancient **Rome** when everyone there decided to overdose on a truly mindboggling level of hedonism. The city burned, supposedly while the **Romans** were still getting their delights on.

Joseph Campbell posits in **The Power of Myth** that if you follow your bliss, your true obsession in life, you will be in service to humanity to the highest possible extent. Now this seems somewhat doable between the driving the kids to sleepovers and the grocery shopping.

This **Campbellian** idea is also more about the self and less about becoming a no-self. So it's okay to maybe be a bit selfish here (because sometimes being selfish is actually a good thing, if you're being selfish in a non-selfish "I want to find my true bliss so I can live my obsession and in turn be of service to the world" kind of way).

This means that, alas, bliss is not about having **Ryan Gosling** as your lawn boy (okay, if I have to) and bliss is not about living your perfect obsession. As I said, bliss is akin to your soul's desire, and sensory pleasure often feeds into our emotional needs, and as **Joe Campbell** says for me to paraphrase, don't get stuck in your pleasure center, or decide following your bliss is a shopping spree at **Nordie's** or awesome sex.¹ It's probably true that sex with **Ryan Gosling** in the fitting room at **Nordie's** is blissful, but it's not your soul's desire, and it's most likely going to last about fifteen minutes and leave you feeling a bit empty a few hours later. Quick fixes usually have a way of doing that.

Why isn't pleasure bliss? I mean it can be, if you've done the work to ferret out what is real pleasure and what is pleasure based on the frenzied feeding of your emotional addictions and beliefs.

I love sex—I mean, really, who doesn't? But sex has really always been a pleasure spot for me. Growing up insecure and feeling unworthy of love, I decided if someone had sex with me, they loved me. In my twenties I had a lot of sex and a lot of broken hearts. I felt immediate pleasure and was filled with love, and then a few hours later, alone in my own bed, sadness would come.

Instead of dealing with the beliefs about myself that put me alone in bed feeling sad, I would head right back out to feed the pleasure center again with shop-

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Betsy Chasse

TIPPING SACRED COWS

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ping, food, and more men. Obviously I wasn't looking for or finding what my true bliss was (I have to congratulate myself here that I made it out of my twenties without a venereal disease or a drug addiction; even if I was after utterly pointless pleasure, I managed to be smart about it).

Every relationship I had was based purely on sex, right up to and including my ex-husband, because I had confused pleasure with bliss, sex with love, clothes with self-esteem, and . . . you get it. I didn't understand what bliss really meant, so I just went with what felt good at the time.

Sure, that might be "living in the moment," but without an inner compass or at least an understanding of what my true bliss was, it was usually just a recipe for disaster. There's being in the moment and fully experiencing life consciously, and then there's being in a moment of sheer fear and survival, grasping at ropes you've measured the length of and anchored yourself to, only to find that they are not long enough or secure enough to get you safely to where you need to be.

After all my broken hearts, after all my letdowns and failures because I was looking for bliss in pleasure, I've finally realized bliss is my passion, and passion is my soul's desire (thanks, **Joe**).

I began digging deep to find my true soul's desire and spent less time putting a **Band-Aid** over my insecurities. Now, I look for what it is that makes me feel good, a type of good where I don't even realize I'm feeling good. You usually only see these moments in retrospect, because if you are in one, you are really in it. You're not thinking about how you feel. Instead, you're all the way taken up by the actual feeling of it. When you look at such moments, they are, in the truest sense, simply wonderful.

Every year my kids and I go camping. Especially after moving from the country to the big city, this reconnection with nature became even more important to us. This particular trip would be our first without their dad. It was all me and my mom, and the thought of

putting up a tent alone did not thrill me. I found a place online that rented out cabins and yurts and even a teepee—and I thought, teepee? Perfect.

Before our trip we made **American Indian** costumes with feathers and paintings made on fake suede. Our excitement built as the day approached to embark on our Indian adventure. The drive wasn't long, about two hours, and all the way there we dreamed up our **Indian** life, our names, and our tribe. I, of course, was the chief, **Princess Sky Dance**, **Elora** was **Princess Wild Flower**, and **Max** was **Indian Joe** (a basic, salt of the earth name; that's my boy. He also had a total fascination with the name **Joe**, so we went with it—in retrospect maybe he was channeling his inner **Joseph Campbell**—ha, now that would be funny). We arrived at our teepee, and to our utter delight it wasn't some **Disneyesque** teepee designed for the modern traveler. It did have a floor, which I appreciated, but it was a full-on teepee with a glyph of a big bear painted on the side.

My kids leapt from the car, all dressed in their **American Indian** garb, and ran a full circle around our teepee. I was standing on the landing watching them, and as they made their way from around back to the front, they ran to me and at the same time leapt at me, arms wide open, eyes filled with wonder, and voices filled with pure love and joy. In that moment I felt pure bliss. It was one of the first moments my little family felt whole after my divorce, and it was one of the first times in a long time we all felt pure joy and excitement in the moment.

That's how I see that moment when I look back. When it was happening, I lost track of time and felt so much larger and smaller than I was, I was indiscernible from the experience. It was good. Good, as in "I lost track of time and space" good— it was bliss.

Bliss can be found in surprising places, like when something doesn't work out the way you expected, but you can look back and see that it was amazing, and you are smiling even as you think about it. That's bliss.

Those are true enlightened experiences, and you'll know them because they don't fade away into a dark pit of realization that they're over. They linger for days as you continue onward, forward, and into your real bliss. And when you are following that bliss, you are in a way creating perfection, because you are being in the moment, consciously living the experience fully and

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Betsy Chasse

TIPPING SACRED COWS

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thus not necessarily aware of the self. In that moment, you are experiencing **Onanda**. Connected on all sides to the experience of life.

As I became acquainted with the internal-monologue voices that always seemed to be talking at me in my head, I met one that always seemed to speak the truth. That voice would often remind me as I signed the credit card slip that this wasn't it. These shoes would not fill me, and I would be right back at that store again, sooner than I thought. And that's how I started to wonder, if this wasn't it, if he wasn't it, if the car wasn't it, what was it that would bring me true joy and fulfillment?

What was it that I truly loved to do, and had I ever actually felt bliss in my doing-ness before? It made me evaluate my shit. It made me decide to see what would happen if instead of meeting that guy, I wrote or read or spent time with my kids in a fully present way. And I began to be able to feel the difference, instead of just understanding it intellectually.

I mean, we can all sit around and tell ourselves what we should do, but the minute we add a should, we rebel and our body takes over and that craving sends us right to that freezer filled with all the things we think will fill us but ultimately leave us wanting more. This new feeling of connecting with my soul's desire, my true bliss, filled me up. And that twinge of hunger, that thing that could convince me that I was starving, became silent in the face of my bliss-full self.

Have you ever recognized bliss? Some people haven't, which is probably one of the saddest things to think about. We rarely ask ourselves to remember, to think about the last time we felt absolute perfection. Why we don't ask ourselves, I can't say, but it's a worthwhile question, so here it goes: when was the last time you felt absolute perfection? I have an image of a teepee and my children's smiles that flashes in my mind when I ask that question. Other images follow, but that is where I go first.

