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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar 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 same, no matter what name we use for the **God of our understanding**.

1. Recognition. 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 the spiritual source of my choice.

The greatest optical illusion is separation

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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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Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

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

Hello and welcome to the December 2024 Horizons. A quick prayer first, bless those who are angry and afraid, bless those who are uncomfortable and worried about what's to come. Give them a moment of clarity. Lift them off their worried thoughts long enough to see thru the smoke and mirrors and lay down their arms. Future generations depend on this.

Bashar says *"if you can't change your mind, you're not using it."* To me the best use of your mind is to reframe all situations in the most hopeful, optimistic light. As hopeless as any situation feels, it's really only your thoughts you're dealing with and you have the power to change those.

When we begin to think that the world has unlimited resources, our world becomes unlimited. It's never NOT worked but the thinking of it must be a daily, hourly, moment by moment practice.

WHAT STORY ARE YOU TELLING YOURSELF ABOUT WHAT'S HAPPENING IN THE WORLD?

I'm telling myself that despite it looking bleak right now, we're NOT in the hands of mad men, we're in the hands of **God/Goddess**. I tell myself that things will stay good for me as long as I stop focusing on how bad things might get. I remind myself that as long as I can find something in my immediate world to appreciate or someone to lend a hand to, doorways will open to me that will better my life in ways I can't imagine right now. I'm hopeful.

HOW TO STAY HOPEFUL IN THE FACE OF LOSS

I was texting with a galpal who has a universal dilemma: How to stay hopeful and positive in the face of extreme loss and limitation when an endless chorus of scary **"what if"** plays in your head. I was glad she asked bcz these thoughts are good reminders for myself, too, right now.

This is what I replied: "It's natural to be fearful of something you just recently experienced (a recent injury limiting mobility) and not wanting it to happen again. If it's me and it often is, whenever I have the fearful thought I remind myself as soon as I can become aware of doing it, I remind myself that just because (an injury) happened once doesn't mean it'll happen again. I remind myself that there's a Higher part of me that watches out over me and I can ask that Higher part of me to keep me mindful in situations so that I don't get distracted and misstep.

Each time the fearful thought comes up, I can remind myself that my previous experience doesn't have to be my future experience.

I remind myself, when the fearful thought comes up, that I'm stronger than I think I am. I remind myself that I only have these fearful thoughts when I'm holding onto some kind of resistance.

And while I know that under the circumstances right now it's impossible for you to be completely DEVOID OF ANY FEARFUL THOUGHTS AND RESISTANCE, I know the only way for ME to RELEASE RESISTANCE -- no matter the circumstances -- is to lose myself in some fun activity.

For me, as soon as I realize that I'm holding on to resistance -- whether consciously or unconsciously -- I know if I can do something that brings me completely INTO THE NOW IN A FUN WAY, that helps me drop resistance. Anything that makes me LOSE TIME BEING HAPPY, no matter how momentarily, is helping me drop resistance.

For me, I make myself listen to music that makes me want to bop around and dance in the house. I've set up a bird feeder outside my window so that the cats can watch the birds and get excited by them, and set a favorite chair for myself there so that I can watch them because that lowers my resistance too because that's fun and helps me lose time.

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ABRAHAM-HICKS



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

POINTING YOUR BOAT IN THE RIGHT DIRECTION:

Sometimes when you think you're talking about how much you want something, what you're really doing is talking about how bad you feel in not getting it. And so what you want to do is not worry so much about the subject at hand, and be aware of the feeling in your belly, and when you don't feel good, do everything in your power to make the knot go away. Do everything in your power to just release the tension.

Many of you have this idea and it's erroneous, it's not fact-based, it isn't accurate, it has nothing to do with the knowledge you had when you came forth, and it defies all the laws of the universe, but still many of you hold on to it... and that is that, 'I've got to control the conditions of my life somehow in order to be a deliberate creator.' And what we are wanting you to understand is that you have no business whatsoever attempting to control even one condition of your life. What you're wanting to control is your position in the stream. The stream will take care of the conditions.

This process of turning in the stream may very well be about asking the questions to which you know the positive good feeling answer.

And so the key to turning in the stream is asking the questions that you know will turn you. If you let your intent be to turn in the stream, we think you'll ask different questions than if your intent is to turn your boat and row all the way to what you want.

From the YouTube Video: Urgency Points You in the Wrong Direction.

ATTRACTING POSITIVE THINGS INTO YOUR EXPERIENCE:

You only have to understand a few things. You only have to be able to apply the laws in one wee area of your life in order for you to then be able to apply them in all areas of your life. And the easiest way to do it without understanding anything - you don't have to know about Law of Attraction, all you have to know is that it feels better to think good things about others. You don't have to understand the laws of Deliberate Creation, all you have to know is that you feel better when you feel better, and then pay attention to the sorts of thoughts that feel bad and the sorts of thoughts that feel good, and develop some new habits. That is all.

If you said nothing to your sister, or to your son, or to your former mate, other than, "I think you are wonderful, and I think we're all trying to find our way of being wonderful. I know inside each of us there is a wonderful being, and I want to see it in you, and I want to see it in me," and whether you speak it to their face or just speak it in your mind, they get the message, and you benefit, and so do they, from such a message.

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NON - RELIGIOUS SPIRITUALITY

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. A critically acclaimed author, Jim also writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. <https://nonreligiousspirituality.com> & <https://jimpalmerauthor.com>

20 "CHRISTIAN" FALSEHOODS PEOPLE BELIEVE BECAUSE THEY HAVE HEARD IT SO MUCH (AND AN ALTERNATIVE BELIEF TO CONSIDER):

1. You don't deserve God's love.

(There is no "you" and "God" that is separate or separated from one another, and the essence that makes all things one is love.)

2. You were born a sinner, requiring forgiveness for what you are.

(Each of us is born a human being with the capacity to act constructively or destructively, and when we act destructively we can make amends and do our personal work to address the ways we hurt ourselves and others.)

3. Jesus rescued you from God's wrath and eternal punishment.

(In solidarity with all humankind, Jesus was willing to die for the truth he taught and lived, and never held the belief in a God of wrath and punishment.)

4. Sending people to Hell satisfies God's justice, and brings God glory.

(Eternal conscious torment as punishment for not believing the right theology is a corruption and travesty of any characteristic or attribute one might ascribe to God.)

5. The big deal about Jesus is punching your ticket to Heaven.

(The big deal about Jesus is that he challenged and defied the foundations of toxic religion, and proclaimed that God and humankind are not separated but one.)

6. Your heart is wicked and can't be trusted.

(You have a set of reliable inner capacities and tools for guiding your life, which include critical thinking, feedback from feelings, emotional intelligence and intuition, and the use of reason)

7. A Godly woman is a submissive one.

(What it means to be a "woman" is up to each woman, and their unique process of growth and self-actualization.)

8. God gives or withholds favor and blessings based on your performance.

(God is not a divine Santa Claus who looks to see who is naughty or nice, and any set of life circumstances is the sum total of factors that are outside your control, and the mindsets, choices and actions that you bring to life).

9. Even grace has a few conditions.

(Grace is a posture of empathy, understanding, acceptance, kindness, validation, favor, faith and goodwill toward oneself and others, and not based on any condition.)

10. If you don't attend church you are in violation of God's way.

(Church is not fundamentally a location and a place you attend, but one-anothering relationships, which doesn't require buildings, services or being a 501c3... and there is no universal understanding of anything that could be called "God's way".)

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SOUL SONGS • ABRAHAM FUN

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

FILL IN THE BLANKS

The trick to experiencing my desires and dreams is to think more about what I like and want and less about what I don't like or don't want.

As I increase the amount of time spent having good-feeling thoughts and decrease the attention I give to things that irritate, upset, or discourage me, I alter the signal that I ever send forth to the heavens. And this signal is all important, for it magnetizes and orchestrates every event of my life.

I live in a benevolent and attraction-based Universe. Happy experiences are ever flowing to me, but they cannot manifest in my life until I am already fairly happy and thus able to match up with them.

To beef up my signal, today I play a game. First I silently say, "I want ____" and fill in that blank. Then I say, "I like ____" and do the same. I continue the process, filling new things in the blanks each time.

I can play this game with a like-minded friend: Person A: "I like strawberry shortcake. I want a peaceful holiday." Person B: "I like horseback riding. I want to give a powerful presentation at the board meeting."

Short-and-sweet, on-and-on. As I deliberately think feel-good thoughts, I begin to elicit a feel-good life.

I WANT A FABULOUS LIFE

It is not in my best interest to be **against** anything. Anything. My thoughts are magnetic. Anything I think about, pro or con, increases the likelihood of that very circumstance or something similar turning up in my experience.

OK. Got it already. But how do I shake off that twinge of guilt/foreboding ("Oh, no, I'm being negative again!") when I notice my focus is on unwanted things.

I make peace with my negativity, using it as a powerful springboard to specify what I do want.

"Dang it, traffic's terrible" becomes "I want an easy commute today." "I feel sick" becomes "I want to feel healthy and energetic." "I hate this crummy neighborhood" becomes "I want to live in an area that's peaceful and beautiful." "The holidays again, and I'm strapped for money" becomes "I want extra holiday cash."

"I want" or "I desire" or "Wouldn't it be nice if..." sentences are powerful statements of intention. The Universe responds immediately: "I'll get right on it, boss!"

I want to have fun practicing this today!

AD RATES ON PAGE 4

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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 DECEMBER 2024

Welcome to December! With this month come a flurry of celebrations in many religions and cultures, as well as flurries of snow in the world's colder climates. In the northern hemisphere it is cold with very little daylight, short days, and even longer nights. This season of the year is the time when everyone goes into hibernation. Find some time in the sometimes chaotic days of the season to reflect on the dark parts of your past year and prepare to release them, as the promise of light returns.

December 1st: New Moon in Sagittarius is all about restoring optimism. New moons offer the start of a new chapter and are great for introducing fresh ideas, beginning relationships, and seeing things from a different perspective. The new moon in Sagittarius will usher in bright, optimistic, and pleasant energy just ahead of the holiday season.

Sun, Dec 1 – Tues, Dec 24, 2024 Advent, Christianity. It's a season of candlelight, reflection, and expectation—a chance to get ready for the celebration of Christmas. People may light Advent candles or prepare Advent wreaths, read specific Scriptures each day, and some use an Advent calendar to build anticipation for Christmas.

Dec 25 – Jan 2, 2025: Hanukkah begins - Judaism. Beginning Dec 7th, ending at sundown December 15th, this holiday celebrates the triumph of light over darkness and of spirituality over materiality. Celebrates the rededication of the Holy Temple in Jerusalem following the Maccabean revolt against the Syrian-Greek army.

December 8th: Bodhi Day - Buddhism. Commemorates the day when Buddha, Siddhartha Gautama, attained enlightenment (also known as bodhi.) Bodhi Day is often celebrated in a calm and quiet way by meditating and praying.

December 13 - 14th: Geminids Meteor Shower peak viewing. The Geminid meteor shower occurs between November 19 to December 24 and will peak on the nights of December 13 and 14. 2024 will be a great

year for Geminid meteor shower viewing as it peaks around the time of the new moon on Dec. 12. When there is no interference from moonlight, skywatchers can see up to 150 meteors per hour at peak times. Unlike a majority of the meteor showers we experience on Earth, the Geminids are the product of an asteroid. The reliable shower produces bright meteors associated with the asteroid Phaethon, a strange blue rock that acts like a comet.

December 15th: Full Cold Moon in Gemini. This full moon is a great time for you to take a long overdue break and recharge, so that you may shine all the brighter when it comes time for you to rise again. Many of the most famous fairy tales of Anderson and Grimm take place in cold, desolate landscapes. Symbolically, and literally, winter never lasts forever. It's part of an ever changing cycle, and each season plays an important part. Yet even in the midst of the coldest, darkest winter, there is always hope of spring.

Dec 21: Winter Solstice. Sun enters Capricorn. When the sun enters Capricorn, we start to pay attention to a love of order, a good work ethic, respect for tradition and an instinctive authority. Everyday practicalities take on new significance, as does the importance of career and working life.

December 21st: Yule - NeoPagan/Wicca. Yule celebration is made up of rituals that focus on the energy of rebirth, transformation, creativity, new beginnings and the release of unwanted habits.

December 25th: Christmas Day - Christianity, Birth of Christ.

December 26th - January 1st: Kwanzaa, 7 days of practice of Nguzo Saba, practices that center the upliftment and wellness of the Black community. Kwanzaa is not a religious holiday, families who celebrate Kwanzaa often celebrate it in addition to Christmas, Hanukkah, or another religious holiday.

Brightest Blessing on all of your Holiday Celebrations!

HERB CORNER

Cecelia Avitabile 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

JUST WHAT IS ESSIAC?

Essiac is a blend of herbs used by **Rene Cassie** a **Canadian** nurse in the 1920's. While working with a breast cancer patient, **Caisse** was acquainted with an **Indian "Medicine Man"** who believed he could help this patient with an herbal tea. After this woman's recovery for many years **Rene** used what became **Essiac** on her mother, her aunt and many others live much longer with what the doctors believed to be incurable cancers.

Even with **Renés'** good results the medical community did not accept the use of these herbs with both the **Canadian** and the U.S. governments threatening to have her arrested for medical and pharmaceutical practices.

Her formula has been documented for 70 years but unfortunately this blend has never been approved by the **AMA** or the **American Cancer Society** because no one has scientifically proven that **Essiac** works mainly because that would take millions of dollars and 10+years of research; but over the last 80years her formula has had positive results with so many people.

So, what are the herbs in this formula and what have they been found to do?

