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SUNDAY Services
9:30 and 11:00am
Sunday school at 11:00am
Child care both services



Sunday, Jan 6th 9:30 & 11:30 am
WHITE STONE SERVICE

Speaker: Rev. Lulu Logan

Join us as we go within to find our individual callings for the 2019. You will receive a white stone from the stone quarries in Hebron. These stones are our clean slate which symbolize our birth into the New Year.



Thursday, January 10th 6:30-8:30pm 5 weeks
HEALING AND WHOLENESS

Facilitator: Paul Esche

This advanced course is based in the spiritual universal principles that support the expression of healing, health and wholeness in students' minds, bodies and affairs. Students will be working with Myrtle and Charles Fillmore's interpretation of healing and wholeness, as well as historical and contemporary master teachers. Such principles will be presented to support students in developing a practical understanding of Myrtle and Charles' theology as heart-centered metaphysicians. SEE 10 credit class HTS-135

Beginning Sunday, January 13th 9:30 and 11:00am 5 weeks
THE ART OF ABUNDANCE: TEN RULES FOR A PROSPEROUS LIFE Based on book by Dennis Merritt Jones

Speaker: Rev. Beth Head

We all essentially want the same things: freedom, inner peace, and a life filled with purpose and meaning. Join us as we learn that a life of wholeness and peaceful satisfaction is readily available to us – we just need the eyes to see it and the faith to claim it.

Monday January 14th 7:00pm
SOUND HEALING

Facilitators: Vashti Saint Germain and James Trufan

Time for Heaven on Earth. Lay back and journey with the hypnotic sounds of Sacred Grandmother Drum (Rainbow Warrior) and the vibrations of a Paiste Symphonic Gong. Between Father Sky and Mother Earth, you will be transported to a new realm of inner peace.

Tuesday January 15th 9:45am or Wednesday January 16th at 6:30pm for 5 weeks

GOD'S MESSAGE TO THE WORLD: YOU'VE GOT ME ALL WRONG! Based on the book by Neal Donald

Walsch Facilitator: Maggie Rosche

Clean out your God closet. Dust off your basic Unity principles and renew your thinking about you and your divinity. Explore what God is and is not, which, of course, will lead to what you are and are not From the Book: If you were thinking this was going to be a once-over-easy book, you were mistaken. If, on the other hand, you are up to an intriguing, often controversial intellectual and spiritual challenge, you've come to just the right place.

Saturday, January 12th
10:30am to 1:00pm
NEW MEMBER ORIENTATION

Facilitator:

Paulette Mason

RSVP 321-327-3337

If you are interested in membership with Unity of Melbourne or just want to know more about Unity and our congregation, this class is for you. Come and bring your curiosity and questions.

Thursday, January 17th 10:00am for 6 weeks
SPIRITUAL HEALING WORKSHOP

Facilitator: Dr. Christina Gilman

All of us can act as a channel for healing. Learn and practice some techniques in this supportive group. Discover ways to allow the vital force to help ourselves and others. We will be sharing Active Listening, Laying-on-of Hands, Leading Prayers and Meditation, and Vocal Sound Healing. The techniques will be based on Keith Sherwood's book "The Art of Spiritual Healing", which students may want to purchase. For more info:

Dr. Chris at 321-312-0421 drchristinagilman@gmail.com.

Sunday January 20th 12:30-1:30pm
EFT TAPPING CIRCLE

Facilitators: Julie Jacky, Certified EFT Practitioner

In each session Julie will take you on a deep dive journey to uncover your hidden beliefs, thoughts, feelings, and emotions that are keeping you stuck and no longer serving you -- once you have discovered what is holding you back, then as a group we will tap together on each other's stuff and release it. There is great POWER in coming together and tapping as a group -- each person will experience shifts and leave feeling calm and at ease.

*If you have not tapped before please show up 15 minutes early (at 12:15 PM) to learn the tapping points and experience the constricted breathing exercise

ONGOING EVENTS

Tuesdays and Thursdays -- Noon Prayer Service
Tuesdays -- Course In Miracles 7:00pm
Wednesdays -- Melbourne LBGT AA 6:30pm
Sunday -- Services 9:30 and 11:00am
Sunday School at 11:00am

Join us in a Journey of Spiritual Discovery www.unityofmelbourne.com

**The greatest
optical illusion
is separation**

HORIZONS

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Andrea de Michaelis

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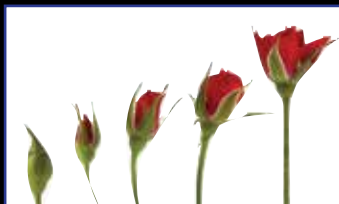
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Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.

"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 distributed **FREE** each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. **HORIZONS** is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. Time sensitive articles must be submitted 4-5 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

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Calendar \$.50 per word. page 18
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

"In the company of one who is living Love, you can't help but spring into that Love." - Sri Sri Ravi Shankar

HELLO AND WELCOME TO THE JANUARY 2019 HORIZONS MAGAZINE. A NEW YEAR = CHANGES!