This is how we figure out what our bliss is. We start by remembering what it felt like to be in that place of absolute goodness, overbrimming with all of that moment, full and replete in the essence of joy. We say, That was bliss. And hold it fast. We remind ourselves that it is different from **RyanGosling**-in-the-backyard bliss.

As I began to examine my life, I realized that even amid the random nights with the guys I can't remember and the shopping sprees that ended with clothes I never wore, there were parts of my life that were blissful.

And because I finally got that simple realization, I felt a new sense of gratitude for my parents, who always told me to do what I loved and that everything I needed would come. I wish I had been able to hear it earlier, but I was too young, and that bit of wisdom given to the young **Betsy** fell on deaf ears. But not now. Now I hear it and am empowered to do it (the day I finally got it, what my parents had told me, that moment was a bliss moment).

In retrospect, I can totally see where I stepped wrong, where I went off the bliss path. It was when I began to tie my bliss to my beliefs and my attachments to material things, and just like that, I lost it. Oh, what a tangled web we weave, right? But chances are if you look hard enough you'll find that there are actually pieces of your life that do bring you bliss; you've just overloaded your travel donkey with so much baggage, all you can see is the ass.

My bliss is creating art through music, movies, and writing. I found my bliss at age three when my father handed me a violin and said, "Do you want to play this?" My father was a musician and a teacher, and I loved watching him play. I would go with him to concerts and gigs, and I could read music before I could read words.

That was a magical time. I could close my eyes and hear each of the instruments, and it moved me in a way I didn't quite understand. Time disappeared into the music, and I just was. So when he asked me if I wanted to play a violin, I said yes and off we went.

I had a natural talent for playing the violin, and I let it fill me because I didn't yet know to fear such things as my own talent. That fearless talent eventually won awards, played in orchestras, and once even played at the **Hollywood Bowl**.

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Betsy Chasse

TIPPING SACRED COWS

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And being fearless, as children often are, I started twirling a baton around the same time (because when someone thinks about playing the violin, baton twirling naturally comes to mind), and at the age of seven I actually became a champion baton twirler. The pinnacle of my childhood bliss was finding my way into acting.

Success came easy because I loved it. I loved being on stage and using my imagination, I loved working with directors, and I loved the sound of a perfect minuet, but what I got caught up with was my beliefs about why I needed to do this. Somewhere along the way I lost the bliss, and I went from acting to being a professional child actor, and the work literally became life or death in my mind.

Suddenly, becoming the best was more important than enjoying the process. And getting the part became vital because if I didn't, I believed my family wouldn't eat—or worse, I wouldn't be loved anymore. In my mind, my greatest value was in what I could do, not who I was. But it was more than that, because my ego loved being the best, loved the awards and the accolades and the love that was showered on me each time I won a new part. And my ego wanted to protect me from feeling unloved, so it pushed me to continue winning, even though none of it was my bliss anymore.

I forgot what I loved; I forgot why I had started doing the things I loved. Playing the perfect concerto on my violin became more important, not because of the joy it brought me to play—the feeling of the strings on my fingers, the warm vibration I felt through my body as the instrument responded to my bow strokes, the feeling of perfect control that I had of the sound. No, it became important because if I failed, my emotional addictions wouldn't get fed, my ego wouldn't get fed, my beliefs about myself would falter, and I'd be lost and alone.

Good-bye bliss.

By fifteen I had quit playing music, quit acting, and quit just about everything I loved, not because I didn't love it anymore but because I had lost the bliss of doing it.

Over time, I found my way back to something I loved by spending some time examining my life and what I wanted to do with it. It was a very spiritual thing without me realizing it was spiritual (*as a side note, beyond some of the esoteric stuff like past-life regression therapy or communing with dolphins, a lot of this spiritual stuff is just common sense—we just seem to have lost it*).

I realized that maybe I wouldn't be an actress anymore. But I loved making movies and I loved the creative process, so when I was eighteen and I was asked to work on a really, really, really low-budget film about a bunch of hot girls romping around in the woods as **CIA** agents, I said yes. Working behind the camera came naturally; I had fun and thus began my illustrious career behind the camera.

For almost ten years I lived and worked happily in the entertainment biz. I climbed (I should say clawed) up the ladder from lowly production assistant all the way up to producer. I was successful, I made great money, and I had lots of friends.

Until one day, right at the moment when all of my hard work was about to pay off, I got this strange feeling in my gut, a sadness as if I had lost something. The payoff, by the way, was a job offer at a studio, a job offer that, had I taken it, would potentially have landed me as a **CEO** of a studio one day. It was a path I had strived for all of my twenties, and at the age of twenty-six, my dream, my bliss was staring me right in the face, and all I could do was say no.

What the fuck? No! Six figures a year, an office with a window, and a parking space—a key to the cool people's club—and I said no!

Perhaps it was that I felt I had hit bottom, creatively speaking. My creative bottom was slapped, as it were, when I produced a soft-core porn film. (Yes, ladies and gents, I produced soft-core porn and, to let it all hang out—nudge-nudge, wink-wink—and be my honest, authentic self, I've even produced porn-porn when times were slow. A girl's got to earn a living.)

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HOROSCOPES SEPTEMBER 2022



ARIES – (March 19 – April 18)

ARIES: MOOD FOR SEPTEMBER 2022

Are you still in full possession of your resources and determined to make the most of your assets? Count on your offensive eloquence to capture everyone's attention and take control. Even if you are advised to work as a team this month, there is no question of you giving up the right to lead.

Love

ARIES: LOVE FOR SEPTEMBER 2022

Count on privileged and efficient communication to assert your desires and convince others to follow you. If Jupiter continues to assure you of a noticeable radiance then it is in your best interest, in September, to put yourself in the position of listening to those you love.

In a Relationship: You are the only ones to be seen, but that's no reason to keep the spotlight exclusively on you! In September, it is indeed a question of taking into account your partner's aspirations as much as your own!

Single: Jupiter exalts your power of seduction, and you take advantage of it to put on a show! However, be careful to pay as much attention to the other person as maintain your image!

Money

ARIES: MONEY FOR SEPTEMBER 2022

If you have been engaged in meaningful negotiations since the end of August, you will have to accept that from the 10th, you will have to eat your words a little. If discussions get bogged down, take advantage of this time of lesser efficiency to sharpen your arguments.

Work

ARIES: WORK FOR SEPTEMBER 2022

If you are not lacking in energy, glibness, or influence on those around you, expect to deal with some delays in exchanges from the 10th onwards. As discussions will not resume freely until next month, take advantage of this time to examine the point of view of your interlocutors and question them on the substance.



TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR SEPTEMBER 2022

If you have the strength to help you prepare for what's to come, you must also show steadiness and diligence that contrasts with the inner effervescence that drives you. Try to balance the desire to move forward with the need to turn in your work quickly.

Love

TAURUS: LOVE FOR SEPTEMBER 2022

If Venus endows you with a top charisma and invites you to shine, it is not sure that your priority in September is to make sparks fly in love. You will be very concerned about the smooth running of your business. This month, you will probably spend more time defending your interests and values than cooing.