Starting with **Burdock**; is a strong antioxidant herb rich in niacin, flavonoids, lignin, inulin, and polyphenols. It has been used all over the world as a cancer fighting herb. It helps to purify the blood, reduce lymphedema, neutralizing poisons, and toxins from the body. It helps to restore the circulatory, respiratory, urinary, and lymphatic systems protecting the kidneys and bladder. Plus, it has anti-mutagenic and anti-tumor properties, and it helps remove debris from radiation neutralizing toxins through the skin and urine.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

RUSSIAN LEMURIAN QUARTZ CRYSTAL

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. See her [Facebook page at SharronRocks](#)

Tonight the setting sun has yielded to a black velvet darkness studded with stars that seem close enough to touch. I have come to a beach house in the north Florida panhandle to take a respite from the paradigm shifts swirling all around the world and spend a little time with my family in a place where the night sky still honors the heart of darkness. This part of **Florida** is still relatively undeveloped so the stars are not smothered by streetlights until the dawn breaks at sunrise. As we draw closer to the **winter solstice** the night grows longer as the days shorten. The **Longest Night** approaches and invites us to welcome all that we cannot see and embrace the Mystery that inspires us to find our deepest truth.

To help us remember the light as we dive into the dark, I want to tell you about one of my favorite kinds of quartz. It is found in the **Ural Mountains of Russia** and contains one of the purest spark of light that I know. **The quartz found there is highly prized in the metaphysical community and is known a Russian Lemurian quartz or Sacred Scribe crystals.** It is a powerful activator of the **crown chakra** and helps us connect to that which is greater than ourselves. Because these crystals are thought to be keys to open access to the **Akashic records** of the universe, they can guide us towards great wisdom and the perspective we will need to navigate the year to come.

There is a great story about how these crystals were mined. They have a strong piezoelectric effect which means under certain conditions, the crystals can emit light. According to this story, the miners were sometimes terrified when balls of blue light seemed to roll through the mine shafts deep under the earth. The miners believed the mine was haunted by evil spirits so the miners began to refuse to work. The mine owners pondered the problem and came up with an ingenious solution. They named the mine **The Blue Angel** and told everyone that the blue lights were miraculous messages from heaven. The story of the angelic blue light took root and the miners returned to work bringing these beautiful crystals out of the ground.



Self-healed Russian Lemurian quartz crystal

This is a demonstration of how a shift in perspective from negative and fearful to positive and joyful can change our experience of reality. Working with Russian Lemurian crystals can assist us in shaping our own lives.

There have been no shipments of **Russian Lemurian quartz** coming from **Russia** in over 10 years so it is very difficult to find now. It is still possible to find it but if this crystal calls you, you will need to search. It is well worth it. In times of chaos we need to find the resonance of our heart's truth as we move forward into an uncertain future. Remember the tiny spark of light that is nestled in the heart of darkness that will begin to grow when the darkness is at its strongest. Many blessings to you all.



Giancarlo Serra

SIX REASONS THE LAW OF ATTRACTION DOES NOT WORK

I could say I am a healer, a Reiki teacher or Regression Therapist, however these labels cannot define Who I Am. Those are only roles, states that we occupy in the field of infinite possibilities. Tesla said, “If you want the secrets of the universe think in terms of energy, frequency and vibration.” You may think you have come here by chance however as we live in a Divine Matrix, a conscious Field, your Fundamental Vibration has somehow led you here. I invite you to find out why. Visit <https://www.giancarlooserra.org/>

WHAT IS THE LAW OF ATTRACTION

The theory behind the **Law of Attraction** is the fundamental concept of “like attracts like”. Whatever energy and attention you put out into the Universe, will come back to you. The **Law of Attraction** states that you will attract into your life whatever you focus on, as energy follows thought.

Authors like **Gregg Braden, Dr Joe Dispenza** and others talk about a field of infinite possibilities where every version of us already exists. When we attract something, we are going into the field of infinite possibilities to select the version of us that we desire. Once selected, what we desire will eventually manifest, percolate, collapse, find its way into our physical reality.

Bob Proctor calls it the **Law of Vibration**. This is as a fundamental Law, and the **law of attraction** being a energetic expression of this fundamental law. He said:- “Vibration is something that must be understood if you are going to take control of your life, if you are going to take control of your health, of your relationships; it must be understood if you want to become healthy.”

The Universe is always responding to your energy, but the Universe is not some ‘external thing’ that is judging you, or punishing you for something you think you have done, it is not rewarding you for something good you have done, or said.

We are the Universe, where all is perfect. The universe has been called many different names such as The Divine Matrix (Gregg Braden), Quantum Field (Dr Joe Dispenza, Bruce Lipton), The Field (Lynne McTaggart, Kryon), the human imagination = God (Neville Goddard).

The Law Of Attraction isn’t magic, although sometimes may look like it. The Law of Attraction is a Law, and therefore like any other laws, embraces a number of rules. We are all operating under this Law, at all times, even if we do not realise it.

Have you ever noticed that when you have a bad day, things just seem to go wrong one after the other? This is

a prime example of the law of attraction in motion. When you’re experiencing negative energy, you will attract outcomes that match that low-vibe energy.

We know the law of gravity, and we understand the consequences of breaking this law. The same applies to all other laws, whether these are physical or metaphysical (**Universal Laws**).

We are much more in control of our life experience than we typically think, and we can harness that power to create a better life for ourselves, and a better experience, for humanity as a whole.

We must bring in the idea our soul, higher self, inner being, or your term of choice, decided to experience certain things that our human selves would choose to avoid at all costs, in order to expand their perspective.

LET’S TAKE A LOOK AT SIX REASONS WHY THE LAW OF ATTRACTION MIGHT NOT WORK FOR YOU (AND HOW TO MAKE IT WORK):

1. You Do Not Know The Rules

There are hundreds, if not thousands of books, seminars and workshops that talk and discuss the Law of Attraction. We all make use of the Law of Attraction in business, marketing, spirituality, counselling, energy work, problem-solving, management, finance and so on.

The word ‘attract’ can have a negative charge, and people take this to mean “deserve,” “had it coming” or “brought it on themselves.” And this is not what is being suggested.

Feeling is the assent of the subconscious to the truth of that which is declared to be true. Because of this quality of the subconscious there is nothing impossible to man.

Whatever the mind of man can conceive and feel as true, the subconscious can and must objectify. Your feelings create the pattern from which your world is fashioned, and a change of feeling is a change of pattern.

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THE INSECURITY of SECURITY

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

One of the things that fascinates me about being in relationship with Prem

Rawat is the phenomenon of becoming increasingly conscious of what gets in the way of me being able to enjoy his gift of Knowledge. The "weeds in my garden," you might say -- more commonly known as concepts, assumptions, beliefs and monkey mind.

While often uncomfortable to experience, becoming aware of this stuff is also quite liberating. At least I get to know what I'm dealing with -- the so-called **Big Bad Wolf** on my way to **Grandma's house**.

Case in point: Some years ago, at one of **Prem's** events, I had the good fortune to be part of his security detail -- one of eight volunteers whose task it was to stand near him for three hours and respond if there was a need.

Upon being asked to play this role, I assumed that "doing security" was going to be a blissful experience -- a kind of inner peace insurance policy.

I was wrong. Well, at least halfway wrong.

Fifty percent of the time I was around him, I found myself in heaven -- completely joyful, grateful, and fulfilled. The other half of the time, I found myself in hell -- uncomfortable, awkward, and painfully self-conscious.

This inner "battle of the bands" surprised me. I mean, **Prem** was the **Ambassador of Peace**, right? How could I not totally enjoy being so close to him? And yet, there I was, toggling uncontrollably back and forth between my inner **Rumi** and my inner **Woody Allen**.

What I've come to realize, over time, is that this battle of the bands inside me is very common.

Indeed, **Prem** has spoken about the phenomenon a lot -- how there is 50% light within us and 50% darkness -- how there are two wolves inside fighting for my attention: the good wolf and the bad wolf. The one who wins is simply the one I feed.

In other words, I have a choice.

These days, the choice I have has never been as clear to me. Every day I have a choice about what to focus on, which "wolf" inside me I will feed. **Prem Rawat**, no matter how dedicated he is to reminding me of the choices I have, cannot make the choice for me. It is my choice -- a choice I need to make every single day or, more accurately stated, every single breath of every single day.

This moment? I choose life. I choose love. I choose kindness. I choose gratitude. I choose awareness. I choose compassion. I choose patience. I choose clarity. I choose possibility. I choose joy. I choose forgiveness. I choose letting go of whatever it is that is in my way of becoming a fully conscious human being.





PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her work continues. She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

DEAR MICHELLE,

I'm at my wits end. My husband & I have been trying to conceive for two years then finally we went to a fertility specialist. There are so many desperate women in the waiting rooms at each visit; it's such a wide spread problem. Our Doctor gave us great hope with little results. Is there a spiritual reason for this widespread issue of infertility? --Notta Momma in Minnesota

DEAR NOTTA,

My heart goes out to you and your husband. Even though many women long for a child, we are in an era of human upheaval. Spiritually speaking, the number of souls that want to come to Earth has dwindled. As you look at the world news, you can see why - this can be a difficult journey.

A soul must have permission to be born into this realm. We pick our parents pre-birth to be born into a set of circumstances that will lead to lessons for the soul's growth to work on their personal karma. What I do see, mostly enlightened souls are being born to help save humanity. These are Indigo children, called this because they have a vibrant blue aura.

So I'm sorry to tell you that the wave of infertility clinics can only help those that have a physical hindrance to conception and also have a soul that wants to be born into that specific family environment. Not everyone is meant to give birth. You can do without that physical trauma and adopt. This is another way that a child (that is meant to be yours) can find its way to your family. There are so many beautiful babies, toddlers in need of adoption or foster care. I would urge you seek one of these other methods and find a beautiful soul in need of your nurturing and care.

...continued on page 34 ...

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SETH SPEAKS

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

SETH ON FALSE BELIEFS:

"I am going to list some limiting false beliefs. If you find yourself AGREEING with any of them, then recognize this as an area in which you must personally work.

1. Life is a valley of sorrows.
2. The body is inferior. As a vehicle of the soul it is automatically degraded, tinged...
3. I am helpless before circumstances that I cannot control.
4. I am helpless because my personality and character were formed in infancy, and I am at the mercy of my past.
5. I am helpless because I am at the mercy of events from past lives in other incarnations, over which I now have no control. ...
6. People are basically bad, and out to get me.
7. I have the truth and no one else has. Or, my group has the truth and no other group has.
8. I will grow frailer, sicker, and lose my powers as I grow old.
9. My existence is dependent upon my experience in flesh. When my body dies my consciousness dies with it.

"Now: That was a rather general list of false beliefs. Now here is a more specific list of more intimate beliefs, any of which you may have personally about yourself.

1. I am sickly, and always have been.
2. There is something wrong with money. People who have it are greedy, less spiritual than those who are poor. They are unhappier, and snobs.
3. I am not creative. I have no imagination.
4. I can never do what I want to do.
5. People dislike me.
6. I am fat.
7. I always have bad luck.

"These are all beliefs held by many people. Those who have them will meet them in experience. Physical data will always seem to reinforce the beliefs, therefore, but the beliefs formed the reality. We are going to attempt to knock down such limiting concepts."

SETH ON OLD AGE:

"If you believe that you can live to a HEALTHY AND HAPPY OLD AGE, well into your nineties, then even in Western civilization you will do so.

Your emotional intent and your belief will direct the functioning of your cells and BRING OUT IN THEM THOSE PROPERTIES and inherent abilities that will ensure such a condition. There are groups of people in isolated places who hold such beliefs, and in all such cases the body responds.

The same applies to the race - or the species, to be more exact. There is an inexhaustible creativity within the cells themselves, that you are not using as a species because your beliefs lag so far behind your innate biological spirituality and wisdom. Your ideas ARE beginning to change. But unless you alter your framework you will continue to emphasize medical and technological manipulation. Period.

In isolated cases this will show you some of the results POSSIBLE on a physical basis alone. However, such techniques will not work in mass terms, or allow you, say, to prolong effective, productive life unless you change your beliefs in other areas also, and learn the inner dynamics of the psyche."

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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

**It's not about "letting it go."
It's about letting it in.
It's about letting it deep.
It's about letting it through.
It's about being true to your feelings.**

It's about giving your experiences the attention they deserve. And that may take a moment, or it may take years.

The trick is not to shame your need to hold on to what has yet to be resolved.

"Let it go" is the mantra of the self-avoidant, feigning resolution because they lack the courage or the preparedness to face their feelings. Let's not play that game. Let's let things in and through, until they are fully and truly ready to shift. Let's let it grow into the transformation at its heart. We write our story by fully living it. Not by "letting it go" before its time.

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Dawn Lacska-Tommerdahl is an RN with 30 years of natural healing experience. She is a Master Herbalist, aromatherapist & natural healer. Dawn teaches the basics of herbalism & aromatherapy.



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>

Your invisible limiting beliefs are only invisible when you live within their limits; when you keep on doing what you've always been doing.

So push yourself. Dare yourself to think bigger, to reach, and to behave as if a dream or two of yours has already manifested. Then invisible limiting beliefs will pop out of the woodwork, as if painted florescent orange, loaded to the teeth with logic, imploring you to turn around and go back to safety!

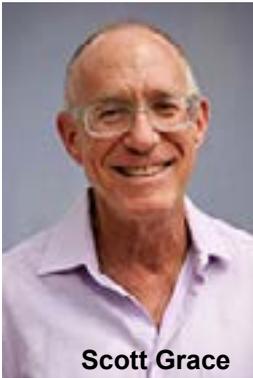
Do something, do it today, something you wouldn't normally do. Like maybe... take off early from work... or go for a walk in the rain ... or write to an old friend.

Aha! Did you just see a couple of 'em?!

The Universe

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Scott Grace

George Carlin Speaks to Humanity For The First Time Since Croaking, And Boy, Is He Blissed!

Scott Grace is a healer, guide and life coach, as well as the author of: [Mindful Masculinity](#), [Teach Me How To Love](#), [Oh the Places Your Ego Will Go!](#) And.... [How To Evolve During The Trump Experience Whether Humanity Joins You or Not](#), which he never dreamed would be relevant again. He can be found at www.scottsongs.com, on YouTube, and Facebook, and in Ajijic, Mexico if you want to take him out to lunch.