We're changing our email address - the new one is Horizonsmagazine@gmail.com. My phone had stopped allowing the AOL server, so I could no longer get email on my phone. No bueno. I really liked AOL but if something has proven itself untrustworthy once, I do not trust it again.

On AOL, I was getting about 30 promotional emails a day from various mind-body-spirit practitioners and presenters. Unsubscribing and letting them know I only need it to be emailed to me if they're going to advertise the event will cut back on much of that.

A friend asked why I didn't have an "@horizonsmagazine.com" email address. Because I did that years ago and once noticed I'd stopped receiving mail. I checked and the server had

changed a setting without me knowing it so the mail wasn't being forwarded. I could not trust it after that, so that's why I don't have an "@horizonsmagazine.com" email address.

LET ME KNOW IF YOU'D LIKE TO MAKE CALLS FROM HOME

In 25 years we've never had anyone selling ads. I pay 20% commission if you'd like to do it from home. You may even call the **Horizons Phone Directory** locations who do not have display ads. I'll never ask you to fake call an advertiser so they think their ad is getting response. I don't care that other mags do it. That's their karma, I'll tend to my own. You can make calls on your own time, your own schedule, no pressure. Lemme know.

HOW I ATTRACTED A MOMENTARY GLITCH:

I got a good lesson at TD Bank. I usually go 9am-ish but arrived after 4:30pm. Parking lot almost full, I kinda kicked myself for not coming earlier. Ten ppl ahead of me in line and **Christmas** music on. I felt a little twinge of a grrrr, but couldn't really complain since I'd nowhere to be next. I played on my phone but couldn't help hearing both tellers saying each customer's name and counting out their \$\$ loud enough for everyone to hear. That's kinda indiscreet, I thought.

So I just had about 2 minutes of being grouchy so by the time I got to the teller, I'd attracted something else to be grouchy about. I'm beneficiary on a relative's account so all the tellers before today told me they wouldn't service charge me to cash a check. But the teller today spent a lot of time at the screen and then brought out her supervisor.

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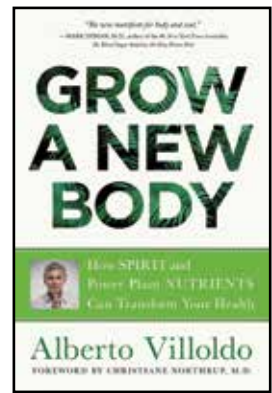
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GROW A NEW BODY

THE GIFTS OF ONE SPIRIT MEDICINE

Alberto Villoldo, Ph.D., is a medical anthropologist who comes from a long line of Earth-keepers from the Amazon and the Andes. The author of numerous best-selling books, Dr. Villoldo currently directs The Four Winds Society in Park City, UT, where he trains people in the practice of energy medicine and soul retrieval. <https://thefourwinds.com/> his excerpt has been reprinted with permission from *Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health* by Alberto Villoldo, published by Hay House (March 12, 2019). It can be found online at Hay House, Amazon, and other major booksellers worldwide. For more information and to order a copy of book, visit: growanewbody.com



You can grow a new body. You know you can, because you have already grown a body once before. Ten fingers, ten toes, all of the exquisite beauty of your physique grew from an egg and a sperm following careful instructions. And to grow a new body, all you have to do is break in to the password-protected regions of your DNA to switch on these same codes.

I know this is possible because I did it.

You see, I had no choice.

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At the time of this incident, everything was going well for me. Professionally I was at the top of my game. Just when it looked as if life couldn't get any better, I was stopped in my tracks. Suddenly I was in a fight for survival that called on everything I'd learned in 30 years of studying with some of the world's most gifted healers. You see, I am trained in neuroscience but I am also a shaman, initiated in the healing ways of the indigenous peoples I studied in the jungles and mountains of South America.

While I was in Mexico as a keynote speaker at a conference on science and consciousness, without warning I found I couldn't walk 100 feet without collapsing in exhaustion. Friends chalked it up to my crazy travel schedule, but I knew something was terribly wrong.

A few days before the trip I had gone for a head-to-toe check-up. My heart and liver were close to collapse, the doctors said, and my brain was riddled with parasites. When I heard the words, "It's your brain, Dr. Villoldo," I sank into despair. The irony was I had just published a book entitled **Power Up Your Brain: The Neuroscience of Enlightenment**. The doctors advised me to get my name on a liver transplant list. Maybe my heart would recover, but where was I going to find a healthy brain?

I knew I had to go to the jungle. Otherwise I would be looking for my medicine in the wrong place. Now I am with the woman I love, returning to the garden where I first found my spiritual path. In the Amazon, the shamans welcomed me lovingly. These men and women were friends who had known me for decades

My return to the Amazon was the beginning of my healing. But first there was an enormous amount of work to do. I was gravely ill. **I had to hack my biology to switch on the genes that create health and that would help me to grow a new brain, a new heart, and a new liver.** And I had to remind myself: There are no guarantees. There is a difference between curing and healing. You may not be cured; you may die. But regardless of what happens, your soul will be healed.

...continued on page 27

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.