In a Relationship: Venus exalts your power of seduction, but you will use it more to plead your cause in the professional field, to convince your colleagues, superiors, or debtors to support your initiatives!

Single: if you lack neither charm nor magnetism, you are not sure your mind is free enough to try your luck in love. Too much work and your mind elsewhere!

Money

TAURUS: MONEY FOR SEPTEMBER 2022

You are mobilizing without reserve but not necessarily attacking head-on those who can support you financially. You are more likely to use your determination to gain support in the long run.

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HOROSCOPES SEPTEMBER 2022



Work

TAURUS: WORK FOR SEPTEMBER 2022

You are approaching the month with a solid determination to prepare for what is to come. You put all the chances on your side to perfect the plans for a new cycle that should take shape in 2023. You lack neither determination nor energy to get things done. Don't forget to get your daily tasks done if you want people to trust you.

GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR SEPTEMBER 2022

Rather dynamic and eager to implement a project that you like, you are not shining with patience in September. If things don't go as quickly as you'd hoped, don't make a big deal. Take advantage of this latency period to charm those around you, but avoid trying to manipulate them to your advantage.

Love

GEMINI: LOVE FOR SEPTEMBER 2022

An exciting project in the air? You will put your heart and soul into it at the beginning of the month. Then count on Venus to favor cooperative exchanges. If from the 23rd, the Sun increases your radiance, you tend to abuse it to convince those you love to believe in your vision of the future.

In a Relationship: Do not hesitate to play with your charm to make them want to follow you on a project that mobilizes you but do not become obsessive!

Single: you aspire to improve your living environment and exchange with your loved ones. At the end of the month, if your sex appeal is at its best, take advantage of it to seduce whoever you please! Just don't put too much pressure on them!

Money

GEMINI: MONEY FOR SEPTEMBER 2022

If your prospects require you to find funds, you've probably been able to get them previously. At the moment, you are, in fact, trying to speed up the process of getting projects underway that are a little behind schedule.

Work

GEMINI: WORK FOR SEPTEMBER 2022

You certainly don't lack the energy or determination to boost a project and complete it at the beginning of the month! If, from the 10th, the pace of exchanges slows down, don't panic. They will only resume in a really fluid way next month. Keep up the momentum but do not be in too much of a hurry with your interlocutors.

CANCER – (June 20 – July 21)

CANCER: MOOD FOR SEPTEMBER 2022

Rather inclined to exchange with those around you, you are well-advised to pay attention to those who will undoubtedly need you and solicit you in September. Whether it's a child or a parent, take the time to talk to them, to listen to them, even if you have a lot of work to do in September. Stay available.

Love

CANCER: LOVE FOR SEPTEMBER 2022

If you seem to be more concerned with managing your career plan than with love in September, count on the influence of Venus to maintain cooperative exchanges with your loved ones. Suppose you wish to receive the support of your loved ones. In that case, it is out of the question to neglect them in favor of your business, even if it is flourishing.

In a Relationship: keep an eye on those you love. If you have to manage hectic autumn, don't neglect to take care of those who might otherwise feel a little relegated to the sidelines!

Single: not necessarily available to give in to the dizziness of love or even to search for a soul mate. Too many pending files to deal with and professional strategies to refine? Don't forget to take care of your own!

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HOROSCOPES SEPTEMBER 2022



Money

CANCER: MONEY FOR SEPTEMBER 2022

You are more thirsty for recognition in September than for making a fortune (even if one does not prevent the other). You fight more to carry and defend your ambitions than to fill your purse.

Work

CANCER: WORK FOR SEPTEMBER 2022

Suppose Jupiter continues to favor your professional expansion. In that case, you will work from the beginning of the month with pugnacity, determination, and discretion to serve your interests and establish your situation. For the time being, there is no question of revealing your cards, but instead of moving forward undercover, but no less effectively, towards the top.

LEO – (July 22 – August 21)

LEO: MOOD FOR SEPTEMBER 2022

Enthusiastic, ambitious, and determined to win? In September, you will show a determination that will affect if you accompany it with solid arguments that will reassure those ready to support your initiatives. Indeed, relying on your undeniable radiance to spread your wings. Not to take off without a belt.

Love

LEO: LOVE FOR SEPTEMBER 2022

Are you more interested in expressing and enhancing your potential and talents than in the running around in September? You are actively working to defend and realize a project. You will have to use your sense of communication (on the 23rd) to influence your entourage to your advantage.

In a Relationship: not really available to rekindle or even maintain the flame because you will be primarily concerned with convincing your partner to support your ambitions! Avoid setting the bar too high if you want them to follow you!

Single: you are trying to rally the support of those around you around objectives that motivate you but do not necessarily have the unanimous consent of the ranks. You don't have much time to look for your soul mate!

Money

LEO: MONEY FOR SEPTEMBER 2022

For the time being, you are looking for support to motivate your troops, broaden your horizons, and communicate more on the substance of the issue than on financial matters. Do you want to convince people that your proposals are well-founded before you ask for financing?

Work

LEO: WORK FOR SEPTEMBER 2022

You will be fully committed to a project that motivates you and whose legitimacy you will ardently defend at the beginning of the month. Although Jupiter is currently favoring your expansion, if you really want to win, be careful not to display any outbursts of enthusiasm that could worry those watching you and will not follow you without real and concrete guarantees..

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR SEPTEMBER 2022

Are you a go-getter and not really ready to give ground to anyone? However, be careful not to make too many demands on those with power or money. You could be a little too vindictive and demanding in September. So tone it down if you want to get your way.

Love

VIRGO: LOVE FOR SEPTEMBER 2022

Are you determined to improve your professional situation and find time for love in September? Let's bet that under the influence of Venus, who is squatting in your decan between the 5th and the 13th, you will have no trouble shining and seducing everyone. And even if your mind is a bit elsewhere at the moment, you will not deny yourself the pleasure of being seen and noticed.

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HOROSCOPES SEPTEMBER 2022



In a Relationship: Venus exalts your charm, takes advantage of it to reinforce your self-confidence, and notably in your power to influence events and people to your advantage!

Single: if you are thinking of developing your professional activity, there is no doubt that you will use your irresistible charm to leave a mark on people's hearts!

Money

VIRGO: MONEY FOR SEPTEMBER 2022

You will not hesitate to go to the mat to get more. If you lack neither energy nor determination to make yourself heard, try to nuance your approach to find the correct arguments to convince them. The ones that click rather than boom!

Work

VIRGO: WORK FOR SEPTEMBER 2022

This is the area where you will be working in priority in September. You will be struggling to develop your activity or even your status. There is no question of vegetating. Take advantage of the influence of Jupiter, who tends to accelerate the movement of change! Jump on the bandwagon, defend your interests, and position yourself as a decision-maker, even as a leader.

LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR SEPTEMBER 2022

You enter September ready to do anything to convince your collaborators that your ambitions are worth being heard and relayed. Mercury could play the spoilsport from the 10th when the "messenger of the gods" tends to slow down exchanges somewhat. Take your pain in patience and rely on your radiance to convince at the end of the month.