I've often wondered what George Carlin would sound like if he explored the spiritual side of things? So, being the channel I am, I asked him to come through and tell his side of the story. I left my body and just like that, he slipped in.

Hey, it's me again, Foul Mouthed George. How's it going, humanity?

I'm doing great. In fact, it's hard to be foul mouthed anymore because there's a lot of love where I am. A whole lot of love.

I used to enjoy blending my anger with humor and making people laugh till they shit themselves. Imagine getting well paid to vent and cuss.

Now the anger that fueled my comic crusade against bullshit on earth is pretty much out of my system. But for old time's sake, and for the fun of it, I'll do my best, swear to George, to resurrect my anger and sound pissed.

Let me tell you why my anger at humans is a thing of the past. From where I sit now it's plain to see that everyone is always doing their best, and if they could do better, they would. That point of view took all the steam out of my venting..

Nowadays, all I can vent is compassion. I've lost my edge, humanity, and I couldn't be happier.

I even feel for rich, power hungry assholes like **T, Jeff Bezos, and Elon Musk**, who I might send a new lithium battery and some jumper cables for his heart. I can also see that every government, institution, and corporation I used to hate is actually playing their part perfectly in some kind of plan. All the hypocrisy and greed I used to call bullshit on is serving some purpose in a Bigger Picture.. It's all a little too cosmic for me, but I'm getting acclimated to it.

I guess I'm just getting spiritual in my no age.

Not religious, mind you, that would be blasphemy. I still would rather get high than join a hierarchy. But a little spirituality never hurt anyone, right?

And yeah, I do get around to helping human beings now and then. I helped **Mark Manson** come up with his book title, **The Subtle Art of Not Giving a F*ck**. I also fed him ideas to help him write the goddamn book. He had no clue. Not that I need the recognition. I'm happy to be his ghost writer.

So I, spirit guide in training, get to throw my lack of weight around anywhere I see fit and lighten up various serious folks on earth, but not 24/7 like that workaholic Jesus guy.

I like some time for myself now and then. His I Am With You Always routine kind of creeps me out.

I mean Jesus F. Christ, don't I have a right to a little privacy?

First it was the government listening and watching, and now it's **Jesus**.

It's always something!

So **Jesus** and I have our differences, but I do give him credit for gagging at what happened to his teachings. He doesn't like organized religion any more than I do.

Let me tell you about another guy I hang out with up here, a really wise guy who lies down in a field with me. We smoke some weed, shoot the shit, and laugh our asses off free-styling poetry and rap.

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ESSENTIAL LIFESTYLE HACKS



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit www.yogashakti.org Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYN0b6QhPw>

OUR MIND

This is a systematic series of the study of the Mind, the most important Yoga Sutra of Sage Patanjali. The Sutras reveal how our mind works and how we can have complete control not only of the conscious but also of the unconscious mind. This is the true goal of all yogic practices.

Sage Patanjali understood the mental process to such a degree, that he could take the mind and evolve it to a higher consciousness just through this study. The text is written to be practiced, and through practice it brings deeper wisdom and awareness of our own mind. I am hoping that the reader will reflect on the contents and begin to understand how our mind works and how we can harness its power.

HOW TO ACHIEVE CONTROL OVER OUR MIND

We have learned that the purpose of yoga according to **Patanjali** is to quiet or control the mind waves or vrittis. “**Yoga chitta vritti nirodah**” The ultimate purpose is so that we can become aware of who we truly are. We have discussed that most of our thoughts are following pre-programed neuro pathways of which we are not aware. We have studied how thoughts or vrittis are formed. If we know how the mind acquires knowledge and thought we will begin to have control. The question is “How do we control the mind.”

We understand that thought and actions create a vibration. All vibrations attract similar vibrations. It is very important that we know what we are attracting. The mind is constantly active. The only time the mind is not in thought is during deep sleep. And when we are not actively engaging the mind it is still working and we are not even aware of what it is doing. If we had control over the mind we would also have control over our emotions and life.

Sage Patanjali states that there are two techniques to control the mind, practice and detachment.

Vairagya or detachment means one-pointed, whole-hearted attention. We are always riding on the waves of our mind. Sometimes they are happy sometimes they are unhappy. We can control these waves through practice and detachment. These mental waves create our habits and character.

Abhyaas or practice means continuous attempts until our goal is reached. Sometimes we leave our efforts. Until we are firmly established in nirodh, or control, we should not leave our efforts.

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Join us, see pages 51-55 for itinerary

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COURAGE AND SURRENDER

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. His favorite pastimes include being 'Gramps' to 2 adorable grandchildren, volunteering, and hiking in nearby woods. You can follow him on Facebook: www.facebook.com/david.cronin.79/ and Instagram: www.instagram.com/david.a.cronin/. He can be reached at: davidcronin490@gmail.com. He took all the photographs accompanying his articles.

It doesn't take much of a stretch to realize we live in challenging times, deeply challenging times in fact. We seem to be tested in so many ways, and in such rapid-fire sequence. Sometimes it can take a lot of courage just to hang on.

It has prompted me to stop and contemplate courage, what it means to me, how to access my own, the nature of it, the feel of it in my body.

I think back to moments in my own life when I had to dig deep and draw forth the courage that was needed at the time. One moment comes to mind. I was about eleven years old, and it involved a 10-meter diving board.

Where I grew up there was a community swimming pool with a diving tower. The diving platforms were at 3, 5, 7, and 10 meters. Most weekends during the summer months found the neighborhood kids playing, teasing, and challenging each other at the pool. Mastering the different diving platforms was a rite of passage that was followed by all your peers.

Up to that point, I was very comfortable with all the platforms except the 10-meter. I just couldn't make that long climb up the ladder. It terrified me.

As fate would have it, one **Saturday** morning I awoke with the understanding that today was the day. I was going to make the jump. Once we arrived at the pool I walked with a mixture of determination and fear to the diving platform ladder. Somehow, I instinctively knew not to look up but simply focus on the steps in front of my face. Within several moments I had reached it, the daunting 10-meter platform.

And I promptly collapsed in the center of the platform, as far away from each edge as I could be. I was absolutely terrified. Now these platforms were rather large and there were always a lot of kids on each platform waiting for the lifeguard to call out which platform had clearance to go.

While it felt like hours I was probably lying there for about 15 minutes when an older boy came over to help. He told all the other kids that no one was to jump until I did. The lifeguard called our platform. The boy shouted down to her what was going on. She was not at all sym-

pathetic to my plight. But that boy was amazing. He stood me up and started coaching me: *"You got this! Just walk up near the edge, don't look down, look straight ahead! Then just step forward! Just go forward!"*

He walked me up near the edge, looked me in the eye with complete confidence in me, nodded his head, and backed away. Meanwhile, the lifeguard was getting really angry that I was taking so long. On top of all that, everyone around the pool, hearing her yelling at me, was watching.

I just stood there. Moments went by. The lifeguard yelled again. And then, something extraordinary happened. Everything suddenly became totally silent, all the fear emptied out, and I felt a profound inner spaciousness. And I walked off.

Now, I would like to say I went down with grace and style, but the truth is I screamed all the way down with arms and legs flailing. When I came up for air everyone watching applauded.

I have often reflected on what happened the moment before I walked off. What changed? I have come to understand it wasn't courage. Courage got me up the ladder. But it didn't get me off the platform. What got me off the platform was surrender, deep surrender.

And I think that is perhaps a significant truth. That sometimes, the most courageous thing you can do in life is surrender into the path that life is showing you that you must go in order to find your authentic self.





THE IMPORTANCE OF HOPE AND COMPASSION

Dawn Lacska-Tommerdahl is a Professional Herbalist, aromatherapist and Registered Nurse who has been using herbs and aromatherapy to heal people since 1990. Dawn helps clients on their healing journey and teaches online with classes. She has published a book called "A Magical Herbal Compendium" available at your local bookstore. She can be reached at DawnsenchantedGarden@yahoo.com; her website is DawnsEnchantedGarden.com.

As we start getting ready for the holiday season we need to recover from what we just went through as a nation. No matter what side you voted for, there was something happening that affected us all and caused us to react as a country.

This reaction probably triggered feelings of fear, violence, pain, or anger; in a lot of people these are not emotions that are good for us or our families. I want to remind us all why we are here, we are here to hope and create something better, not only for us, but our children.

During these next few months let's think about these big holidays we celebrate and why they should remind us why we are here in the first place as humans and as spirits.

In **1620**, some immigrants escaping religious persecutions came to this country, over 50% of them died the first winter.

In the spring the **Native Americans** took pity on them, taught them how to plant corn and where to hunt deer and birds, our **Thanksgiving** is a reminder of that first harvest festival in the fall of **1621** where the **Native Americans** and the **English** feasted together.

In another story **Mary** and **Joseph** were traveling in a strange land and no one would give them shelter, except for the one man who said that they could lodge in the barn where **Jesus** was then born.

Jesus, like other great spiritual leaders, preaches love of fellow man, helping the poor, and forgiving each other. So, what do these stories have to do with HOPE and COMPASSION?

In these stories, things were not going well. The **Pilgrims** were starving, and **Mary** and **Joseph**, having walked a long way, could not find lodging except for a barn where she then gave birth.

These stories tell us that we have a resilience inside of us that can get through any storm whether that storm was the election cycle, losing a job, or losing a loved one.

We have the fire of HOPE and COMPASSION living inside of us, it is our job to keep that candle lit and not let it go out. If enough of us keep our flames lit there is nothing, we can't do to make this world a better place, NOTHING!

So please, keep your flame lit and use that light to bring hope to those around you that are still stuck in the dark. Together we will get through this, we just need to rekindle our resilience and how we do this is with HOPE, and COMPASSION.

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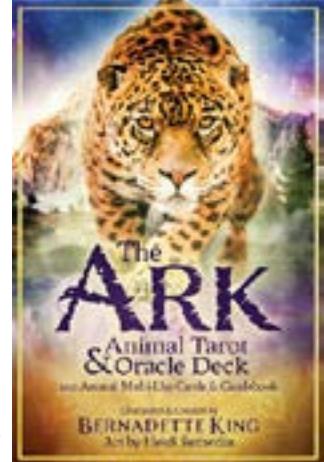
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BEAR BIRTH TOTEM

The **Bear birth totem** is tied to the element of **Earth** and the cardinal direction of **West**. People born with this totem have many characteristics, even among women. This provides **Bear** with an inner strength that's balanced with truthfulness, acceptance and sincerity.

If the **Bear** is your **Native American birth totem**, you are naturally curious. The more difficult the puzzle, the more it intrigues you. Once a mystery unravels your next action is sharing that information, but such a gift should be balanced with caution. You don't want to spoil a surprise or an epiphany for someone else.

Bear people are practical and discrete. You like sitting back and gathering information for future use. **Bear** is also a very physical person who responds to sensual

input strongly. One of the challenges for the **Bear totem** is understanding that there is more to this world than just what we encounter on the corporal level. Your spiritual self isn't easily categorized in the tidy filing cabinet of your mind.

If the **Bear** is you, your personal space is very important to you. That cave is secure and welcoming. It is a place where you can safely explore all aspects of your inner world. You go to that sacred place for quiet revitalization.

Bear is not a creature of change. What others call same-old, same-old you find comfortable and assuring. Nonetheless **Bear** must learn how to handle transformations otherwise he will never truly grow into fullness.

Bear Birth Totem

Northern Hemisphere: Aug 23 - Sept 22
 Southern Hemisphere: Feb 19 - Mar 20
 Direction: West
 Element: Earth
 Stone: Amethyst

→ ● ● ● ● ←

Bear people think deeply about life & observe it with equal care.

Though practical, Bears love with a powerful heart & work hard to please their partner.

On this turn of the Medicine Wheel Bear's lesson is to be less critical of self and others.

For more visit WHAT IS MY SPIRIT ANIMAL.COM

BEAR BIRTH TOTEM OVERVIEW

With **Brown Bear** as your **animal birth totem**, you are naturally detailed oriented. People can trust you to cross your T's and dot your I's with perfection. You do not laud this over others, however - humility is your middle name.

Astrologically speaking, **Bear people** typically optimistically press themselves to do more and achieve more particularly in the pursuit of spiritual insight.

One of the potential spiritual lessons **Brown Bear** might need to work through is that of having pernickety expectations of others to the point of coming across as hypercritical and pessimistic.

Brown Bear people think deeply about life and observe it with equal care. Each experience affords a chance to learn or understand something new.



WHAT IS MY SPIRIT ANIMAL

... from page 20

Even the task of seeking out grubs reveals a diligent and curious nature that, as the **Bear** matures, integrates into the matrix of their soul.

If you are a **Brown Bear**, you may find yourself a little too stuck in the concrete world. This means one of your challenges is opening up to input from your Higher Self and the divine.

Ultimately this is necessary for your times of hibernation so that even as you sleep you will sense both threats and opportunity. When you come out of your cave, it is a type of rebirth and there will be new goals and a fresh awareness that guides you.

BEAR TRAITS, PERSONALITY AND CHARACTERISTICS

Those born bearing the **Native American Zodiac** Sign of **Brown Bear** are under the influence of the **West Wind**, the cardinal direction of **West-Southwest**, and the Element of **earth**. The **West** wind simmers with emotions and acts as the gateway to other realities.

Bear people may find they have a natural aptitude for walking between the worlds, and sense a strong connection to the **Star-Beings, the Ancestors, and Devic realms**.

The **Element of Earth** serves **Brown Bear** well because it gives them the stability they crave and the common sense to know how to get things done efficiently. People come to rely on **Brown Bear** for sensible forward-thinking and suggestions. Additionally if you are a **Brown Bear** you may have true-sight and clairvoyant talents - embrace them. They are part of your medicine.