ABRAHAM ON THE POWER OF EXPECTATION:

You get what you expect, have you noticed that? You expect to survive, and so you do. You expect to have a roof over your head, and so you do. You expect to live alright, and so you do. But you don't expect extraordinary things, so they don't come. You don't expect magnificent money to flow into your experience, and so it cannot get in. The only thing that comes to you is what you are expecting to come to you.

And so, how have you been programmed to expect? You expect to decline as you age: You expect to lose your memory, you expect to lose your hair, you expect to lose your teeth. Do you see what we are saying? And so, as you expect, your body just follows the orders. Just as you say I want to stand up and you do, your body does everything that you expect it to do. The Universe responds purely to your expectation. And so everything that we have talked about here today is in an effort to assist you in getting your expectations in harmony with your desires so that what you are wanting and what you are expecting are one and the same. That's the purity of thought that we have been talking about, wanting and expecting.

And so, the way that you have to do that - we'll say it very bluntly to you - is that you have to stop giving so much credence to the physical evidence that surrounds you. All those statistics and all those facts - all that stuff that everybody calls reality - it's not reality. It's garbage. It's not reality, it is illusionary. It is somebody else's physical manifestation of the balance of their thought.

It is not statistics that has anything to do with you. And so, instead of looking at all of the facts, and trying so hard, rather than putting any of your attention upon the physical evidence, if somebody quotes a statistical evidence to you, just laugh - it means nothing; the statistic is worthless (all it is is the evidence of something that somebody else is doing, it has nothing to do with you) - and give all of your attention to your awareness of Law of Attraction, and all of your awareness to the way you feel, which is a pure indication of which side of the balance you are attracting from: either what is wanted or the lack of it. It is really as simple as that.

Something you might do that is a very delicious thing to do is put yourself in your bed and summon the energy.

Whether you're summoning it to your face or to your toe, pick a spot on your body and say, "Work on this for me, will you?"



Rev. Andy Conyer



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Psychic cellular surgeons, come forth and work on me. Plump up this cell to its most extraordinary state of well-being. And I will lie here in the most relaxed state of being that I can find with an expectation of that."

And what you will feel is literally a sensation within your body. You will literally feel... Pick a spot and feel it. Choose a spot on the back of your neck, or in the pit of your knee, or across the small of your back. Pick any spot, and as you lie there in that feeling...

If we could keep you here for as few as 15 minutes you would begin to actually feel physical movement. Watch Esther's face for a minute, you're close enough to see... is there any question about the energy moving there? (No, it's very obvious.) If it were a dark room she would be glowing.

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Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit www.herbcorner.net 321-757-7522

SNORING RELIEF

45% of all adults snore. Snoring occurs when the air flow is blocked in the area where the tongue and the upper throat meet with the uvula and soft palate.

When this happens, it causes the tissue to vibrate producing the snoring sound as you breathe. There are many causes to snoring including blocked nasal passages from an injury or nasal polyps, allergies, sinus infections. It may also be caused by bulky throat tissue, a low thick soft palate, a long uvula or enlarged adenoids or tonsils or obesity. It may also be caused by excessive alcohol consumption, digestive disorders or medications (sleeping pills, antihistamines) that cause relaxation to the muscles of the throat. For the most part snoring is caused by obstruction of the respiratory passages.

Before using a CPAP machine or surgery to remove the uvula you may want to try some lifestyle modifications. Sometimes raising the head 4-inches with a neck pillow or elevating the head of the bed or changing sleeping position to the side moves the tongue from blocking the airway making it easier to breathe. When you lie on your back to sleep it causes the tongue to drop back into the throat area causing a blockage of the throat which then causes the snoring sound.

If you think snoring is due to allergies, consider getting a new pillow as pillows accumulate dust mites that you may be allergic to. If you have pets don't allow them to sleep on the bed since their dander can cause you to become congested. If the snoring is caused by blocked nasal passages sometimes taking hot showers or using a **Neti-pot** before bed can help.

Some supplements that may help ease snoring are **magnesium**, which works as a relaxant and helps to restore healthy sleep patterns. The supplement **N-acetylcysteine (NAC)** an amino acid derivative of **cystine** it is particularly helpful if snoring is due to too much mucous because it is used to thin out and dissolve mucous in the respiratory passages.

Herbally when used over-time decongestant herbs like **Fenugreek, Grindelia, Elder and Eyebright** help clear the sinus passages, which when clogged make it harder to breathe. Besides being a natural decongestant **Fenugreek** also thins and dissolves mucous, clears the lymphatic and respiratory systems of infectious materials. Along with **Peppermint** or **Spearmint** to help with indigestion or reflux that can add to the problem.

You may also want to try using essential oils in an atomizer to reduce congestion and to promote a better night's sleep. Some oils you may want to try are **Eucalyptus, Peppermint, Thyme** or **Marjoram** to aide respiratory conditions and to open air passages and loosen phlegm. Just a few drops in the atomizer, on your pillow or mixed with a carrier oil applied under the nose, back of the neck or on the throat may help.