Love

LIBRA: LOVE FOR SEPTEMBER 2022

If you start the month with a bang and are determined to bring the other person into your world, Venus invites you to reflect between the 5th and the 13th. This is an opportunity to reflect on your ways of functioning on the sentimental level? From the 23rd, the Sun shines in your decan and endows you with fantastic charisma.

In a Relationship: Jupiter favors creative exchanges with the one you love! If this trend is confirmed at the end of the month, probe your relationship to determine what needs to be reviewed and corrected!

Single: you have a conqueror's mentality that allows

you to hit the nail on the head or commit yourself to a story. However, try to sift through what motivates you if you want to end the month in love!

Money

LIBRA: MONEY FOR SEPTEMBER 2022

If you need money to get ahead, you will not hesitate to solicit your business partners. However, it is not certain that your call will be answered immediately. Be prepared for a possible release of funds only next month.

Work

LIBRA: WORK FOR SEPTEMBER 2022

Your energy is phenomenal, and you do not hesitate to defend an ideal at the beginning of the month. If, from the 10th onwards, your arguments are less compelling, wait for your time (next month) to re-launch the debate. The Sun takes over your sign and decan (from the 23rd). This is your opportunity to take back control.

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HOROSCOPES SEPTEMBER 2022



SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR SEPTEMBER 2022

At the beginning of the month, you are ready to move forward, but you will soon adopt a more measured attitude and will have to take a step back from events. Mercury invites you to reflect on the relevance of your choices and may temper your ardor a bit.

Love

SCORPIO: LOVE FOR SEPTEMBER 2022

You are deploying a lot of energy at the beginning of the month to bring about positive changes in your daily life. You can count on Jupiter to bring about great opportunities to do so. Venus should allow you to rally the support of those you love around your projects between the 5th and the 13th.

In a Relationship: you can count on the support of your loved ones (family, children, friends) to encourage your initiatives in September! However, think about taking the necessary distance to sort out and keep only those projects that are likely to be really worthwhile!

Single: are you in the gestation phase of a new cycle prepared in the shadows? Don't hesitate to ask those around you for help and support!

Money

SCORPIO: MONEY FOR SEPTEMBER 2022

If you are offered some improvement in your status and advancement, it comes with better remuneration. This is something to consider in your current assessment of the situation.

Work

SCORPIO: WORK FOR SEPTEMBER 2022

To evolve your activity until the 7th, an absolute determination to move the lines? A real opportunity to jump on the bandwagon could present itself at the beginning of the month. However, take the time to think about it, meditate on the question to make the right choices, and thus commit yourself conscientiously for sure.

SAGITTARIUS – (Nov 21 – Dec 20)

SAGITTARIUS: MOOD FOR SEPTEMBER 2022

You're pretty pumped up and determined to make yourself heard. You are not lacking in zest or desire to be an authority in your professional or private environment. If you have no trouble shining and seducing everyone, beware of a tendency to be too much of a gang leader in September.

Love

SAGITTARIUS: LOVE FOR SEPTEMBER 2022

A lively dialogue between you and the other person. You have the desire to share your enthusiasm at the beginning of the month. You can then count on your charm to win people over, whether at home or in society. At the end of the month, you will probably discuss a project close to your heart and try to convince those you love to follow you.

In a Relationship: nothing will be lukewarm between you and your partner with whom you will have passionate conversations. If you have a project in mind, don't forget to tell them about it and ask their opinion!

Single: an undeniable charisma and a determination to embrace whoever you like in your world? You could be tempted if you don't forget to consult the other person at the end of the month about their personal vision of the world and the future!

Money

SAGITTARIUS: MONEY FOR SEPTEMBER 2022

In September, you will want to open up the future to your liking. Still, you will have to deal (from the 10th) with delays in financial negotiations, which will temporarily weigh you down.

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HOROSCOPES SEPTEMBER 2022



Work

SAGITTARIUS: WORK FOR SEPTEMBER 2022

You show an absolute determination to convince your partners, colleagues, peers, or hierarchy of the interest they would have in believing in you, in trusting you. Jupiter boosts your creativity and powerfully reinforces your charisma and, therefore, your influence on the world around you. At the end of the month, however, be sure to involve those around you in developing your plans.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR SEPTEMBER 2022

At the beginning of the month, you have a lot of energy at your disposal, which you will put at the disposal of everyone. However, your personal and family fulfillment is more important to you than anything else. So if you have to deal with a few minor annoyances at work, let go and recharge your batteries at home.

Love

CAPRICORN: LOVE FOR SEPTEMBER 2022

You will not spare any efforts at the beginning of the month to improve your living conditions and your entourage. Count on Venus to increase your thirst to strengthen your relationships. From the 23rd onwards, your professional life becomes more pressing. However, try to remain attentive to your own.

In a Relationship: you will manage the housekeeping with zeal. Take care of the well-being of those around you and your own. Venus exalts your need to give meaning to your love life.

Single: bet on the beginning of the month to move to a place you like, to settle down at your ease. Venus feeds your ideals and your thirst to find the rare pearl!

Money

CAPRICORN: MONEY FOR SEPTEMBER 2022

Whatever negotiations you have started, you may have to wait for your time to come in October. In the meantime, sharpen your arguments and strategies.

Work

CAPRICORN: WORK FOR SEPTEMBER 2022

You are not afraid to roll up your sleeves and put yourself at the service of the community at the beginning of the month. However, note that from the 10th onwards, ongoing discussions with your superiors could come to an impasse. Don't force anything and wait patiently until October for the talks to start again.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR SEPTEMBER 2022

You have the impression that nothing and no one can stop you in your flights of fancy. This is indeed true, but from the 10th, Mercury will expose you to procrastination, which will irritate you. Accept the deal rather than fight back in a counterproductive way.

Love

AQUARIUS: LOVE FOR SEPTEMBER 2022

At the beginning of the month, your charisma and conquering energy could bring you some success. If you are pleading your cause, from the 10th onwards, you should pause a little and accept that you may not be as attractive to others as you would like.

In a Relationship: if you are the only one to be seen and your rating is at its best, take the time to channel this power to use it more appropriately later. From the 10th onwards, the economic situation could restrict your impulses a little!

Single: you are approaching the month hot and ready to conquer the world. Are the meetings exciting? So be it! But you will have to count (from the 10th) the time for reflection imposed by the situation. Whether you like it or not!

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HOROSCOPES SEPTEMBER 2022



Money

AQUARIUS: MONEY FOR SEPTEMBER 2022

If financial negotiations are dragging on from the 10th onwards, there is no need to go up in the air. Wait quietly until next month for the flows to come in again.

Work

AQUARIUS: WORK FOR SEPTEMBER 2022

At the beginning of the month, you will benefit from enthusiastic support. You can count on your creative energy and authority to convince your interlocutors that they are right to believe in you and your abilities. However, if your aspirations and ambitions are high, be prepared to deal with time from the 10th onwards, when exchanges could prove less fluid.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR AUGUST 2022

PISCES: MOOD FOR SEPTEMBER 2022

Relatively confident in yourself and your abilities, you will not hesitate to ask for the support you need to achieve what you hold dear. However, count on your patience being tested from the 10th onwards. Take advantage of this time of lesser efficiency to close ranks with those you like or enjoy.