Brown Bear's season is the harvest - a time to carefully gather your treasures and preserve them for the uncertain weather ahead. This symbolism impacts **Bear** dynamically in recognizing Her blessings, including an awareness of Her potentials and the inner spiritual world. As **Brown Bear** matures She will build on the lessons and rewards of previous seasons to continue her journey on the **Wheel**.

In nature, **Brown Bears** see everything from roots and honey to fish as an opportunity to refill that inner well, and that's exactly what they do with focus and effort. The challenge here is avoiding becoming so focused that you miss global insights that can guide you toward manifesting your goals and dreams.

When **Bear** applies vision, imagination, and practicality - that is where they shine. If you have a **Bear partner** he or she wants to "fix" things, especially if they find injustice lurking in the forest. That's when **Brown Bear** shows fierce courage and begins problem-solving.

The **Native American Zodiac** sign of **Brown Bear** has ties to the **Turtle clan**, joined by **Beaver and Snow Goose**. The **Turtle clan** craves security. For **Bear**, His security isn't a shell but a sturdy cave that keeps them close to the **Earth** while providing protection and support for the **Sleuth**.

The crystal for **Bear** is the peaceful, healing **amethyst** and that gives **Bear** greater focus as well as perceptive abilities. It's joined by the **Violet**, which is also a healer and protector.

BEAR TOTEM LOVE COMPATIBILITY

In matters of the heart, the **Native American Zodiac** Sign of **Brown Bear** has difficulty with self-confidence. This animal totem birth sign wonders why anyone would want a lasting relationship. However, once **Brown Bear** finds a positive companion, He/She is eager to please and tease. There is a flirt hiding under that fur, one who will be a tender, slow lover.

If you have a **Brown Bear partner** be ready to meet high expectations. Know, however, that **Bear** expects just as much from Him/Herself.

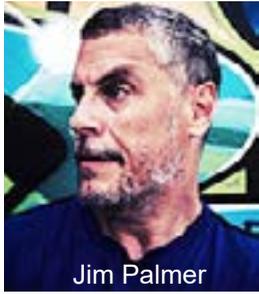
BEAR TOTEM ANIMAL CAREER PATH

Brown Bear people do well in positions where logic plays a key role. They are excellent analyzers and teachers.

In assistant-type positions **Bear** is loyal and sticks to instructions like glue.

Employers can depend on hard-working **Brown Bear** for follow-through, timeliness, and attention to detail.

Some positions that suit **Brown Bear** include financial adviser, mathematician, researcher, technical writer and many healing professions.



NON--RELIGIOUS SPIRITUALITY

... from page 8

11. Out of obedience to God one should stay in a damaging, destructive, or abusive relationship.

(There is never any legitimate religious rationale for tolerating, accepting or accommodating an abusive relationship.)

12. The Bible can only mean what a church leader with a seminary degree says it means.

(There has never been a universally accepted and approved understanding of the Bible and there are are countless hermeneutic frameworks for interpreting the Bible, and people with theological degrees can often complicate the Bible and in some cases miss the point entirely.)

13. Sacrificing your needs, desires, interests, and passions is a hallmark of true discipleship.

(Repressing one's individuality or needs and desires is not healthy spiritual growth, and is the cause of many neuroses and mental health crises.)

14. Questioning what you've been told is a lack of faith.

(Questioning and disobedience have been two of the most vital factors in human growth individually and collectively, and **Jesus** was the poster child for both.)

15. It's okay to objectify people of other religions because they are enemies of God.

(**God** has no enemies, and objectifying another human being for any reason, and is destructive for both the perpetrator and victim of the objectification.)

16. Mental health struggles are a sign of disobedience, sin or lack of faith.

(Mental health encompasses emotional, psychological, and social well-being, and the lived human experience for all people includes cultivating one's mental health, which includes addressing any number of mental health challenges and struggles.)

17. There's no problem that a Bible verse or prayer can't solve.

(Bible verses and prayer are not the only or necessarily even the best option or a substitute for, the spectrum of legitimate actions and choices available to human beings to address the problems of life.)

18. Leaving Christianity is a rejection of God.

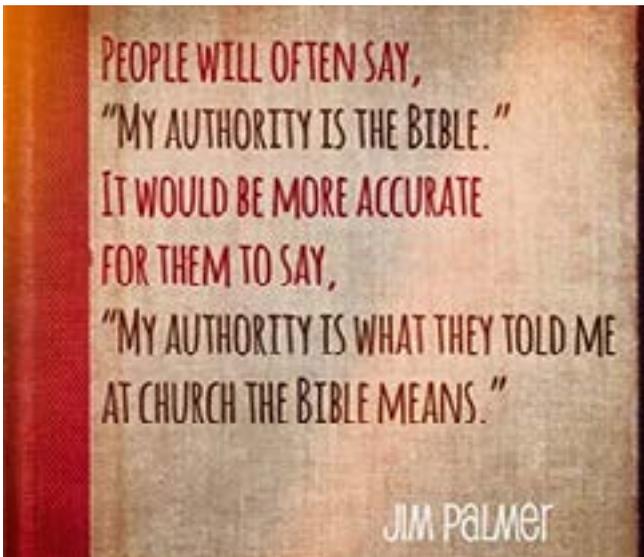
(Belief in **God** does not necessitate being a Christian, and the "**God**" of Christian theism is only one of many conceptualizations of **God**.)

19. You must defer to the teachings of a trained pastor or theologian in order to really know God and the correct spiritual path.

(If you were dropped on a remote island with no pastors or theologians, you could discover ultimate reality and the highest truth, and orient your life accordingly.)

20. God owns everything and he gives us everything that we have. Out of all he gives us, he asks us to return 10 percent to him.

(Money is a medium of exchange for various goods and services in an economy. A healthy view of money includes investing in causes and endeavors that are an expression of your highest values and convictions.)



HERB CORNER

... from page 11...

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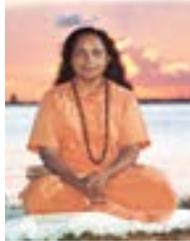
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Esther Hicks

ABRAHAM HICKS

... from page 7...

Carry that book of positive aspects around with you and put it in obvious places so that you are inspired to pick it up and look through it often, for, as you look for the positive aspects in your experience, it is by law - a law that you don't need to know, a law that you don't have to understand, but a law that exists nevertheless - it is by law that you must begin to attract positive things into your experience.

THE WAY TO ABUNDANCE

"Abundance wants you.

You've been asking for it, the Universe has been yielding it.

All you've got to do is stop complaining, stop noticing what's going wrong, stop listening to the news, stop talking to people that complain, stop reiterating things that haven't worked. Stop talking about being stuck. Stop all that stuff!

- now we were doing all of it while we're telling you to stop it (laughter from audience)

but you've just got to stop that stuff that does not feel good and start loving and humming and skipping and listening and soothing and meditating and basking and soaking in the hot tub and laying on the beach and eating where you like to eat .

And loving and complimenting and basking and looking for reasons to feel good and remembering good times and looking through the photo album and pulling out pictures that feel good to you and sticking them in places where you'll see them often and reading your love letters and writing love letters and remembering people who loved you and remembering compliments and looking for reasons to feel good and petting your cat.

And looking at flowers and walking in gardens and looking at the sky and looking at the sunset and basking over the rainbows, and then repeat all of that over and over and over and over and over.

There's not one blasted thing for any of you to do but get happy now.

That's it.

Find a reason to be happy

And oh, what a spot you live in to be happy.

There is so much good stuff around you. So much."

THAT POSITIVE PLACE

We would like you to reach the place where you're not willing to listen to people criticize one another... where you take no satisfaction from somebody being wrong... where it matters to you so much that you feel good, that you are only willing to think positive things about people... you are only willing to look for positive aspects; you are only willing to look for solutions, and you are not willing to beat the drum of all the problems of the world.

FEELING LOVE BEFORE THEY SHOW

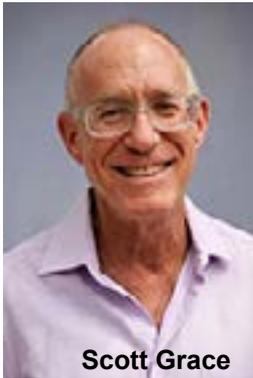
If we can get you to feel in love, IN LOVE, BEFORE the person shows up, the person will show up!

But humans think they need a person to be in love with, and we want you to know you can be in love with an IDEA, you can be in love with the IDEA of a relationship.

You can be in love with the memory of a relationship.

You can be in love with that aspect of THAT relationship and THAT aspect of THAT relationship and THAT aspect of THAT relationship,

which means holding it active in your vibration and it HAS TO BE REALISED BY YOU!



Scott Grace

George Carlin Speaks to Humanity For The First Time Since Croaking, And Boy, Is He Blissed!

... from page 18...

Improv is really big where we are. Some of us formed a troupe called **The Dead Comics Society**. **Robin Williams** joined it, and some of us wish he would reincarnate already. He's too fast. We can't keep up with him.

My new friend, you know him as **Rumi**, and probably have come across his most famous quote too many times to count in the three million spiritual self-help books you can get from the corporation doing the most to cut down rainforests to make the boxes to get your shit to your doorstep overnight. Ironic name you came up with, **Jeff Bozo**:. **Amazon!** Is that short for Burning Down the Amazon?

Where was I? Oh yeah, **Rumi's** quote:

"Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there."

Have you ever wondered how the hell to get to this field?

Google Maps won't help.

Put your damn phones down anyway.

Getting there is not as easy as clicking an app, or your heels **Dorothy**.

You will need a guide, and because I have nothing better to do with my absence of time, I volunteer.

I'll make it easy for you.

All you have to do is practice the four agreements.

Not the ones from **Don Juan**, or **Don Corleone**. I forget which Don.

Those agreements are way past their expiration date. Yesterday's helpful truth is tomorrow's pile of dogma that you best avoid stepping in.

I'm talking brand new agreements, hot out of the oven. I know, because I, **Don George**, cooked them up myself.

Don't let **Scott** take credit for them.

Drumroll, please.

THE FOUR THINGS YOU MUST AGREE TO STOP GIVING A SHIT ABOUT TO GET YOUR DIVINE ASS TO RUMI'S FIELD

1. Agree to Stop Trying to Fit Into a Sick, Sick, Sick Society!

I ranted about this when I was alive, and it still is a no brainer. If you believe you live in a sane society that deserves your allegiance, then the best you can do is cope, you dope!

May you find an anti-depressant that helps you.

And while you are getting the prescription for it, remember to ask your doctor if conforming to insanity is right for you.

2. Agree to Stop Giving a Shit About What the Neighbors Think of You

Another no-brainer.

Go ahead and love thy neighbor, love 'em to pieces, and bake them cookies if you want to.

But under no circumstances shalt thou give a shit about their opinions of you.

...continued to page 48...



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... from page 19

Through years and lifetimes, we have developed habits. These habits or impressions of the mind are latent tendencies. Everything that we are, are due to these tendencies. The mind might not have registered the waves, but they leave an impression and filter or color all of our experiences. Each person reacts to a similar situation in a different manner according to their latent impressions and which wave prevails at the time. These deep-seated habits or impressions need to be controlled or changed which requires constant vigilance and effort. If good prevails we become good; if wickedness, we become wicked, if joyful we become happy.

Join us, see pages 51-55 for itinerary

Yogashakti Ashram
 Founded by H.H. Meher Mahabaleshwar Ma Yoga Shakti

Join us for our first trip to South India! Enjoy daily yoga, meditation, satsang, sightseeing and ending with a Holi celebration! We land in Bangalore and are visiting Mysore (two nights), Ooty (two nights), Madurai (four nights) & Kovalam (four nights).

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 (yogashaktiNY@gmail.com)

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To change bad habits is to replace them with counter habits. Do good, think good, move towards the **Divine Self**, these are the tools to remove bad habits.

Every person has the ability to change their character. Since thoughts are a vibration, we also need to be careful of our surroundings and the people that we associate with.

Practice must have three virtues to achieve success. It needs to be done for a considerably long time, continuous or unbroken with love, attention and reverent feelings in earnest. This applies to all types of learning or achievements. When we are consistent and not intermittent for a long time, we can achieve our goals. When we have love or respect for what we wish to achieve then the process is accelerated. What we love we will always make time for. If love for the subject is not available at least there must be respect which in turn creates an earnest desire for change.

Whenever we endeavor on some new plan or achievement we need to make an earnest effort. That earnest effort will have results in time. If the achievement is for your highest good, it will in time give results. These results come very slowly and in stages; but they will flow along the path.

It is always good to say to the universe "Let this endeavor be for my highest good and the highest good for all involved." Then if constant obstacles appear after long sincere effort it may not be the best.

One may make an effort which actually is not the best or not long enough or without sincerity. Spirit will always assist if the endeavor is good for us. Things will begin to flow and synchronicity will appear. When things are not meant for us then there will be obstacles and more obstacles. But because we see obstacles does not mean it is not meant for us. Only if one has made a long term sincere effort can we follow those rules.

The objective of yoga, finding our true self, is achieved through control over the modifications of the mind. An intense love for the soul or bhakti and the knowledge of the soul, will carry the seeker to the goal. It enables the seeker to use the power of will and steady effort to become a spiritual being.

Complete mastery of the mind over the cravings for the objects of senses as seen and heard is called vairagya or detachment. That means that the mind has the ability to detach itself from all objects of the senses which create cravings. This does not mean we should destroy our senses, but we must have complete mastery.

... continued to page 50 ...



Giancarlo Serra

SIX REASONS THE LAW OF ATTRACTION DOES NOT WORK

... *from page 13*

You don't create based on your exact thoughts, but your overall emotional state, and beliefs. So many unwanted experiences that occur often aren't something we have thought about much, or even at all, but represent the essence of what is happening in our inner world.

You do not attract what you want, you attract what you are. Through the same mechanism, you also attract what you fear.