FINDING STREAMS OF HAPPINESS



Ellen Grace O'Brian is the author of *The Jewel of Abundance* and director of the Center for Spiritual Enlightenment in San Jose, CA. Ordained by a direct disciple of Paramahansa Yogananda, she has been teaching Kriya Yoga philosophy and practice nationally and internationally for over 3 decades. Visit www.ellengraceobrian.com.

We can easily verify that the search for happiness is a fundamental motivation underlying all that we do. From the moment we get up in the morning, we are on a quest to avoid suffering and gather as much happiness as possible — from mundane desires to satisfy hunger or thirst to our search for comforts and pleasures, and even to our higher aspirations for connection and meaning. All have one thing in common: Like a trained hound on a hunt, they are aimed at happiness.

Simply inquiring into the nature of happiness will instigate positive changes. Observe yourself. Inquire: What makes me happy? Explore what happiness is for you. At the end of the day, take a quick happiness assessment. Ask: Did I experience happiness today? If yes, what was it? If no, why not? What do you think was the obstacle?

See if you can perceive the drive to find happiness behind your desires throughout the day. Notice what you want. Ask if behind that drive is a desire for happiness, some form of satisfaction, or avoidance of pain or suffering. Then ask if getting what you want can bring the happiness you seek.

Often the satisfaction of a desire will momentarily quiet the mind. That inner calm allows our innate joy to arise. The thing we acquired or the situation we found did not create the happiness. It was ours to begin with, just obscured by our restless desire to possess that thing. If we are not aware of how that works, we say, Yes, satisfying this desire does make me happy! The next question is: If we associate our happiness with what we acquire or achieve, how long will it last?

This process of inquiry is not to say that we shouldn't have desires or experience the happiness that arises when they are fulfilled. Rather, it's a simple but powerful tool to help us discern the distinction between fleeting pleasures and the innate joy of the soul. When we become skillful at this process of inquiry and readily discern the source of happiness, we are freer to make choices that serve us well.

THERE IS PLEASURE

The Buddha said, "There is pleasure and there is bliss. Forgo the first to possess the second." Does this mean that to experience bliss we must avoid pleasure? Heavens, no! Even the Buddha's experiments with pleasureless asceticism led him to the middle way of moderation.



Janice Scott-Reeder, AA, BA, Druid

Licensed Psychic, Astrologer, Broward County, FL
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact
954-698-6926 (Coconut Creek 33073)

Life is, fortunately, permeated with pleasure. Pleasure is unavoidable and experienced in ways great and small. When we are thirsty and we have a drink of water, we experience pleasure. When we work diligently toward a goal and it is accomplished, we experience pleasure. What is helpful is to understand the difference between pleasure and bliss. Thankfully, it is simple to make that distinction. Pleasure comes to us as the result of satisfying desires. The satisfaction of desires is always limited and potentially problematic. The satisfaction of desire generally leads to more desire. If we are not attentive, we can bind ourselves to certain desires. Bliss, however, is innate. It is unconditional; it is not the result of anything. No desire needs to be satisfied to experience it. It is a divine quality of the soul that is revealed when the mental field is calm and we are aware. We are not required to give up pleasure to know bliss. We are advised, however, to know which is which — and not lose the joy we already have while we look everywhere else for happiness.

The most transitory happiness we experience is physical. When a desire related to the senses is fulfilled, we experience relief and happiness but soon find that particular form of pleasure to be short-lived. After our bellies are filled, we are hungry again.

The happiness we experience when we set goals and reach them, or succeed in life, stays with us longer. Even more enduring than that is the happiness we experience when we serve life by selflessly helping others. Being of service to others brings a deep and long-lasting sense of inner peace and happiness.

Beyond all of those, however, is the highest happiness. The highest happiness is the bliss we experience through Self-knowing, through realizing our true nature. When we experience our essential nature, we discover our innate wholeness. That experience is free from desire. Nothing needs to be added or attained for us to be happy. We are inherently blissful.

Excerpted from the book *The Jewel of Abundance: Finding Prosperity through the Ancient Wisdom of Yoga*. Copyright ©2018 by Ellen Grace O'Brian. Printed with permission from New World Library — www.new-worldlibrary.com.



TRUSTING INTUITION

Shakti Gawain (1948 - 2018)

Beloved trailblazer and international bestselling author Shakti Gawain passed away on November 11, 2018. As the cofounder of New World Library and author of books like Creative Visualization, Living in the Light, and many more, Shakti was a true pioneer in the field of personal growth and consciousness. Her work has facilitated countless individuals in developing greater awareness, balance, and wholeness in their lives. We hope you'll enjoy this excerpt from the 25th anniversary edition of her international bestseller Living in the Light, which we share in her loving memory.

Most of us have been taught from childhood not to trust our feelings, not to express our-

selfes truthfully and honestly, not to recognize that at the core of our being lies a loving, powerful, and creative nature. We learn easily to try to accommodate those around us, to follow certain rules of behavior, to suppress our spontaneous impulses, and to do what is expected of us. Even if we rebel against this, we are trapped in our rebellion, doing the opposite of what we've been told in a knee-jerk reaction against authority. Very seldom do we receive any support for trusting ourselves, listening to our own sense of inner truth, and expressing ourselves in a direct and honest way.