Love

PISCES: LOVE FOR SEPTEMBER 2022

At the beginning of the month, you will mobilize to obtain the necessary funds to improve your life (real estate investment). If you are thinking big and can count on the support of Jupiter to help you expand, don't assume too much about your financial capabilities. Venus invites you to get closer to others.

In a Relationship: complicit exchanges with your partner, a harmony that makes you want to invest yourself in a family project that is dear to your heart! Just be careful in September not to overspend your budget!

Single: you do not hesitate to roll up your sleeves and spend your money to improve your home or even buy a house! Venus could encourage beautiful encounters and tender closeness.

Money

PISCES: MONEY FOR SEPTEMBER 2022

This is the subject that sticks in September. If negotiations are going well at the very beginning of the month, you risk being slowed down by your bankers and debtors, who find you a bit too greedy.

Work

PISCES: WORK FOR SEPTEMBER 2022

If you need funds to finance investments or support your family business or private practice, you won't be afraid to go to the mat to get them. However, expect delays in ongoing negotiations from the 10th onwards when exchanges are less fluid. At least with your banker. You'll have to wait until October to get them going again.

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Dr Joe Dispenza

EXAMINING, EXPERIMENTING, EVOLVING

...continued from page 8

You must go back to the knowledge and information you initially learned. And then, you do what all great golfers do: you review and self-reflect to see if you're applying what you've learned.

If it's your golf swing, you might notice: I keep opening up my hips too soon. Or: Oh yeah. I keep forgetting to straighten my arm. Or: I've got this club in a death grip. I've got to loosen up.

You realize: I know the fundamentals, I'm just not doing them. I went unconscious and let myself forget. So now, let me remember. Let me become more conscious and add to what I'm doing to improve my performance.

When it comes to your practice in this work, you might ask yourself: "Am I being present - truly present? Or am I sitting here, eyes closed, thinking about that meeting at work - or what I'm going to have for dinner?" Or maybe: "Am I catching myself when I start to go into memories of the past? Or predictions of a known future?" Or: "Am I showing up for meditation with enthusiasm and intent? Or am I just routinely clocking in, so I can say I did my meditation today - but really, I'm just waiting for it to be over, so I can have my first cup of coffee?"

Ask yourself: "Have I forgotten why I'm doing certain things? Can I see how I'm doing them without the right understanding?"

Think of this examination as a reality check; a healthy self-reflection. Not as a way to be hard on yourself - which is usually coupled with emotions like frustration or discouragement - but a way to be honest with yourself ... so you can be sincere in this work. When we talk about you being the scientist, and your life being the experiment, this self-examination must be part of that process of self-discovery.

As part of your experiment, revisit various aspects of your practice. Review what you'd previously learned by re-reading a chapter in a book - or watching an online course again. Evaluate fundamentals of the work - and your grasp of them. Do you understand the breath? Do you break it down and practice it, step by step? Do you commit to making it part of all meditations where it's included - and not take shortcuts by skipping it?

Are you getting up from your meditations feeling different than when you sat down? If not, can you understand why? What about form and structure? Do you follow the instructions of each meditation - sitting, standing, walking, or lying down? Do you practice convergent and divergent focus - or skip the parts that are challenging or confusing? Do you work on articulating clear intentions and sustaining elevated emotions - and practice maintaining that state of being? Or do you fall right back into unconscious, automatic behaviors - your old self - the rest of the day?

Finally, think about your intent. Do you come to your meditation with a sense of meaning and purpose? Or are you just doing it to get it done? Do you view it as something to check off the list, or do you come to it each day with a sense of the how and the why?

Why does it matter? If you can't assign meaning to this work, you won't turn on your prefrontal cortex - and that is the game-changer. That's where you gain value and give meaning to the importance of your actions. That's where you reap the benefits - of taking action with conscious awareness. That's the name of the game. That's what the frontal lobe does. It's the seat of intention.

So if you make your meditation just another routine, and you're just doing it to do it, without any sense of meaning ... if you're just sitting there thinking about all the things you have to do, then maybe you didn't truly want to get beyond the familiar thoughts and feelings of your old self. In that case, you might as well open your eyes, get up, and get on with your day. And you can expect a day with very little surprises in store - because you weren't present. And being present is being in the unknown. And that's where we create from.

As you examine your practice, and experiment further, you can change the conversation. Instead of saying, "It's not happening for me," ask yourself: "Why is it not happening for me?" Instead of saying, "What am I doing wrong?" Ask yourself: "Where can I improve?" And with that question - asked not with judgement or resignation, but with curiosity and willingness - you begin to evolve. You evolve your practice; you evolve your experience; you evolve your personality. That's when your personal reality evolves, too.

Anyone who has ever mastered anything will tell you it was a never-ending process of self-reflection and application. A great golfer never said: "I can't do it" not even when they were just starting out. They already knew it was possible; they just had to self-correct until they made it possible. So be curious. Be open. Be willing to challenge yourself to know more about yourself.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 15

FORGIVENESS

the cords that are attached to us from collective consciousness in our solar plexus begin to dissolve. The universal law of forgiveness sets us free. But we need to act and consciously practice to forgive.

Our judgment is what prevents us from forgiving. We or they should have known better, or they are evil. When we analyze anyone's actions, including our own, we begin to realize that at every action is a response to the inner being. In every stage of life, we try to do the best that we can with the resources that we have. Sometimes these resources are anger, pain, resentment etc., which in turn develop into unruly or malicious behavior. Every action is a response to our inner

being. When we forgive an offender, we acknowledge that their actions are due to their inner demons. That does not mean we condone the deed; on the contrary, we just want to free ourselves from negative emotions.

We also need to forgive ourselves and look at our actions that were not of love and light. Have we attached power cords on others that need to be released? We all are trying to do our best with the tools that we have at that moment. Sometimes these tools are not working for us or they change and we do something unruly.

We can always look back and say that *I could have* or *should have*. But what tools or resources did we have in our inner being that prompted the actions we are judging now? We cannot forgive unless we release judgment. Nor can we correct anything when we have judgment.

When we forgive with loving energy, not resentfully, we are also opening a channel for pranic energy to flow. Pranic energy is divine life force which comes through the heart center in the form of prayer and healing thoughts. They become powerful tools.


This energy travels wherever we send love and light. Through forgiveness we release that energy toward the offender. If, and only if they are ready will they perceive this energy to assist them in their healing process.

To forgive is a very difficult process. We need grace to do it. Without **Divine** intervention we cannot release the ego to receive **Grace**. We also need to ask our higher self or soul self for assistance.

Let us pray for **Divine** guidance so that we may release the fetters of attachment through forgiveness so that we may live a life of joy and fulfillment as the **Lord** has designed. The prayer below given to us by **Archangel Michael** will assist the process.

"Let us transmute discordant energies within us. I forgive you for any past, present or future energies, thoughts and deeds, in this or any other reality, that you have projected to me which have not resonated with the vibrations of sacred love. I ask your forgiveness for any past, present or future energies, thoughts and deeds, in this or any other reality, that I have projected to you which have not resonated with sacred love."

"I hereby break any agreements, past, present or future, in this or any other reality, that do not serve my greatest good."