2. Your Limiting Beliefs Are Stopping You

Limiting beliefs are those which constrain and limit us in some way. Self-limiting beliefs can have the potential to negatively impact upon you achieving your full potential.

Beliefs are conditioned perceptions that are built upon old memories of pain and pleasure. These memories are based on how we have interpreted and emotionalised our experiences over time. Beliefs are the foundations of your expectations. These expectations help you to better understand yourself, to better understand others, and to better understand the world around you.

We tend to have many thoughts, feelings and beliefs, that don't serve us. Many are so deeply ingrained, we don't even know they are there anymore. We picked up all sorts of screwy energy from parents and other people close to us.

The subconscious is not selective; it is impersonal and no respecter of persons. The subconscious is not concerned with the truth or falsity of your feeling. It always accepts as true that which you feel to be true. Therefore what we believe to be true, it becomes our reality.

There are beliefs that have a lot of energy on a global scale, like we are basically powerless, that affect most of us to some degree. Humanity's overall vibration still is thick with fear, greed, ignorance, intolerance and hatred, and that is mirrored back into our energy in many detrimental ways. The collective beliefs are part of us, as there is no separation, all is one (Universal Truth).

Lots of people have "dreams." But few wholeheartedly commit to making those dreams a reality. Either you believe you create 100% of your reality or you don't. If you don't, change that belief. If you do, start behaving as if those dreams are going to come true.

The **law of attraction** lines you up with people, circumstances, ideas and inspirations, that help you get what you want. By aligning your energy with your desire, and generating some genuine positive emotion, the role of action carries less importance.

3. You Do Not Know What You Want

Napoleon Hill (Think and Grow Rich) wrote "Anything the mind of man can conceive and believe it can be achieved. Any definite chief aim that is deliberately fixed in the mind and held there, with the determination to realize it, finally saturates the entire subconscious mind until it automatically influences the physical action of the body toward the attainment of that purpose. Without purpose, people often spread their thoughts and energies in so many different directions that this lead not to power, but to indecision and weakness."

The **law of attraction** lines you up with people, circumstances, ideas and inspirations, that help you get what you want. By aligning your energy with your desire, and generating some genuine positive emotion, the role of action carries less importance.

If you are not very clear about what you want, and if energy follows thought, where you think your energy is going to?

It may be useful to have a daily routine that helps you focusing on your desires, so that you can direct your thoughts and emotions to energise what you really want to manifest in your life.

Writing a gratitude journal for example, or working on your definite chief aim, helps you greatly in focusing on what you really want.

4. You Are Thinking Of It But Not From It

Our vibration is going to have a huge impact on what we are going to attract in our life. We need to under-

...*continued to page 46...*



ASK MICHELLE WHITEDOVE

...continued from page 15...

DEAR WHITEDOVE, My grandkids won't stop saying "Oh God" every time something doesn't go their way. I tell them God has nothing to do with their negativity. I just wish kids these days would better articulate what they really want to say. **Wordsmith in San Diego**

DEAR WORDSMITH, I know "Oh God" or "Oh My God" are overused. I find it interesting that in times of trouble our soul innately calls out to our creator. Even those that say that they have no faith will find this slip from their tongue. **God** is always listening. Just encourage your grandkids to have a deeper connection and more meaningful interactions with Great Spirit through prayer work.

DEAR MICHELLE, I'm confused about the terms Psychic and Medium, they seem to be interchangeable. I want to have a reading with someone local but I'm confused with the terminology. Please explain. **-Wanting a Reading**

DEAR WANTING There seems to be confusion when it comes to the abilities of a **Medium** and those of a **Psychic**. It's important to know where they get their information. A psychic reads energy; they tap into the energy or vibrations that surround you. Many psychics can read the vibrations of objects too. This is called **Psychometry** and can be used to read jewelry or other personal belongings.

A medium is a psychic and they possess the additional gift of tuning into the **Spirit World** to be guided by beings of higher consciousness or as I call them your **Unseen Support Team: Spirit Guides, Angels, Saints and God The Creator**. Some people are born natural mediums, others develop their gifts along the way. A spiritual medium meditates and prays to raise their life force or vibration to connect with **Heavenly Guidance**. They can also receive information from our dearly departed for messages of love; although it's important to ask for advice only from your **Unseen Support Team** because they are more spiritually evolved. A psychic medium must train themselves so they become proficient in receiving this high vibrational information. The more time spent in prayer, meditation, listening to and following the voice of **Spirit** then the more gifted they will become. Intuition is a like a muscle the more that you use it the stronger it becomes.

These days, there are lots of people who claim to be something that they are not. I'd invite you to do some research and seek someone with a good reputation.



SETH SPEAKS

...continued from page 16

SETH ON SPONTANEOUS CREATIVITY:

"The man who wrote Alice in Wonderland was, I believe, a mathematician of note in his time. He considered himself to be excellent at his work. It gave him a professional respectability, a feeling of worth and merit. He found it--his occupation--to be a responsible one, befitting an adult.

The occupation filled many of his needs and expressed some of his abilities. In his spare time, however, for a lark, simply because he wanted to, he wrote his **Alice in Wonderland**--a book that is a masterpiece at many levels. What a shock when he discovered that the world was ignoring what he thought to be his important contribution to mathematics. He believed (underlined) that he should devote all of his time to his work, and could hardly forgive himself for his regrettable lapses into writing--and he was writing, after all, not even for adults, and not for young males either.

He was, in a fashion only, sexually ambiguous, his mathematics expressing what he thought of as an acceptable male aspect while the artistic levels in his mind, now, he related to this feminine aspects. So he was to some extent a divided man. His creativity showed itself, however, when he allowed himself to play, when he forgot what he thought he should do, and did what he wanted to do.

Because of his beliefs he considered himself somewhat of a failure, and the rich, evocative nature of his own stories did not meet with the approval of his academically attuned mind. Despite himself, however, he was stretching the dimensions of his own consciousness, exercising his consciousness in different directions, expanding the scope of his abilities--and in so doing contributing a small masterpiece to the world.

I want here to stress the basic playful exercising aspects of creativity. When a child indulges in physical play, it exercises its muscles and its entire body. No one has to tell a child to play, for playing comes naturally. Playful games in childhood, not dictated by teachers or parents, often give clear indications of a child's abilities and leanings. You can sense by watching a child's play the future shape that his or her life can most productively take. The child does not consciously exercise his or her legs so that they will be strong, but simply joyfully follows the inner impulse to do so."



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."

... from page 6

Andrea de Michaelis
Publisher

Another thing I do to lower resistance is watch shows that either make me laugh or get me excited about the outcome, like on **Netflix** I've been watching **The Circle, The Mole, Perfect Match** because those shows let me get wrapped up in the story with no expectation of outcome and lose time which helps me release resistance.

I purposely never watch horror shows or gory violence, dystopian scenarios or even heartbreaker stories because those type of shows fill me with resistance and make me fearful. **I MAKE IT A RULE FOR MYSELF NOT TO WATCH ANYTHING I WOULDN'T WANT TO EXPERIENCE IN PERSON IN REAL LIFE**, because watching those shows brings up all kind of resistance within me which in turn activates my inflammation, carpal tunnel, arthritis and sinus congestion LOL

SO BASICALLY THE BOTTOM LINE IS rather than drive yourself crazy figuring out "*how can I keep from injuring myself again without being full of resistance?*" I'd leave that request up to that Higher part of me, the **God self** of me and ask It to keep me mindful so I can stay healthy and active.

And at the same time I will do more things that helped me lower resistance, like being playful with friends, like not listening to endless stories of a friend's despair and heartbreak because that will lower my resistance right now. I watch fun shows, I dance around.

And I know these aren't easy things to do because you've suffered several giant losses.

And whenever possible, make sure to flirt and have fun with friends and strangers.

I'M LIVING MY DREAM, ALTHO IT'S NOT THE DREAM I HAD 40 YEARS AGO

The last few years some friends complain that all I post about is the cats or the yard or what shows I'm watching. I took maybe three vacations in 30 yrs so the last few years I've been taking my accumulated vacay time. I travelled to so many conferences and expos every year for so many yrs that I'm glad to be out of all the promotional bombardment. I come on **Facebook** to catch up on friends' real lives and dreams. I feel I'm living my dream, altho it's not the dream I had 20-30-40 years ago.

What you want will change so many times thru the years, make sure to stop often and check to make sure you're not living your dream right now and not realizing it.

Abraham-Hicks says, "*We're not saying bad does not exist. What we want you to understand is that it is a creation of vibration. It does not have the power or ability to pounce on you. You have the ability to attract it, to vibrate it, to visualize it, to evoke it, to bring it unto you. BUT it has NO POWER on its own. You hold all of the power.*"

And your **POWER** is your **FOCUS** of **ATTENTION**. What do you spend hours a day focusing on? Stuff that makes you feel good and laugh or stuff (even facts & news) that make you aggravated and anxious?

I do my best to avoid convos or movies about things that I **DO NOT WANT TO EXPERIENCE** in real life. I don't want to repeat over and over in my mind what it looked like to watch someone be brutalized. That repeated thought is unlikely to help me attract pleasant experiences.

Yes, I scan headlines and watch detective shows, but only the ones that focus on the forensics and don't linger or over-dramatize the gore. I'm fascinated by the legal discovery process and procedures.

But I make sure to spend more than 60% of my time focusing on fun things that make my heart sing, looking for silver linings when things get cloudy. I always attract what I seek. So far, so good.

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.

Enjoy our offering this month.
Hari Om.



Andrea

HOROSCOPES DEC 2024



ARIES – (March 19 – April 18)

ARIES: MOOD

ARIES: ASTRAL CLIMATE FOR DECEMBER 2024

December is rich in emotions for many of us. Amid our desires for grandeur, fantasy, renewal, meaning, and ambition for our lives, we face tough confrontations with an economic reality that may dampen our spirits. We must navigate these challenges without giving up. Haven't we already proven that together, we can move mountains?

Mood

ARIES: MOOD FOR DECEMBER 2024

You are full of enthusiasm and have many projects to defend, but events seem to trap you. You might feel a heavy sense of powerlessness, leaving you with no choice but to be patient.

Love

ARIES: LOVE FOR DECEMBER 2024

You are committed to innovating and accelerating a planned transformation. You are developing and using your talents to move forward rather than just making noise. You are facing circumstances that frustrate your desire to communicate and urge you to shed past behaviors before you can flourish as you wish.

In a Relationship: Despite developing inspiring projects with your partner and having good communication, your plans might hit an insurmountable wall for now.

Single: A wave of sympathy makes you want to envision a bright and inspiring future, but a gloomy atmosphere may hinder your progress.

Money

ARIES: MONEY FOR DECEMBER 2024

Despite undeniable popularity, a frustrating situation prevents you from advancing. You'll need to keep a positive attitude in the face of adversity.

Work

ARIES: WORK FOR DECEMBER 2024

No matter what you undertake, you encounter obstacles. When you try to express or achieve your ambitions, you find that your efforts are in vain. Expect to be held back by frustrating influences, regardless of your actions.

Leisure

ARIES: LEISURE FOR DECEMBER 2024

To unwind and lighten the atmosphere, continue to engage with your circles of friends and supportive people. This haven of peace and kindness will help you recharge and keep smiling.

Key dates

ARIES: KEY DATES FOR DECEMBER 2024

The 2nd: Your originality and talents attract attention, particularly from your superiors. Use this opportunity to score some points.

The 7th: Your ambitions clash with your personal history, interfering negatively with your current initiatives and frustrating your desire to broaden your horizons.

The 12th: Even if your projects are appealing and likely to please those around you, avoid pressuring anyone to follow you unreservedly. You risk worrying those who are willing to collaborate.

The 24th: You are dealing with temporarily insurmountable obstacles in communication. Hidden adversaries are blocking your free expression.

The 28th: Avoid relying on whimsical approaches. You won't reassure anyone, and despite your appealing projects, you may end up driving everyone away.

Advice

ARIES: ADVICE FOR DECEMBER 2024

Don't expect to achieve much right now. It's better to wait patiently than to struggle in vain.

TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR DECEMBER 2024

Some Taureans may prefer to move discreetly, while others, despite their ability to make their merits known in high places, find their progress stalled and must wait for certain negotiations to clear up. Still others distinguish themselves by asserting their desire for independence, but must avoid overdoing it to maintain their popularity.

Mood

TAURUS: MOOD FOR DECEMBER 2024

Between bursts of hope and frustrating blockages, you navigate without losing faith. If circumstances interfere with a current project, do not despair. Adjust your plans downward while waiting for more favorable days.

HOROSCOPES DEC 2024

Love

TAURUS: LOVE FOR DECEMBER 2024

You use your charm to shine socially and feel that your allure is working. However, constant blockages slow down your advances, which dampens your enthusiasm a bit.

In a relationship: You are charismatic, but you cannot rely on this alone to rule your surroundings. You have to deal with a sky that slows you down.

Single: If you are ready to conquer the world, your optimism is short-circuited by opposing forces that eventually weigh down your morale.

Money

TAURUS: MONEY FOR DECEMBER 2024

Even if the stars boost your income and improve your earnings, external hindrances continue to thwart your plans. Investigate what might be causing the issues and keep your spirits up while waiting for things to improve.

Work

TAURUS: WORK FOR DECEMBER 2024

While you can rely on your talents to make an impression professionally, you encounter obstacles that block your goals. A project drags on due to a lack of resources. Rather than giving up, arm yourself with courage.

Leisure

TAURUS: LEISURE FOR DECEMBER 2024

Do not let setbacks dampen your spirit. Rely on your charisma to shine in social settings and enjoy good company. This will help you keep smiling despite life's challenges.

Key dates

TAURUS: KEY DATES FOR DECEMBER 2024

The 4th: A sense of frustration lowers your spirits. It is better to reduce your expectations rather than risk hitting a wall.