When we consistently suppress and distrust our intuitive knowingness, looking instead for authority, validation, and approval from others, we give our personal power away. This leads to feelings of helplessness, emptiness, a sense of being a victim, and eventually anger and rage — and, if these feelings are also suppressed, to depression and deadness. We may simply succumb to these feelings and lead a life of quiet numbness. We may overcompensate for our feelings of powerlessness by attempting to control and manipulate other people and our environment. Or we may eventually burst forth with uncontrolled rage that is highly exaggerated and distorted by its long suppression. None of these are very positive alternatives.

The true solution is to re-educate ourselves to listen to and trust the inner truths that come to us through our intuitive feelings. Following our inner guidance may feel risky and frightening at first, because we are no longer playing it safe, doing what we "should" do, pleasing others, following rules, or deferring to outside authority. To live this way is to risk losing everything that we have held on to for reasons of

external (false) security, but we will gain integrity, wholeness, true power, creativity, and the real security of knowing that we are in alignment with the power of the universe.

In suggesting that our intuition needs to be the guiding force in our lives, I am not attempting to disregard or eliminate the rational mind. The intellect is a very powerful tool, best used to support and give expression to our intuitive wisdom, rather than as we often use it — to suppress our intuition. Most of us have programmed our intellect to doubt our intuition. When an intuitive feeling arises, our rational minds immediately say, "I don't think that will work," "nobody else is doing it that way," or "what a foolish idea," and the intuition is disregarded.

As we move into the new world, it is time to re-educate our intellect to recognize the intuition as a valid source of information and guidance. We must train our intellect to listen to and express the intuitive voice. The intellect is by nature very disciplined and this discipline can help us to ask for and receive the direction of the intuitive self.

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Dudley and Dean Evenson are sound healing pioneers who have been practicing yoga and meditation for five decades. Their popular, award-winning music has reached millions of listeners and is available on streaming services worldwide. *Quieting the Monkey Mind: How to Meditate with Music* is their first book. Learn more at www.soundings.com.



WHAT IS MEDITATION & WHY PRACTICE IT?

We can't always control what goes on around us, but we can learn to control how we react to and internalize what happens in our outer world. Meditation can have immense benefits for our spiritual and physical wellbeing. Meditation is much more than a relaxation technique, although it does contribute considerably to relaxation and stress reduction. It can be an inner training of mental processes in order to attain a calm state of centered balance, awareness, and spiritual expansiveness.

What Is Your Goal in Sitting Quietly for Minutes or Hours on End Contemplating Your Inner Universe?

For as many people as there are in the world, there are probably as many different motivations for pursuing a meditation practice. In spite of the subtleties of apparent contradictions, there are several intentions and qualities that people who practice meditation have in common. Here are some that we have identified:

- Meditators want to find more inner peace in their lives.
- Meditators are striving to continually become better people and are seeking answers for how to accomplish that.
- Meditators have an innate sense of compassion for the world that resonates within their soul.
- Meditators are striving to have a connection with something greater than themselves, a higher spiritual power.

For us personally, meditation has provided a training ground for mental discipline that allows us to keep worry and negativity at bay. As we develop a meditation practice, we find that things which may have bothered us in the past no longer hold sway over our emotions. We feel lighter and happier, and we are better able to cope with stressful situations in our lives. Thus, the effect of the meditation experience extends far beyond the short time we may spend sitting quietly and can help us to live a more complete and fulfilled life.



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3 SIMPLE STRESS-BUSTING STEPS

Even though meditation isn't just about relaxation, it can still be one of the most effective tools we have to help us deal with life's challenges. Modern lifestyles have caused a new kind of stress that our forebears didn't know because of the busy lives most of us live. While our ancestors may have gotten an adrenaline rush from being chased by a wild animal, our demons are often the ones we are chasing in our own minds. Stress comes in many forms. It could be a relationship conflict in the family or at work, worry about paying the bills, or other things. In any case, how we deal with it is up to us.

Here are three simple ways to help relax:

- Conscious Breathing
- Focused Movement
- Resting in Stillness

As musicians, we have been especially interested in exploring how music and sound can help the meditation process. All cultures on every part of the planet, from ancient times to this day, have used music in some way to lift the spirit and to enhance the meditation and healing process.

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FROM THE HEART



Alan Cohen is the author of the soon-released *Spirit Means Business*, illuminating how to succeed with money and career without selling your soul. Become a certified professional life coach through Alan's transformational Life Coach Training beginning February 1. For info, visit www.alancohen.com.

NOTHING NEW UNDER THE YEAR

As we enter the New Year, we all hope this year will be better than the last one, and new and wonderful things will come to us. We seek to improve our worldly situations and become better people. But what if the most wonderful thing that could happen would be to realize that we live in a universe absolutely and eternally dedicated to our well-being?

While listening to a classical music radio station, I heard the show's host announce a cantata by J.S. Bach entitled, "**The Spirit Soothes our Weakness.**" I was struck by the title, as appropriate today as it was 300 years ago when Bach composed the piece. Even while Bach's world was radically different than ours, the issues he dealt with were the same. He, too, was plagued by the insistence of the deluded self, and he, too, recognized the empowerment of a spirit-guided life. In that awakening the apparent chasm of time dissolves and we are joined.