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SETH SPEAKS

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RICH: "The question in my mind is, will that be enough for me?"

SETH: "If a woman understands the messages of her own soul, what is there that you could require? Understand the messages from your own soul, and then when you have so understood, put the question to me again!"

SETH ON FAITH AND DOUBTS

"Now, unless you come to terms with your own doubts about yourselves, then you will have no idea what faith is. And, when I use the word faith, I am not speaking in religious terms. When you look at your physical reality and see what it is, this does not take faith. It is a simple matter of physical perception.

When, however, you begin to have glimpses about the nature of reality and realize that you are more than you know that you are now, then it takes faith to bring that inner image close to some actuality, in your terms. You are all hampered, in other words, by doubts.

Now, your physical perceptions operating alone are often responsible for these doubts, for you think you are all that you can see of yourselves. Or, you think your life is all that you presently perceive of it. And, so if you trust in your physical senses alone, then you must, indeed, be filled with doubts, for you know instinctively that you are more than the self than you are presently able to materialize or to give expression to.

If you judge yourself according to the physical self that you know, then you must be filled again by doubts, because, again, instinctively you know that you are more.

Now, when you begin to sense the interior invisible self, then, in physical terms, you begin to act upon what you call faith - belief in that which is not at this point physically real. Faith, however, is not believing in an unreality. It is believing in realities that you can not, at this point, physically perceive.

It is banking on those portions of your own personality that you feel but can not see in the ordinary mirror. It is banking on the invisible self that, as yet, you have not been able to actualize in physical reality."

SETH ON CONTRACEPTION

Class member: "What about planned parenthood? The use of contraception to deliberately prohibit a new life?"

SETH: It is not one of my problems.

Class member: "You are blessed, Seth. What about us who have the problem. Deliberately not allowing a life to begin?"

SETH: Then you are doing your physical life a service.

Class member: "A service?"

SETH: A service. Now this is too complicated to handle in an evening. However, since I have nowhere made any statement on such a weighty problem, I shall here do so for the statements are needed regardless of humor.

Simply on a physical level the animals have sometimes more sense than you do. They listen to the inner voice, and they do not overproduce. They set up safeguards that are automatic and instinctive.

Any true evolution of your species as such is dependent on evolution of consciousness and spirituality. If your world is overpopulated, you can reduce yourselves to a state of consciousness that existed, in your terms, eons ago from which you would then again have to learn to emerge.

Only certain persons are tempted to return when the world is overpopulated. They are not stable. They are persons who returned too soon. They are then already erratic.

Now this situation did not simply arise. You brought it upon yourselves to teach yourselves a lesson. You brought it upon yourselves to bring yourselves to a new step of spiritual and psychic evolution.

You had to realize that a certain amount of spirituality was necessary if the inner psychic self would grow. You brought it upon yourselves so you would realize that you were blessed with a planet upon which your species could grow. You brought it upon yourselves so that you could realize despite all your stories (Seth shouts really loud) that you have not been given domination.

You are not to dominate the planet. You are not to dominate the species upon the planet. You are not to use the earth for your own purposes. You were not set in domination over the animals. You are to cooperate with all life and all life is part of All That Is and every animal has consciousness and you will realize this or you will destroy your planet.



Mitch Ditkoff

A BACKSTAGE MOMENT I HAD WITH PREM RAWAT IN WOODSTOCK

...continued from page 18

Time passed. And some timelessness, too. Then, walking up the stairs from the **Green Room**, I see **Prem** approaching, radiant, buoyant, and smiling.

"Hi **Mitch**," he says.

"Hi!" I reply.

"So why do you live in **Woodstock**?" he asks.

"Um..." I respond, not at all certain I understand WHY I lived in **Woodstock**. "Because it's so beautiful," I said.

"No," he responded. "I know why.... because it's so remote."

Only later did I learn that it took him quite a while to make his way from the airport to the **Bearsville Theater**.

Then he just kind of wandered away and stood there, eyes closed, it seemed, in what I imagined to be his way of getting ready to go out on stage. But then, with no warning, he pivoted and walked back in my direction.

"So what's up?" he said, looking me in the eye.

And that's when I kind of lost it.

Stunned as I was to be talking to him so casually, I could not, for the life of me, process his question.

Suddenly, his two words, "What's up?" took on a kind of cosmic Zen-Koan-like quality. A gigantic space opened up inside me. Time stopped. My mind, like some kind of drunken sailor, stumbled around, searching for something to say, but couldn't find the words.

I mean, I could have talked about my work...or my family.. or my writing...or my whatever... but it all seemed so silly... so distant... so not what I really wanted to say.

Somehow, I found myself floating, disappearing into his eyes. He just stood there, absolutely still, saying nothing. I kept drifting. The space that had opened up was very large and I had no access to language, me having entered a kind of **Stevie Wonder**-land of intoxication.

I'm not sure how much time passed. I'm guessing only a few seconds, but it seemed like forever. Then **Prem** smiled, leaned closed, and spoke six words I will never forget.

"It's not that difficult a question."

Boom! I was back.

I said something that seemed to make sense. He said something. It seemed to make sense, too. Then I said something. Then, he said something.

Then the moment passed and he went out on stage and shared his message of peace with 350 locals, eager to hear what he had to say.

I stood backstage, leaning up against a wall, feet on the ground, head in the clouds, and very, very glad to be alive.

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Dry Skin



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.*

In my 30's, I moved 3 hours north to a small town with different dynamics and DEFINITELY different pay, but LOW real estate prices and cost of living. A criminal defense paralegal, in my 40's I left law and **Horizons Mag** was born. something else I got passionate about. So I ease into having great jobs that made it easy to 'HAVE A GOOD WORK ETHIC.' I just know that when something HAS to be done, I get it done and I'm thankful to **Whoever** or **Whatever** gets me there.

BE TRIGGERED TO CHILDHOOD ISSUES

I've spent a few weeks using the pet gates to keep the cats apart so **Sam** could go into the man's rooms while **Ben** stayed in mine. It reminded me of growing up, we raised ocelots and margays and ALL the doorways had BARS of some sort to keep them out of parts of the house. The cats could be in the living room, the kitchen and the back porch, which had a pvc TUNNEL into their wooded backyard caged spaces. We had HOOKS at the top of each door inside bcz they knew how to open doorknobs. I feel like I'm 13 years old again moving these gates and having to watch for escaping cats at every door opening.

I WELCOME BEING TRIGGERED TO ISSUES I THOUGHT LONG RESOLVED. I feel for the cats when they hafta be contained for any reason. To me freedom is a most important thing. This makes me think of those at war, hunkered down in bunkers waiting for it to pass, people confined inside due to disability or incarceration. What a joy to be able to open my blinds and see the yard and sunshine and take a walk out there anytime I want. I'll never take that for granted again.

A COMEDY MOMENT AT THE VET. Full lobby at 815am. The guy in front me, his cat is named **Dave**, so when he hears **Ben's** name, we chat about pets having human names. Then a **Lucy** comes in, then a **Stewart**. We smile to each other at each name. Then they call **DAVE** and of course I automatically say "**Dave's not here.**" Across the room, another Boomer says "**I'm Dave, open up.**" I say again, "**Dave's not here.**" A 3rd Boomer pipes up "**Open up, I'm Dave.**" No one under 40 got it but several of us had a good laugh.