The 6th: Certain discussions and negotiations drag on. You are not in a position to rekindle debates constructively. Reevaluate your way of handling family affairs, as it is perceived as too authoritarian.

The 13th: By using subtle strategies, you maneuver to your advantage and strengthen your popularity, especially socially.

The 18th: Do not deceive yourself. While your projects remain legitimate, do not expect unlimited funding. Ground yourself to make them a reality one day.

The 24th: Even if your abilities are recognized, they are not enough to overcome the obstacles blocking your progress. Be patient rather than get depressed.



Advice

TAURUS: ADVICE FOR DECEMBER 2024

December could affect your morale if you don't put obstacles into perspective. Choose to see the glass as half full rather than half empty.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR DEC 2024

You are eager to broaden your horizons. Express your ambitions without pressuring those around you to follow. You are facing obstacles from higher-ups that hinder your growth. Use your charisma to positively influence your career path, but communicate your intentions clearly to avoid misunderstandings.

Mood

GEMINI: MOOD FOR DECEMBER 2024

The stars boost your enthusiasm, giving you the energy and desire to expand your horizons, but also place almost insurmountable obstacles in your way, threatening your joy of life.

Love

GEMINI: LOVE FOR DECEMBER 2024

The personal fulfillment you seek and the enthusiasm you show in your pursuit of shared experiences are being hampered by a tense social and professional environment, leading to frustration. This might stifle your enthusiasm.

In a relationship: You have no shortage of charm or desire to deepen your bonds, but be prepared for professional and social hurdles that complicate your life.

Single: Your ability to attract and your desire to find someone special are challenged by professional and social demands that dampen your spirits.

Money

GEMINI: MONEY FOR DECEMBER 2024

If you hope that doors will open and your wishes will be granted, be prepared for some disappointments. No matter how much effort you put into succeeding, you are constantly thwarted by circumstances.

...continued on page 36

HOROSCOPES DEC 2024



Work

GEMINI: WORK FOR DECEMBER 2024

Events are putting pressure on you. Your desire to pursue what you love and start a new cycle of expansion is being blocked by company development issues or a hierarchy that is unresponsive to your suggestions.

Leisure

GEMINI: LEISURE FOR DECEMBER 2024

Instead of lamenting, escape a depressing atmosphere by taking your loved ones on a getaway that might help you forget your worries and bring back your smile.

Key dates

GEMINI: KEY DATES FOR DECEMBER 2024

The 1st: The first new moon of the month invites you to connect with others. Avoid going it alone if you want to benefit from favorable influences for collaboration.

The 7th: Some aim high while others struggle to communicate with authority or a hierarchy that is not open to their ideas.

The 12th: If you are investing in something you are passionate about, communicate tactfully to avoid misunderstandings.

The 20th: You are ready to seize opportunities with faith and enthusiasm, whether in love or your career.

The 24th: Beware of disappointment and frustration, especially on a professional and social level.

Advice

GEMINI: ADVICE FOR DECEMBER 2024

You often feel like you're fighting against windmills. Doors are closing on you. So, while you wait for this phase to pass, take a different path.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR DEC 2024

Don't force fate, gently accompany the changes taking place. Expect obstacles that hinder your progress. You have true allies to realize your projects if you adjust your expectations downwards.

Mood

CANCER: MOOD FOR DECEMBER 2024

If you feel like giving up in the face of darkening horizons and initiatives hitting a wall, it's time to gather your strength to hold on. Don't lament your fate, resist the pressure.

Love

CANCER: LOVE FOR DECEMBER 2024

You encounter obstacles limiting your expansion and you constantly suffer the need to give up. If you feel your feelings evolving, if a new emotional cycle is preparing, all you can do is be patient.

For couples: Don't expect to fully enjoy the present moment, as it may disappoint you. If you intend to evolve your relationship or make plans, wait until 2025 to turn dreams into reality.

Single: Your hopes are thwarted by circumstances that do not favor your personal fulfillment. If you see happiness at the end of the road, reaching it will require patience.

Money

CANCER: MONEY FOR DECEMBER 2024

Stay focused on your goals, everything seems to conspire to discourage you. You will succeed in 2025. Until then, hold on tight.

Work

CANCER: WORK FOR DECEMBER 2024

Regardless of your project, don't expect to gain points, as it seems that higher-ups are doing everything to stop you in your tracks. To succeed against this adversity, persevere and don't give up.

Leisure

CANCER: LEISURE FOR DECEMBER 2024

To relax and end the year without getting depressed, adopt an impeccable lifestyle discipline that will allow you to cope. Don't hesitate to treat yourself to some small moments just for you (spa, massage, appointment with the beautician).

Key dates

CANCER: KEY DATES FOR DECEMBER 2024

The 2nd: You can count on the support of those you love to support your bold projects. Take advantage of a beautiful ability to enchant your interlocutors to strengthen bonds in love, business, and to charm your soulmate.

The 4th: While some succeed, others face obstacles in realizing their ambitions. They must be patient and wait for things to pass.

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The 13th: Negotiate delicately, make your partners understand that your interests are linked and that it would be wise to let you act as you see fit. This strategy should pay off.

The 18th: If you want others to buy into your plans and support your ambitions, show that everyone wins. Working in the interest of all is how you'll succeed best.

The 24th: If you're preparing for a new cycle of expansion for the summer of 2025, you won't like obstacles in your way. However, that's what awaits you.

Advice

CANCER: ADVICE FOR DECEMBER 2024

In December, you may sometimes feel like you're moving backwards. If your efforts to achieve your dreams fail, keep working hard. Your efforts will eventually pay off.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR DECEMBER 2024

You are undergoing a restructuring of your relationships, perhaps even a total transformation of your partnership. Your impulses are restrained by circumstances that frustrate your desire for fulfillment. Rely on your daily kindness to steer your destiny, but don't abuse your popularity to stand out, risking displeasure from those around you.

Mood

LEO: MOOD FOR DECEMBER 2024

You show great enthusiasm when it comes to teaming up to accomplish a project. However, you may become disillusioned by a lack of means or certain structures that resist. You feel like you're hitting a wall and your morale drops.

Love

LEO: LOVE FOR DECEMBER 2024

Your personal charisma is undeniable, and your desire to unite is evident. However, the heavens limit your opportunities for expansion and block the realization of a cherished project.

In a relationship: If you hope to shape the future as you wish with your beloved, prepare to be disappointed in your expectations.

Single: You want to make a dream come true and rely on a supportive environment to move forward. However, these active supports are not enough to counteract the effects of a sky that sabotages your plans.

Money

LEO: MONEY FOR DECEMBER 2024

The sky limits your maneuverability, goes against your projects, and leaves you wanting more. Do not try to force your way through.

Work

LEO: WORK FOR DECEMBER 2024

Your proposals are unanimous among your partners who are ready to believe in you. But the logistics do not follow suit. A lack of resources, financial support slows your progress and forces you to wait.

Leisure

LEO: LEISURE FOR DECEMBER 2024

To forget what is currently blocking your impulses, take a step towards others and openly show your affection. It will be returned to you. Take advantage of this benevolent environment to spend time with your loved ones.

Key dates

LEO: KEY DATES FOR DECEMBER 2024

The 1st: the first new moon of the month favors the expression of your creativity and feelings. An ideal time to shine brightly and, for singles, hit the mark.

The 7th: passion is on the agenda for a day where you give meaning to your loves, even if you struggle to escape a frustrating atmosphere.

The 18th: despite your brilliance, you have difficulty understanding your feelings, this blur may disturb the mood a bit. Try to clarify what you expect from the relationship before taking action.

The 24th: a project that excites you is hindered by circumstances that reduce your ability to act and your financial means. Wait for better times to revive the matter.

The 28th: stay attentive to the other and don't try to take advantage of your credit to accelerate change. Keep taking steps towards others rather than playing too selfishly.

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Advice

LEO: ADVICE FOR DECEMBER 2024

The month favors positive interactions, whether in love or socially. This atmosphere helps you endure the rigors of winter. You're better off connecting with others and giving up on believing in Santa Claus.

VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR DECEMBER 2024

You are going through deep turmoil that forces you to reassess your behavior, change your activities, and adapt. Temper latent aggression that is harming you. Eager to shine, you deal with adversity blocking your path, but don't abuse your influence to achieve personal ambitions. Stay committed to family or work.

Mood

VIRGO: MOOD FOR DECEMBER 2024

While you strive to do well daily, you don't always succeed in convincing your professional partners that it's in their best interest to facilitate your advancement. You may find your enthusiasm cooled as your interlocutors tend to block rather than help you.

Love

VIRGO: LOVE FOR DECEMBER 2024

The heavens hinder your connections, and you struggle to get closer to anyone. Within the family, don't confront anyone directly; aim to keep discussions open, even if it's challenging.

In a relationship: there's difficulty in connecting. You hope for an improvement in your status that doesn't come. Discuss it with loved ones rather than accumulating frustrations.

Single: difficulty in communicating with the outside world and professional disappointment dampen your enthusiasm and diminish your ardor.

Money

VIRGO: MONEY FOR DECEMBER 2024

If you had plans to take off, expect to see your hopes thwarted. Your merits aren't enough to convince those who could promote you.

Work

VIRGO: WORK FOR DECEMBER 2024

If you aspire to climb the ranks and opportunities for promotion arise, charm those who decide your fate by displaying your willingness to serve the common cause as much as your own. However, this behavior doesn't guarantee immunity from potential disappointment.

Leisure

VIRGO: LEISURE FOR DECEMBER 2024

Others aren't responding to your calls and invitations. Use your free time to take care of yourself physically and mentally. Exercise and indulge in chocolate.

Key dates

VIRGO: KEY DATES FOR DECEMBER 2024

The 2nd: Charismatic and infinitely charming, you leverage your personal charisma to promote your ambitions and try to realize your bold plans. An excellent day to broaden your horizons.

The 6th: Family exchanges stagnate. Don't try to force events; patiently wait for the right moment to revive and elevate discussions.

The 12th: Try to find a balance between your desire to serve the community's interests, improve your daily life, live in harmony with your surroundings, and repressed anger that pushes you to aggress everyone.

The 20th: Your willingness to support your company's growth allows you to progress and prove that you can be relied upon and your desire to collaborate.

The 24th: Prepare to be disappointed in your expectations by interlocutors who are deaf to your requests. Adversity temporarily blocks your impulses and leaves you unsatisfied.

Advice

VIRGO: ADVICE FOR DECEMBER 2024

To avoid depression, continue, regardless of the reception you receive, to work for the common good without losing sight of your interests. Your perseverance will eventually pay off.

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR DECEMBER 2024

Intense emotions are being experienced in love for some, whose behaviors are currently evolving. Others encounter obstacles that hinder their growth and impede the realization of their ambitions. Finally, if some have no difficulty positively innovating within the family, they must not abuse their influence over others to do as they please without gauging the family's pulse.

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Mood

LIBRA: MOOD FOR DECEMBER 2024

Your good predispositions may be countered by a stern sky. Rise above it, knowing that your time will come.

Love

LIBRA: LOVE FOR DECEMBER 2024

Misunderstandings pollute the atmosphere with your surroundings. Obstacles prevent you from flourishing according to your expectations, somewhat tarnishing your emotional life.

In a relationship: Despite undeniable charisma, you risk being constrained by a general atmosphere that restricts you more than it liberates you. This sky weighs down your spirits and distances you a bit from your dream life.

Single: While you can rely on your power of seduction, you must simultaneously deal with an environment that constantly pressures you in daily life.

Money

LIBRA: MONEY FOR DECEMBER 2024

Saturn limits you, even if Jupiter favors the realization of your ambitions, Saturn constantly slows down the pace.

Work

LIBRA: WORK FOR DECEMBER 2024

It's hard not to give up in the face of a path strewn with obstacles. If you aspire to broaden your horizons, to progress, and if you have the skills to do so, you constantly feel like everything is going wrong.

Leisure

LIBRA: LEISURE FOR DECEMBER 2024

What if you took a break to forget a bit about the worries of a daily life that plays with your nerves? If you have the opportunity, treat yourself to a little getaway in the great outdoors; you should benefit from a moment of respite.

Key dates

LIBRA: KEY DATES FOR DECEMBER 2024

The 4th: The rapport is struggling, some deal with an austere and frustrating atmosphere. Others, however, benefit from an atmosphere of tender complicity with their loved ones.

The 7th: While some experience intense moments in love, others must settle, despite their efforts to communicate, for a flat refusal.

The 13th: Pleasant exchanges to hope for, as you soften the other's heart. It's time to declare yourself, to make your partner dream, or to propose an activity to your children that they might enjoy.

The 18th: Fumbles could get you into trouble with your surroundings. Express yourself clearly without ambiguity to dispel any risk of misunderstanding.

The 24th: You feel stuck in your desires for expansion, forced to bear heavy burdens. Make the best of a bad situation.

Advice

LIBRA: ADVICE FOR DECEMBER 2024

December restrains your impulses, but put incidents into perspective that litter your path. It's the best way to end the year other than stressed.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR DEC 2024

You want to improve communication within the family, but don't impose anything without prior consultation. Manage your relationships in a way that preserves everyone's autonomy, and beware of tensions. Even though you aim to enhance your family life, deal with the critical eye you cast on your connections.

Mood

SCORPIO: MOOD FOR DECEMBER 2024

Despite your desire to advance your career plan, enrich your family life, and steer your existence in the right direction, you must endure having your enthusiasm trimmed to keep you in line.

Love

SCORPIO: LOVE FOR DECEMBER 2024

If you aspire to make everyone happy, you may face financial setbacks that limit your maneuverability.

In a relationship: your desire to bring happiness to your loved ones clashes with the need to limit your expenses and therefore your capacity for expansion.

Single: obstacles to your personal growth eventually irritate you. Despite your efforts to improve everyday life and find your share of happiness, you cannot escape the need to restrain yourself.

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Money

SCORPIO: MONEY FOR DECEMBER 2024

You feel restricted, disappointed that your aspiration to receive the rewards of your merits isn't fulfilled. Whatever you hoped for, be prepared to receive less than expected.