King Solomon said, "There is nothing new under the sun." The more I explore what appears to be new and different, the more I realize that, while the world goes through constant change, truth is impeccably reliable. What works always works and what doesn't work never works. All else is detail. It is not the parade of events that makes evolution, but the upgrade of consciousness. If there is any evolution, it is the awakening to the presence and power of a kindly reality that far transcends worldly events.

Here we come to the juiciest of paradoxes: To become new, we must recognize that we never change. Healing comes in claiming our inherent eternality. The personality seeks to gain newness by manipulating people, things, and events. The soul

needs no newness because it is eternally whole. The part of you that seeks change is not the part that will be fulfilled. What needs to change is to gain the awareness that you don't need to change. I told you this paradox is juicy!

A Course in Miracles tells us, "Seek not to change the world, but seek instead to change your mind about the world." If you attempt to change your circumstances without changing your mind, nothing will change. Change your mind, and everything around you will change. The world is not a cause. It is an effect. Edgar Cayce said, "Mind is the builder."

Time is a blank screen upon which we project our consciousness and play out our intentions. Any demarcations we make in time come only from our beliefs about it and what we wish to use it for. Most people in western culture made a big deal about the advent of the year 2000. Meanwhile that same year was the year 5760 on the Hebrew calendar, 4697 in China, and 1420 in the Islamic religion. What year was it really? The year lives in our minds more than we live in the year. Buckminster Fuller said, "Human beings are the only creatures who tell time and think they have to earn a living." Whatever we think time is, is a story we made up. Nothing happens because of time. Everything happens because of the thoughts we apply to it. The only purpose of time is to learn to use it wisely.

If we are going to make something of the new year, let's use it to discover ourselves rather than find new and more complicated ways to forget ourselves. Rather than moving more pieces around the chess board of your activities, rise above the board so you can see it from a higher perspective. Use the year to make up a new story rather than continuing old stories that lead nowhere. A mythology expert identified 11 plot categories into which all stories fit. That's it. So it is with life. We just keep repeating the same stories over and over again, with minor variations that make them seem different, while they are not.

There are two kinds of evolution: horizontal and vertical. Horizontal evolution just keeps playing out the ego's beliefs and reinforcing its fearful world in more complex forms. Cave men stockpiled rocks to throw at invaders. We stockpile nuclear weapons. Just more and bigger expressions of the same mentality. Just because technology advances does not mean we are progressing. Seven billion people thumbing smartphones does not necessarily indicate an advanced society. What people say on their smartphones demonstrates evolution or its absence.

Vertical evolution is measured by the level of consciousness with which we use our tools and toys. The only real evolution is self-knowledge, awakening to the you that never needed to evolve because you were created perfect by God. The outer world is a set of props laid out according to the mind we are using. If you are going to make the new year new, recognize that time has no power over your life, but you have power over time by recognizing you live beyond it. Pray not for new things to happen, but for a new consciousness. St. Paul said, "Be renewed by the renewing of the mind."

I wish you the best year of your life because it is the one in which you escape time and claim your eternal self. In this moment you are new because the real you lives beyond time, and you have no age, history, or future. You just are.

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DEAR WHITEDOVE, My Friends and I are hiking out West this Spring and we are told there's a natural vortex there. Can you explain this energy source from your point of view?

DEAREST, There are natural vortexes across the globe. These are found along the Ley Lines that connect the Earth's natural geomagnetic energy. A vortex is a hotspot of condensed swirling energy. Depending on your level of sensitivity, some people feel a little spiritually lifted while others feel totally energized. It will also magnify your feelings and intentions, so monitor any negative mind chatter and come to this spiritual location in a positive prayerful state. A vortex is the perfect place for a natural energy healing, powerful meditations and here group prayer work can achieve magnificent results. A vortex also has the power give you an energized boost of spiritual growth: many people come away with a feeling of enlightenment. These are really ancient magical places.

DEAR WHITEDOVE, Just found out that my boyfriend is a cheater, he just told me that he's been seeing someone else. I'm heartbroken because I thought we were good together. Should I try to win him back?

MY DEAR, It's not you, it's Spirit! You are in a "Cycle of Change" and there is a clearing happening in your life because you are moving to a higher vibrational frequency. This is a transition that is occurring in every area in your life. Your mate left you; that's good because you would not have left him. I see that you will be moving to a new location with work, you'll be getting an increase in your career and moving up in position and finances too. There's lots of work travel coming too. Spiritually speaking I'd ask you to be prayerful and open to new opportunities.

With this whirlwind of change you are moving into a better emotional and spiritual station in life. Once you get settled in your new consciousness, there will be a new mate who is like-minded. You'll be with a good man, very much different from the self-centered cheater that "Spirit" has removed. Great Spirit and your Guardian Angels are looking after you! These changes are for your benefit, so view this time as an adventure and go with the flow. Change is not always easy but change equals growth! As the saying goes: Let go and let God!