ANOTHER VET LOBBY ADVENTURE, the lobby at my vet has the most fun peeps. An old hippie looking dude my age comes in, white guy, braided beard, dreads tied neatly back. We're first so when they turn the tv on, he requested the **50's oldies station** then we alternately sang along and talked. He's got a 6yo doxie who takes daily meds for hay fever. So close to the ground, his face is right in all the pollen and his chest gets a rash when he walks thru it. The dachshund, not the man. He was a real joy to talk with.

It made me reflect on how seldom I speak to someone who doesn't know who I am, so they're not currying favor and promotion. We're just talking about life.

DON'T TELL A SECRET BECAUSE EVEN BEST FRIENDS WILL BETRAY YOU

Glued to the recliner watching over **Benny**, I binge-watched **Love Island UK**. Season 5 is such a stellar example of how **people exploring relationships** work. Girls and boys, as they call themselves in the show, when told not to share a secret have told EVERYONE immediately.

Also, as in the typical telephone game, words that were overheard or repeated become grossly exaggerated and twisted before the next person was told and then everyone LIES afterward about what they said. It'd easy be easy to say this is just young 20's and 30's who do it, but if you continue to hang with people like that, it will continue into your adult life after 40 as well. UNCOOL.

I LIKE TO HELP PEOPLE WHO HELP THEMSELVES

I just asked a client to stop calling me for readings bcz every few months there's someone new she wants to marry. She thinks she's no longer young & pretty enuff to attract a hot rich one, so she targets veterans bcz of good health insurance and pension. I told her with this one I saw declining health and the possibility of her becoming a caretaker for an extended period, decades.

I saw complexity, a problem with legal documents not being in order and 2 previously unknown children coming on the scene for the first time. I suggested she tell him to make sure his Will etc is in order and then step away.

Hidden agendas? Trust me, you haven't got time for that karmic backlash. Not a hard call even tho she used to pay me the big bucks.



Enjoy our offering this month.
Hari Om

Andrea



Betsy Chasse

TIPPING SACRED COWS

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Anyway, on this particular shoot, the director had a bit of a problem standing up, which went with his drinking problem, and literally fell over and passed out, which left me in charge of completing the scene at hand.

The plot, and I use the term both loosely and ironically, involved two alien girls, scripted as **Alien Number One** and **Alien Number Two**, respectively, landing on earth with a mission to seek out mates so they could reproduce. The set was a bed on a platform, and the aliens were dressed in metallic, skin-tight, spandex unitards with large portions artfully cut away and black, thigh-high boots with six-inch heels.

But wait, it gets better.

After a brief look at the sketchy scene notes and a quick conference with the camera and sound guys, I turned to the girls and, with a staunch we-can-do-this tone, gave them their staging direction. Staging was, in fact, all I had to give them because there were no lines—that would have required some kind of actual plot.

So I staged them and said, “Kiss her cheek,” and watched, with ever-widening eyes, as **Alien Number One** promptly bent over while **Alien Number Two** kissed her ass. Immediately, and without thought, I said, “**No, no—her other cheek!**” Slapstick comedy ensued, of the “**Who’s on first?**” variety.

There were other, less hilarious hijinks that led me to say no to the job at the top of the rung. They were little things, like losing passion for and interest in the films I was working on and instead working out of fear that I would one day not get hired. Eventually, all my experience led me to work for a company not doing soft-core porn, but it still wasn’t really about creativity—it was about what sells. And with every film, I felt I sold a little bit of my soul and slid deeper and deeper into the business of films instead of the fun of filmmaking.

In hindsight, I know that it was my heart and my soul saying no, because once again I had tied my bliss up with the pleasure I had from the feel-good high I got from acceptance and success, which really was about

my need to feel worthy. I’ve also noticed from my hindsight-studying that when I get stuck in pleasure mode, when I get stuck feeding the beast instead of the soul, life has a way of self-destructing on me.

It’s inevitable because constant pleasure has a way of turning into misery. I was making pretty good money while I was selling my soul, and life was pretty fun and easy and that can become very addictive, especially when suddenly I had money to buy what I didn’t think I could get any other way.

Unless you are aware of what it is that truly brings you bliss and are willing to forgo the shopping spree, you’ll always end up in debt. I loved making movies, and I loved the creativity, but the truth was I didn’t want a desk job—which was what that big dream job meant. I was afraid it would expedite my slow slide from filmmaking to film business. Plus, I hated wearing suits.

They just don’t make women’s suits for girls who are five foot two.

I liked wearing tennis shoes or boots. I liked that it was okay to show up to work not having showered because it was likely nobody else had. I loved never going to the same place twice. These were the things I loved about making movies.

I loved the challenge of making something beautiful and creative on a shoe string budget, something that impacted people, and at that moment I was doing none of that. Amazing that I somehow heeded that voice in my gut, that even as I was blissfully unaware of my misery, I somehow knew I was miserable and made a choice that would eventually lead me back to bliss.

I instinctively knew it was time for a bliss reality check. I quit making movies and lost myself for a few years. Being twenty-six, no kids, and with a decent savings account, I played around for a while. I was still confusing pleasure with bliss, so eventually my bliss reality check ended up being tied up in a guy and thinking my bliss was marriage and the white picket fence.

As it turned out, the white picket fence was not my bliss, nor was the marriage or the guy. I found this out at the same time I found out that the guy had been cheating on me and really only cared about my BMW.

I über found out he wasn’t a part of my bliss when I went broke as I participated in the great **American** tradition of trying to buy my happiness and he was out

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Betsy Chasse

TIPPING SACRED COWS

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the door and on to the next. It was when I was broke and brokenhearted that **What The Bleep** came into my life. And, like before, it was the simple act of having acquired more wisdom through life experiences and life openings that brought me to my bliss again, my obsession, my soul's purpose.

But nothing is forever and life often requires a tune-up. For ten years I lived that bliss until I woke to find it lost again. And once again I began picking up the pieces of my bliss, strewn about the reality I had created around it.

At the risk of sounding cliché, life is a constant reimagining and reworking, and we are always evolving and changing. Often we take the wrong off-ramp and have to backtrack a bit to regain our bearings. Bliss is something at my core; it's not walking around all doe eyed and full of love and light. Bliss is mostly messy. It's slippery and slides through my fingers and falls in between the cracks of life, but it's always there.

After living for forty-three years and having lost this bliss thing more times that I'd like to admit, I promise myself that this time, when I find it, I will cherish it, and I won't squander it. I won't take advantage of it, because what I figured out is that my bliss has never actually left me—I have left it.

With each incarnation I experienced in my life—child prodigy, budding producer, author, and especially mom—my bliss was there hidden underneath the diapers and the dog poop. I just needed to see it, take it out every now and then, and say, “Hey, I remember you.”

I have been following my bliss because my bliss is my life. Bliss, like happiness, love, and all those things we chase after, is right here within us. All we have to do is look for it.