Work

SCORPIO: WORK FOR DECEMBER 2024

The sky limits the expression of your potentials. You're expected to do the work, follow the rules, and apply the current methods. Not to express your creativity and think outside the box. It's pressure you find intensely frustrating.

Leisure

SCORPIO: LEISURE FOR DECEMBER 2024

If everything seems to be going wrong, seek refuge with your loved ones. They will surely recognize your commitment and protect you from life's uncertainties.

Key dates

SCORPIO: KEY DATES FOR DECEMBER 2024

The 2nd: you spice up the relationship, giving the other person the feeling that you respect their need for autonomy. The best approach to strengthen the bond without reducing it to a mundane routine.

The 7th: some discussions about the state of your finances weigh on your morale and affect your emotional ties already weakened by a lack of warmth and spontaneity that restrains your enthusiasm.

The 13th: you improve your living conditions and those of your loved ones. Your desire to ensure the well-being of those around you is appreciated.

The 18th: you tend to overestimate your means, to spend too much. Sure, it's to please those you love, but don't overstep the boundaries.

The 24th: you'd better settle for little to avoid ending the day bitter and frustrated because nothing and no one meets your expectations.

Advice

SCORPIO: ADVICE FOR DECEMBER 2024

December looks gloomy and frustrating. Just when you expected to be rewarded for your dedication, obedience, and diligence, you get nothing or very little. Wait for your moment.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: ASTRAL CLIMATE FOR DEC 2024

You're managing a revamp of communication, adapting it to the evolution of your criteria. However, you're dealing with a heavy atmosphere within the family, with responsibilities to bear. Don't sow discord by trying to please or by being stubborn.

Mood

SAGITTARIUS: MOOD FOR DECEMBER 2024

Your family environment requires all your attention but promises to be more demanding than rewarding. You struggle to remain optimistic, yet it's what you must do to address priorities without faltering, without constantly being pulled down.

Love

SAGITTARIUS: LOVE FOR DECEMBER 2024

Recurrent family issues weigh on your existence and hinder your happiness. You try to discuss them with your loved ones, but communication is challenging, and your relationships may suffer from a gloomy atmosphere.

In a relationship: It's difficult to escape the heavy atmosphere at home. While your bonds with your partner seem preserved, you still struggle with a depressing ambiance.

Single: While your charm works and allows you to hope for a relationship to progress positively, you also have to manage problematic family affairs as best as you can, and it won't be easy every day.

Money

SAGITTARIUS: MONEY FOR DECEMBER 2024

If a financial problem threatens the family's balance, reach out to your social and professional partners who won't hesitate to lend a hand. You're not alone in this world.

Work

SAGITTARIUS: WORK FOR DECEMBER 2024

The atmosphere within your family environment demands your full attention. Count on your charm to maintain constructive, even cordial, relationships with partners who appreciate your attitude and openness.

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Leisure

SAGITTARIUS: LEISURE FOR DECEMBER 2024

Even if your partner is supportive, you're called upon to bear heavy responsibilities within the family. To unwind, consider escaping for a weekend in excellent company.

Key dates

SAGITTARIUS: KEY DATES FOR DECEMBER 2024

The 1st: The first new moon of the month invites you to initiate a new cycle of expansion while fully in possession of your means. Don't linger along the way; fully invest yourself in action.

The 4th: While some fully utilize their talents to enhance their daily lives and those of their loved ones, others may encounter recurrent family issues.

The 15th: The full moon encourages you to take a step towards others, to listen and keep the dialogue open. Moreover, starting from December 15th, Mercury goes direct again, facilitating a smoother resumption of discussions.

The 24th: The desire to unite, to associate, to open up to others is hindered by family problems that dampen your spirits a bit.

The 28th: Don't try to stand out by being eccentric; your eccentricities irritate some who think you're going overboard. Just rely on your charm.

Advice

SAGITTARIUS: ADVICE FOR DECEMBER 2024

This end of the year exposes you to family responsibilities that may weigh heavily on your shoulders. Try to put things into perspective by focusing on what's working rather than what's not.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR DEC 2024

New potentials to explore, but a tendency to abuse them to gain more power. Temper this tendency, rely on your talents to progress, be mindful of your words that could harm your advancements. Avoid sending messages that could disrupt a beautiful frequency.

Mood

CAPRICORN: MOOD FOR DECEMBER 2024

You oscillate between the desire to openly express your talents and a reluctance to let go. Old demons interfere with your ambitions and hold you back. Don't let them. Keep believing in yourself.

Love

CAPRICORN: LOVE FOR DECEMBER 2024

Despite a desire to improve everyday life, you may find yourself struggling with expressing your emotions and feelings. Either you adopt a critical, suspicious attitude towards others, or you allow yourself to be derailed by obscure messages sent by your unconscious.

In a relationship: you find it difficult to communicate harmoniously with those who don't understand where you're coming from. One day, you do everything to please, but then you spoil the atmosphere by clamming up.

Single: while you display a willingness to liven up the atmosphere, it's not easy to understand you when you wear a dark expression and tend to brood.

Money

CAPRICORN: MONEY FOR DECEMBER 2024

You can enhance the ordinary, your talents open doors and contribute to strengthening your income. Ensure you don't slow down the momentum by being too demanding in your exchanges, or too austere in your way of communicating.

Work

CAPRICORN: WORK FOR DECEMBER 2024

You demonstrate what you're capable of and express your potentials fully. However, you lack confidence when it comes to communication. Don't let certain shadows from the past undermine your chances of progressing.

Leisure

CAPRICORN: LEISURE FOR DECEMBER 2024

While you can rely on your talents and creativity to enchant life, try to soften a too rigorous approach that distances those who are more sensitive to your whimsy than your moral lessons.

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Key dates

CAPRICORN: KEY DATES FOR DECEMBER 2024

The 2nd: charming and seductive, you spice up your loves. Rely on your touch of whimsy to reignite the flame.

The 7th: you live your passions intensely and develop your potentials, be careful not to let them stagnate.

The 12th: the obviousness of your gifts does not authorize you to demand that they be rewarded to the level of your extravagant demands which undermine your goals.

The 13th: negotiate discreetly while effectively advancing your positions.

The 24th: if everyday life continues to offer you beautiful opportunities, don't sabotage them by communicating in a way that dampens the enthusiasm of those around you.

Advice

CAPRICORN: ADVICE FOR DECEMBER 2024

Focus on opportunities for expansion, fulfillment, without letting yourself be overwhelmed by a tendency towards pessimism.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR DECEMBER 2024

You are passionately living through your metamorphosis, experiencing an intense period both emotionally and creatively, yet certain restrictions hinder your progress. Act discreetly to innovate within your family circle, and avoid relying solely on your charm to achieve your goals.

Mood

AQUARIUS: MOOD FOR DECEMBER 2024

Your charm works wonders, and your initiatives and talents are applauded. However, your enthusiasm is dampened by material problems that restrict your maneuverability.

Love

AQUARIUS: LOVE FOR DECEMBER 2024

While your charm is not lacking in the realm of romance, your plans may face obstacles due to financial constraints. You might end the year feeling somewhat unfulfilled.

In a relationship: Your bond with your significant other appears strong, but unforeseen challenges may force you to scale back some of your plans.

Single: There is the potential for a magical encounter or an exhilarating romance, yet life's uncertainties could darken this delightful picture, as feelings of inadequacy may lead to frustration.

Money

AQUARIUS: MONEY FOR DECEMBER 2024

Unpleasant surprises from the heavens deprive you of certain resources necessary for your full flourishing.

Work

AQUARIUS: WORK FOR DECEMBER 2024

Your creativity knows no bounds, and your initiatives are met with success, but budgetary constraints may leave you feeling underappreciated.

Leisure

AQUARIUS: LEISURE FOR DECEMBER 2024

Opt for activities that cost little or nothing to distract yourself. A lovely stroll outdoors, a moment for reading, listening to music, or painting. You can still showcase your creativity even with limited means.

Key dates

AQUARIUS: KEY DATES FOR DECEMBER 2024

1st: The first new moon of the month prompts you to make plans and connect with a community to gain the support needed to move forward.

6th: You engage in discussions about the future, exchanging energetic ideas with those around you and contemplating the scope of your initiatives.

15th: Discussions regarding your projects may stall, but they should resume as the full moon illuminates your emotional life and enhances your creativity.

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24th: You struggle to fully flourish, constrained by circumstances that limit your means, potentially leading to frustration.

27th: Your efforts to negotiate in your favor hit a wall. A lack of resources pushes you to save rather than take risks.

Advice

AQUARIUS: ADVICE FOR DECEMBER 2024

December is weighed down by a lack of resources, but this shouldn't diminish your good mood or your ability to love and do everything to be loved in return.

PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR DECEMBER 2024

Avoid forcing the ongoing transformation and instead accompany it by seeking help. You aspire to evolve your personal life according to your aspirations, but you struggle to loosen your principles, which lead you to sabotage your plans. You are driven by promising exchanges, but you risk being disappointed if you do not stay in touch with reality.

Mood

PISCES: MOOD FOR DECEMBER 2024

The atmosphere is gloomy despite your desire to thrive in your family and private life; you are hindered in your aspirations by a lack of confidence in yourself and in your ability to open up to the world around you. Whatever your doubts, persevere.

Love

PISCES: LOVE FOR DECEMBER 2024

You must balance between your desire for fulfillment and withdrawing into yourself. This duality is not easy to manage within the family.

In a relationship: between a social situation that hardly satisfies you and the desire to improve your family life, you must overcome a defeatist tendency.

Single: faced with an unrewarding professional situation and the desire to start a family, you feel powerless to innovate.

Money

PISCES: MONEY FOR DECEMBER 2024

If you need funds to improve your daily life, keep your expectations moderate.

Work

PISCES: WORK FOR DECEMBER 2024

Negotiations at work are at a standstill and will only resume on the 23rd. Make an effort to stay tuned in and avoid shutting down if you find that nothing is moving. You must choose between personal fulfillment and social well-being.

Leisure

PISCES: LEISURE FOR DECEMBER 2024

You spend your free time with family. Plan activities that will allow you to gather your loved ones and protect you from life's uncertainties.

Key dates

PISCES: KEY DATES FOR DECEMBER 2024

The 4th: you are approaching the realization of a project, but you risk encountering authority or hierarchy if you cling to your overly rigid positions.

The 7th: avoid closing yourself off to exchanges to avoid ending up alone in the world. You are experiencing intense emotions that are changing your perspective on the world and on love.

The 13th: rely on gentleness to convey your messages. It is by examining your feelings that you will best manage your exchanges.

The 24th: to improve your family life and warm up the atmosphere, present yourself in your best light. If you appear gloomy, you may end the day feeling depressed. The 28th: don't speak too hastily; your emotions are poor advisers, and you may provoke the other person. This is a strategy to avoid.

Advice

PISCES: ADVICE FOR DECEMBER 2024

December could isolate you if you don't break out of your shell to get closer to those you love. Don't give up on your projects; they will come to fruition in time.



Giancarlo Serra

SIX REASONS THE LAW OF ATTRACTION DOES NOT WORK

... from page 33

stand the laws that govern our beings, the laws that govern our universe, and how to get into harmony with these laws.

It is really important to be aware of your energy and thought at all times so you can consciously co-create your reality with the Universe. The important concept here is that we do not create, **the Universe** does not create - we co-create with **the Universe**.

The key is feel as if what you want to manifest has already manifested. We are not creating something new, but we are 'tuning into' a different state in **the Field**, where all possibilities are already present. We reach inside of **the Field**, into the realm of all things that are possible, isolate the possibility of the choice and collapse that potential into something real in our world.

It is incorrect to say that we 'attract something'. It sounds like - here it's me, and then there is something outside me - and if I want that something I must attract it into my space or field. If I am not able to attract it, it is because I have done something wrong, or perhaps **God** is punishing me, or maybe I am unlucky, it's a curse, or maybe it's some form of negative energy hunting me and not wanting me to be successful. Some or all of these can be true if we believe they are true.

We often think in the construct of duality and separation.

If I want my dream job as, I do not use the **Law of Attraction** to create it, I do not beg **the Universe** to give it to me, or attract it from somewhere outside of me. I change my state (like looking for a channel on the radio) so that I am tuning into the version of me that already exists, the version of me that is already is that dream job. After some time (we do not know how long it will take) the version of me in the physical reality will embody the version of me that I selected in the field of infinite possibilities.

5. You Are Inconsistent

Many say they want to create a job they love, a loving relationship, financial abundance, etc., but can't keep the faith that it is in the process of actually manifesting long enough for it to do so.

In order to create anything, you must hold the resonance of already having it. At first this is difficult to do but it gets easier with time.

Remember, self-discipline is just like a muscle, the more you use your self-discipline, the stronger it becomes. When you first start trying to build your self-discipline muscle, start with one small project at a time. Perhaps you may want to go on holiday somewhere, or get that pay rise you have been waiting for so long.

Small successes help you build your faith in the process and give you the confidence you need to work on bigger projects.

Being patient with yourself when doing this work is one of the most important ways to build self-discipline, especially while living in a world in which we all want to be successful now. It takes time, courage, and patience in order to see the change you seek.

6. You Feel Separate From The World Around You

Your subconscious impressions determine the conditions of your world. You are part of the world and not separate from it.

Chance or accident is not responsible for the things that happen to you, nor is predestined fate the author of your fortune or misfortune.

Do not try to change the world since it is only the mirror. **Neville Goddard** says "Man's attempt to change the world by force is as fruitless as breaking a mirror in the hope of changing his face. Leave the mirror and change your face. Leave the world alone and change your conceptions of yourself. The reflection then will be satisfactory."

We do co-create our reality, and anything that 'happens to us', is because something in our energy field makes us a match to it.

However, I do believe that there is no force deciding what is going to happen to us. We do.