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DEAR WHITEDOVE, I was told that my Great Grandmother was my guardian angel. She died when I was 3 years old and I don't remember her. Do you think this could be accurate?

DEAREST, There seems to be much confusion about Angels, so let me give some clarity. Guardian Angels are assigned to us pre-birth. Our Guardian Angels are not our ancestors or our dearly departed loved ones because Angels are a different group of God's children. They only do that of God's will.

Our loved ones are busy on the other-side; they are ever evolving souls with much to do. Can Grandma check in on you from Heaven? Absolutely and our loved ones in Heaven often send us prayers of loving energy to help us along life's journey.

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Pea Horsley is the UK's most highly regarded animal communicator. She is an internationally renowned workshop facilitator and the author of Heart to Heart. Pea is passionate about helping people awaken to the teachings the animals wish to share. Visit her site: www.animalthoughts.com

We're moving toward a spiritual evolution where we can understand without the need to ask why. Into a time when we can be content with just 'knowing' and satisfied with the knowing without having to ask 'Why do I know this?' When communicating with animals, we need to engage with the same level of trust of 'just knowing' that this evolutionary time is encouraging. Maybe this is why more and more people are engaging with animal communication right now.

At this very powerful point of spiritual awakening, the animals are calling on us to live our lives as animal ambassadors. They wish us to acknowledge the interconnectedness of all life by connecting with them. By remembering our innate ability of telepathic interspecies communication, we close the gap between the animals' world and our own and appreciate more fully our responsibility to the planet.

Animal communication is based on the vibration of love. By honing our skill of communicating with animals, we dissolve any sense of separation from other sentient beings and nature and gain deeper understanding that this form of connection isn't supernatural, it's super-natural, meaning very natural. Animal communication is a process, which is a part of natural law.

4 essential factors to help you sharpen your ability to communicate with animals:

1. RELAX

It's easily said but many people find it hard to feel relaxed. Focused or yogic breathing will help you relax your body and your mind at the same time. Simply focus on every inhalation and every exhalation; try noticing the air travelling in and out of your nostrils to help you reach a state of relaxation. Take your time with this—there's no rush.

2. CONSIDER YOUR APPROACH

All effective communication comes from an approach of neutrality: where there is no desire to change behavior, criticize an action, or dominate in any way. Clear communication comes when there is a desire to understand on a deeper level the thoughts and feelings of an animal.

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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" group on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

Soulson #223 A Delivery Van Named Desire

When I experience a desire for anything - anything - the Universe wets its pencil, takes some notes, and swings into action, lining up circumstances so that my desire and I will meet. This principle applies whether I desire a parking space or a ride in space, a lifesaver or a life partner.

The trick is to stay fairly consistently in a mental/emotional state that allows the desire to find me. I will hinder the process if I'm frustrated that it isn't here yet, if I'm envious that other people have manifested it but I haven't, if I'm worried it will never come, or if I'm angry or disappointed over life without it.

I will speed up the process by savoring the thought of having it and by noticing how wonderful life is right now, even without my desire.

Even without my desire. When I reach the point of satisfaction and gratitude for life as it is right now, even before my desire has arrived, I can rest assured that the delivery van is about to round the corner and head down my street.

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Tuesdays and Thursdays MELBOURNE 12-1pm Prayer Service Unity Church 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Thursdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 308 Pine St 32796 321-543-3674

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

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NOTES from the Universe

An 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. <http://tut.com>

To put a few "non-things" into a time, space, and material perspective, it's as if all the love that now bathes the world comes from a heart 7 zillion times larger than your sun.

Your "guardian angel" is so gigantic, her halo would reach the moon. And your ultimate happiness is so assured we've been celebrating your life since the day you were born. Yeah, you insisted -

The Universe



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 and Karmageddon, an award winning documentary about spirituality and emotional healing. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

When people ask me how long it is going to take before they can heal all their wounds, I always respond the same way:

"It's going to take a lifetime." This is seldom what they want to hear, particularly in this fast-paced and over-stimulated culture, but it's the truth. The emotional healing journey is a lifelong process, particularly for trauma survivors. Because trauma is not a concept. It's not a 'victim story' or a needless cry for attention. It's not something to 'rise above' or rush beyond with pseudo-positivity practices. Trauma is a lived experience, embedded in the emotional and physical bodies, that continues to interface with our consciousness throughout our lives.

There is work that we can do to understand and transform our relationship with it, but it will continue to participate in our experience of reality. And that's not necessarily a bad thing. Because it's fundamental to who we are. Because it's part of our real-time story, and at its heart are the seeds of our individual and collective transformation. How many great healers and world-changing activists did not endure tremendous suffering? Very few. Trauma is a door-opener to greatness. It's a portal to awakening. Let's not pretend it isn't there. Let's not deny it's brazen wisdom. Let's roar it loud and true.