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



Michelle Whitedove

ASK WHITEDOVE

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Psychics should be using their gifts to protect the innocent and create goodness in this world! That is their mission to be constructive with their gifts. We are all to be constructive with our gifts, with our words, thoughts and actions. Pray, meditate and protect yourself, your family and others by putting good energy out to the universe.

Doing good deeds, utilizing and creating positive energy is the way to change the world for a brighter future.

DEAR WHITEDOVE:

Does the **Silva Mind Control Method** work? That is basically a meditation method and way of getting answers through meditation and also dreams. It's supposed to be about putting yourself into simple altered states which anyone can learn.

MICHELLE:

Yes, Spirit said this is a method that works for many people who are ready for spiritual advancement. They can learn how to control their thoughts and learn to harness their abilities.

It's not about Mind Controlling Others - just in case you were wondering. But like anything, people have to put the work in.

It's not like you can just read the book or listen to someone tell you how to do it. It takes real work and effort. To be good at anything, it takes time and true dedication.

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



Jim Egan

STORIES THAT BEND REALITY

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trampled it, and the bark of the trees always had a deeper and richer color than the trees in the rest of the park. Even though it was out of the way, it attracted the most interesting people because it felt good to be there.

Utei would come to the park alone with a little table. On the table he would put a sign that said "**Paintings**" in **Japanese**, nothing else. No canvas, no brushes and no paint were visible. He would sit and wait.

It was a mystery to me how the people who came up to the table knew the sign said '**Paintings**,' because it was obvious from who they were, and how they looked, that they did not know **Japanese**. But somehow the meaning of the sign was clear to them for they always tried to guess what he painted.

"What kind of paintings do you do?" they would inquire. And, receiving no answer from the little **Japanese** man behind the table, they would extend the question.

"Landscapes?" they would ask.

"The land is its own painting," he would say.

"Portraits?"

"A noble art but who would pay to see themselves as they really are?"

"Abstract art?"

"Reality is abstract enough," he would counter.

Some people would take a different tack and ask what he painted with or on since he displayed signs of neither.

"On canvas?"

They would conclude he meant no, though he said nothing at all.

"On paper?"

He would just shrug.

"On walls perhaps?"

"There are no walls where I like to paint," he would reply cryptically.

Irregardless which tack they chose they inevitably arrived at a point where the impoverished dialogue would annoy many of them and they would walk away. But a few would remain undaunted and ask again softly, "What kind of paintings do you do?"

He would look at them with an intensity rarely encountered and say, "*I paint on air.*"

Most of the people who had persevered through the line of questioning would not turn away from such a look or such a statement. Inevitably the next question was, "Can I see it?"

"To see it costs three dollars **American**, to take it home costs infinitely more."

Three dollars would appear on the table and the **Zen Master** would stand up and put his hands into his loose robe and stride purposefully into a patch of intensely green grass. As he walked he would sniff the air and his eyes would dart back and forth as if he were examining a large expanse of canvas looking for the part that felt just right.

When he found the right spot, he would stand motionless for only a moment, then his arms would dart out from his sides with a spray can concealed in each of the loose sleeves of his robe. Or so it was believed, for no one actually saw the spray cans.

What they saw was a little **Japanese** man darting feverishly about with swirls of blue and yellow paint spraying from his sleeves combining in greens and oranges, purples and golds. No sooner had one flurry of color alighted into the air then he added a second and a third until the air all around him shimmered and a misty image appeared in the midst of this paintstorm, like a phantom conjured from thin air.

To my eyes, the images that appeared would never resemble something particular, like a bird or a face, but

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Jim Egan

STORIES THAT BEND REALITY

...continued from page 50

somehow they always looked familiar --yet haunting-- like something glimpsed in a dream but forgotten soon after. When he was finished, he would stand next to the person watching the image until the colored air folded and dissolved back into the unpainted air.

For the art collector who begged for something tangible that he could take home, **Utei** offered nothing. For those who were left speechless he would occasionally say: "Let me wrap this up for you so you won't think it a dream."

He would carefully unroll a piece of rice paper concealed inside his robe and let it fall to the ground without paying any particular attention to where it fell. He would once again step forward, his arms swaying back and forth weaving color into the air as if it were solid and could bear the mark of the man upon it. After he was finished he would bend down and pick up the piece of paper, now covered with paint and hand it to them and say, "**Three dollars American.**"

I asked him one day why he didn't sell anything to galleries or museums. He looked offended.

"Even if I sold them the paint that had fallen on a discarded ice cream wrapper, how could I make them understand that what they bought is not the original? That they can not buy beauty, or grab hold of insight with grasping fingers. Who am I to sell cheap imitations to those who's minds are too small for originals?"

"You don't mind that your art isn't preserved longer then the next strong wind?"

"But it is! It is, --in glowing color in the mind's eye of all who have seen it. And for very special connoisseurs it comes with special wrapping."

He produced a piece of rice paper from his robe but did not toss it upon the ground. With one hand he released the paint in long graceful sweeps or gentle pushes and looking at me and not the paper in his other hand, he pulled and pushed it through the air. He kept spraying and dancing until the paper and the air around him was drenched with

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a palette of glorious, misty colors. A slight summer breeze animated the image that formed in the glistening curtain of vapors and it flowed and danced along with **Utei** for what seemed like a long time.

Everyone I tell this story to asks what the paper looked like when he was done. I tell them it's hard to describe. Then they ask to see it. I usually tell them it's a very private painting and go back to work. But you look like someone who might appreciate something unique so I'll show you. I have it right here in a tube taped under the top rung of my ladder.

Careful with it, it's very fragile. I like how the layers of semi-transparent paint give an illusion of depth and movement as you move closer to it. Stand back, and the image looks like a butterfly doesn't it? Now step closer, that's right, it looks like a butterfly on a ladder. Now up close it's a man perched on a ladder with a butterfly resting on his outstretched foot.



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

Louise Hay

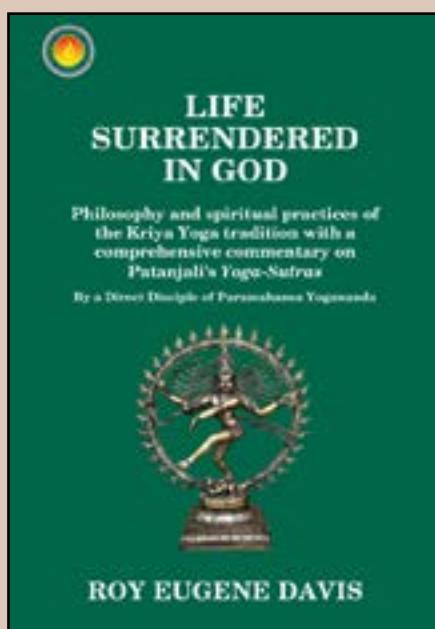
*When we think that the
world has unlimited
resources, our world
becomes unlimited.*

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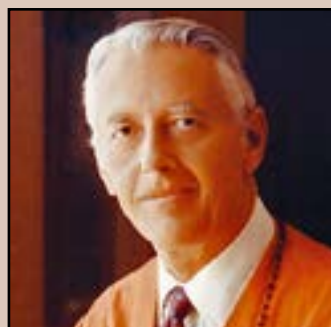
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