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.

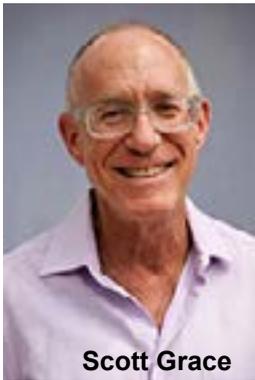
Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, truly in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



George Carlin Speaks to Humanity For The First Time Since Croaking, And Boy, Is He Blissed!

... from page 31

From where I am, I can see into their heads, and they are as mentally ill as you are.

Minding your own mind is challenge enough.

Never mind your neighbor's mind.

Trust me, it's a bad neighborhood!

3. Agree to Stop Giving a Shit About What Your Family Thinks of You

This is, I admit, an advanced lesson in not giving a shit.

Yes, care about your relatives all you want, but sharing a bond of blood does not mean you have to drive yourself bloody crazy giving a shit about what they think of you.

Unless they are enlightened, your loved ones will have their seasonal shit-fits about you whether you suck up for their approval or not.

Here's the bottom line: It's their shit, Sherlock!

Don't step in their pile of projections.

It's their job to scoop up their own poop, even if they put your name on it.

Just be yourself without turning down your life force to kiss anyone's ass.

Sure, you will push people's buttons, but the ones that will still want to hang out with you, as well as the new ones that show up, will be your true family. And nothing beats that.

4. Agree to Stop Giving a Shit about What You Think

This might be the toughest shit of all, and the most rewarding.

It doesn't matter what you think about yourself!

The self that you think of as good or bad is not who you are anyway, just your current costume.

You might wear it well, but you will wear it down fast if you think the costume is all you are.

You are not your thoughts, dude.

"I think, therefore I am" is a famous quote from a horny suppressed celibate philosopher names Descartes who made a living from mentally masturbating because his religion didn't allow him the basic human right to give himself a hand.

It would be more accurate to turn it around and say, "I Am, Therefore Why the F@CK Am I Getting a Headache from All This Thinking?"

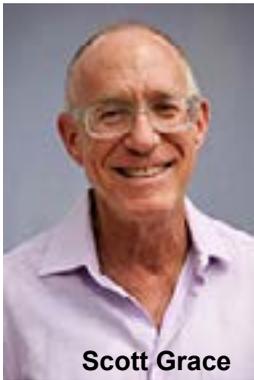
You can quote me on that.

When you stop identifying yourself as the thinker of your thoughts you automatically enter the **Witness Protection Program**.

The **WPP**, along with your new attitude of **WTF**, combine to get you relocated from your head to your heart, where you are protected from the mental mafia, who has a hit on you with their not so secret weapon – Guilt!

Guilt. The organized crime against humanity.

... continued on page 49...



Scott Grace

George Carlin Speaks to Humanity For The First Time Since Croaking, And Boy, Is He Blissed!

... from page 48

Guilt sucks. It serves no purpose, save to multiply profits for **Big Pharma**.

The next time it comes knocking on your door, tell it that **George Carlin** said to go f*uck itself!

Who you really are is the witness, innocent as hell. Just sit in the audience, man! Enjoy your performance, whatever character you are playing.

The witness is beyond all ideas of good or bad, right or wrong, conservative or progressive, maga monkey or wimpy democrat, angel or asshole.

The witness doesn't care if you are into negative or positive thinking, as long as you are positive your thoughts don't mean a damn thing.

Go ahead. It's safe. Take the plunge.

Trade in your low self-esteem or high self-esteem for no self esteem.

Having zero self-esteem is actually a good thing, cause there is no 'self' to esteem!

Trust me on this. Dead comics don't lie.

When you finally get that the only thing that has ever kept you from lying down in **Rumi's** field is taking your silly sense of 'self' so seriously, you begin to laugh your ass off.

Soon enough, the pull of levity becomes stronger than gravity, and like a tractor beam, it draws you into the light, where you've actually always been.

Wake up **Dorothy**. It's all been a dream.

There is no place but home, there is no place but home, there is no place but home.

If you want to click your heels as well, go right ahead, but I recommend kicking them off instead.

Who wears heels in a field?

Rumi's field.

You'll get there sooner or later.

The question is, do you want to be there before or after croaking?

Ask your doctor if practicing the new four agreements, the things **George Carlin** strongly recommends not giving a shit about, is right for you.

NOTE TO SCOTT: Next time you channel me, do me a simple favor, por favor - brush your goddamn teeth and take a shower before inviting me in, OK? I've been holding your nose the whole time I was in your body.

That's all for now. I'm out of here.

PS. If you think this post was good shit, share it.

And if he promises to brush and use deodorant, tell **Scott** to channel me more often.

It sure beats trying to keep up with **Robin Williams** when we entertain the ascended masters and the rest of the troops with our show, *Who's More Out of Line Anyway?*

Scott Grace is a healer, guide and life coach, as well as the author of: [Mindful Masculinity](#), [Teach Me How To Love](#), [Oh the Places Your Ego Will Go!](#) And.... [How To Evolve During The Trump Experience Whether Humanity Joins You or Not](#), which he never dreamed would be relevant again. He can be found at www.scottsongs.com, on YouTube, and Facebook, and in Ajijic, Mexico if you want to take him out to lunch.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... from page 32

Detachment is not indifference. It means the thirst for the object is controlled by the force of will.

The object can still hold joy or sorrow, but the desire for the object is removed. We are under the delusion that the enjoyment of the senses are the highest ideal. The mind is in constant vibration to achieve that ideal. When we do not allow the mind to attach to the senses, this is regarded as renunciation.

Let us reflect: if an expectation of an object is made in the mind, then the mind immediately puts a condition on the object. This object should be pleasant and if it is not then judgment and dislike fills the mind. It does not really see the object of its true value. Senses and objects can be only be experienced truthfully through

detachment. If we examine unconditional love, we understand that love that has no condition is true honest love. Any love with condition is not love but business. If you love me, I will love you.

If we put a condition or desires on an object, we only see that object in the light of the condition, and not in the light of its own identity.

Conditions are put on an object so we can experience it. But our experiences are determined by previous experiences. These are conditioned by either previous lives or society, norms, prejudices, teachings, and likes and dislikes. The object is never experienced by itself, but only through the past expectations, which may or may not be our own. The question will be, are we experiencing anything new, or only our expectations? For a yogi, one who wishes to attain freedom, pleasant and unpleasant become the same. They are just an experience.

If we do not want to become a yogi, does this study still have value for us? The next question would need to be: Is my life exactly the way I would like? If not, there is great value in the basic understanding of our mind. We know that whatever our mind is doing sets the tone for how we react in the world.

We know that what we think and do follows the law of karma, the law of action and reaction. We also know that we are largely the architects of our destiny. We also know that the mind goes on rambling without us creating thoughts and vibrations that we did not consciously ask for. Who is creating those thoughts? The mind is constantly thinking, evaluating what is going on in our life. Creating likes and dislikes from previous likes and dislikes. In doing so we are not really experiencing the world the way it is. The outside world gets mixed in with the inner world. We are not living to our fullest potential, but according to past impressions and expectations.

Detachment is the major component of a controlled mind. Why? As long as we are attached, we are only looking to fulfill that attachment. There will be no new experience and everything is seen, heard, experienced in a very limited way according to what is in our subconscious. Our lives could be full of wonder and new adventures just by having control over our attachments.

This concludes the commentary on “Yoga Chitta Nirodhaha”, the object of yoga is complete control over the mind and its thoughts. Next we will discuss various levels of meditation.

Join us, see pages 51-55 for itinerary

Yogashakti Ashram
Founded by H.H. Moha Mandaleshwar Ma Yoga Shakti

Join us for our first trip to South India! Enjoy daily yoga, meditation, satsang, sightseeing and ending with a Holi celebration! We land in Bangalore and are visiting Mysore (two nights), Ooty (two nights), Madurai (four nights) & Kovalam (four nights).

FULL ITINERARY

**PRICE: \$5,100 per person (double occupancy)
 \$6,200 per person (single occupancy)
 DEPOSIT \$750**

Check/Cash/Zelle/PayPal (3% fee) to MYSIM
 (yogashaktiNY@gmail.com)

Includes program, transport, hotel, breakfast/dinner, occasional entrance fees
DOES NOT INCLUDE AIRFARE/PASSPORT/VISA FEES

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 Yogashakti Yoga Center**
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 Ashram: www.yogashakti.org - (718) 641-0402
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 100 Kertes Road, Ellenville, NY 12428 - (785) 758-8001
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See next 4 pages for details

Yogashakti Ashram

founded by H.H. Maha Mandaleshwar Ma Yoga Shakti



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Knowledge is Our Breath - Service is Our Worship -
Yoga and Meditation is Our Way*

Dear Beautiful Soul,
Join us for our first trip to South India! Enjoy daily yoga, meditation, satsang, sightseeing and ending with a Holi celebration! We land in Bangalore and are visiting Mysore (two nights), Ooty (two nights), Madurai (four nights) & Kovalam (four nights).

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SOUTH INDIA

14 DAY TRIP

YOGA RETREAT & SIGHTSEEING

W/ MA MOKSHAPRIYA, RAJ SHTROM & NARAYANI



Day 1: SUNDAY 3/2

→ ETIHAD FLIGHT TO BANGALORE - ARRIVE 7:55 PM

→ CHECK IN HILTON GARDEN INN (BANGALORE)

→ OVERNIGHT AT HOTEL



Day 2: MONDAY 3/3

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ DRIVE TO MYSORE

→ CHECK IN RADISSON BLU PLAZA HOTEL (MYSORE)



Day 3: TUESDAY 3/4

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ SIGHTSEEING: JAGANMOHAN PALACE ART GALLERY

→ MYSORE PALACE & ST. PHILOMENA CHURCH



Day 4: WEDNESDAY 3/5

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ SIGHTSEEING: NANJANAGUDU/MUDUMALAI TIGER RESERVE

→ CHECK IN WELCOME HERITAGE FERN HILL (OOTY)

SOUTH INDIA

14 DAY TRIP

YOGA RETREAT & SIGHTSEEING

W/ MA MOKSHAPRIYA, RAJ SHTROM & NARAYANI



Day 5: THURSDAY 3/6

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ SIGHTSEEING: DODDABETTA PEAK, ST. STEPHEN'S CHURCH

→ ROSE GARDEN, WAX MUSEUM, THREAD GARDEN



Day 6: FRIDAY 3/7

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ SIGHTSEEING: KODAIKANAL LAKE

→ CHECK IN MARRIOTT (MADURAI)



Day 7: SATURDAY 3/8

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ SIGHTSEEING: MEENAKSHI TEMPLE

→ OVERNIGHT AT HOTEL



Day 8: SUNDAY 3/9

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ SIGHTSEEING: GANDHI MEMORIAL MUSEUM

→ THIRUMALAI NAYAKKAR MAHAL (PALACE)

SOUTH INDIA

14 DAY TRIP

YOGA RETREAT & SIGHTSEEING

W/ MA MOKSHAPRIYA, RAJ SHTROM & NARAYANI



Day 9: MONDAY 3/10

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ DAY TRIP TO RAMESHWARAM

→ OVERNIGHT AT HOTEL



Day 10: TUESDAY 3/11

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ DRIVE TO KOVALAM

→ CHECK IN LEELA (KOVALAM)



Day 11: WEDNESDAY 3/12

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ SIGHTSEEING: PADMANABHA SWAMY TEMPLE

→ PUTHENMALIKA PALACE



Day 12: THURSDAY 3/13

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ DAY TRIP TO KANYAKUMARI

→ VIVEKANANDA ROCK MEMORIAL

SOUTH INDIA

14 DAY TRIP

YOGA RETREAT & SIGHTSEEING

W/ MA MOKSHAPRIYA, RAJ SHTROM & NARAYANI



Day 13: FRIDAY 3/14

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ HOLI CELEBRATION

→ FREE TIME - ENJOY BEACH



Day 14: SATURDAY 3/15

→ AM MEDITATION, SATSANG, YOGA, BREAKFAST

→ FREE TIME/LATE CHECK OUT

→ ETIHAD FLIGHT TO JFK ARRIVE 9:55 AM

FLIGHT INFO

→ ETIHAD: JFK (1:40 PM) - AUH - BLR (7:55 PM)

→ ETIHAD: TRV (9:10 PM) - AUH - JFK (9:55 AM)

→ *MUST BE ON SAME FLIGHT*

PRICING

→ \$5100 PER PERSON (DOUBLE OCCUPANCY)

→ \$6200 PER PERSON (SINGLE OCCUPANCY)

→ *FLIGHT/PASSPORT/VISA FEES NOT INCLUDED*

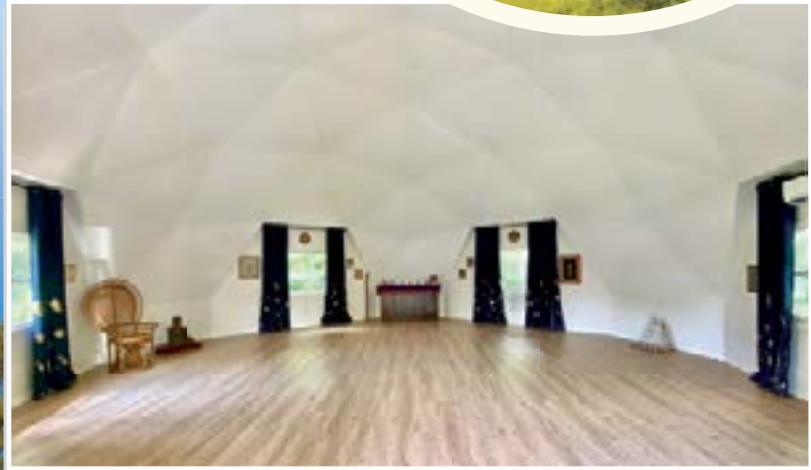


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