JULY 19-21, 2019

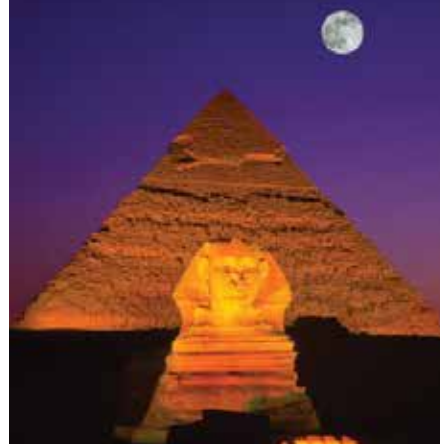
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www.MargaretAnnLembo.com TheCrystalGarden.com

THE CRYSTAL INTENTIONS ORACLE

People want to be happy, feel loved, be safe, enjoy abundance and prosperity, and increase intuition and ability to express who they truly are. Visualization and your imagination are the tools to bring about your desired result. And, of course, action is necessary. Visualizing the intention or goals precedes action - even in ordinary everyday tasks. It is very powerful to paint your results in advance.

The Crystal Intentions Oracle is perfect to aid you in maintaining that focus. Pick a card from the deck, and focus on the guidance and affirmation along with the beautiful gemstone to manifest the reality you want. Take the card with you for the day or prop it up in a place where you will see it. Pause from time to time throughout the day to read the guidance and affirmations found on both sides of the card. Here is this month's pick!

Happiness and Self-Confidence -- Citrine. The brilliant yellow vibe of this crystal is a perfect reminder that it is safe for you to shine your light and be powerful. This gemstone is perfect to help you give yourself permission to be all that you can be. Remember your true brilliance and take the time to visualize your magnificence.

With **citrine** nearby, place your intention on things that bring joy, laughter, and self-confidence. Allow the yellow ray of this stone high-light your ability to integrate and understand life's situations. Find the good in all that is. Let yourself amplify the courage and confidence to be prosperous and live your passion to the fullest.

Life is much better when we maintain the focus on goodness and well-being. Pair the card of the month with your gratitude practice. Focus on the blessings and have gratitude for all that is good in your life.





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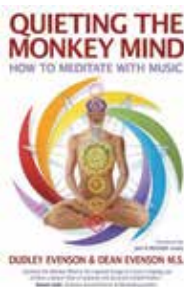


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QUIETING THE MONKEY MIND

...continued from page 13...

Because of its nature, music can serve as a doorway to the spirit, a bridge between material and transcendent worlds. It reaches into our very depths, resonating through every cell and molecule of our being. Therefore, combining musical practices with our meditation practice can be highly effective. Both recorded music and self-generated music and sounds can enhance the journey of going within.

It is interesting to note that healing music became popular around the same time as meditation, massage, and yoga were coming into mainstream awareness.

The '70s were a time of new innovations and explorations into healing and consciousness so when a few pioneering musicians began to create a more spiritual and meditative form of music, it was natural that the newly blooming fields of massage therapy and yoga would discover and apply its benefits. The relaxing, soothing music most often used by therapists and yoga practitioners creates a peaceful ambiance for one's process. On a physical level, the slow pace of the music actually helps entrain the breathing and bodily systems to a calmer and more balanced state. Entrainment simply means 'synchronize.'

Our experience had been that through the mindful breathing, yoga postures, and meditation, for the first time, we felt like we were actually putting our whole body/being into a state of prayer. We had a sense that through quieting our minds we were attaining a much deeper and more direct spiritual experience. Things have changed a lot in the 50 years since then, and now many more people across the globe are opening up to the health and spiritual benefits of yoga and meditation.

HOW TO CHOOSE MUSIC THAT ENHANCES MEDITATION?

To help clear your mind and enhance your meditative focus, there are many sound tools available. In the book, we share a number of them including toning, humming, mantra, chant, affirmations, and song. Listening to recorded music is also a way to slow down the busy mind and settle into a meditative state. For instance, when you play peaceful music in the background, you can use the slow pace of the music to regulate your breathing, being sure to breathe in and out deeply and fully.

Soon after beginning our record label, **Soundings of the Planet**, we began to receive considerable feedback from listeners about how the music had helped them in dealing with chronic pain or illness and even mental issues. We then became curious to understand exactly how the music was working to support the healing that people were reporting.



Kryon, as channeled by Lee Carroll

Lee is the author of the Kryon Series of 18 books in 25 languages

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In our research over the years, one of the things that has become clear is that instrumental music without repeated refrains or familiar melodies is the most effective in helping a person let go of their thought processes. Our goal in meditation, or in any healing modality, is to release the constraints of mental tape loops and repeated thought patterns. The music we were creating flowed more like nature and it seemed to be just what people were wanting to help deal with the stresses in their lives. We also discovered that because sound is a carrier wave of consciousness, the intention of the musician who created the music is very important. At the same time, the intention of the person listening to the music also influences the effectiveness of the music.

Through research and the feedback we received about our music, we came up with these simple principles that apply to music that supports both healing and meditation:

- Slow rhythms entrain bodily systems (heartbeat, pulse, digestive system, respiratory, muscles) to a more natural rhythm.
- Natural sounds (if present) give a sense of peace.
- Tones are nurturing, clear, warm, and gentle.
- Pace is slow but with a sense of joy and beauty.
- Music doesn't have hooks and repeated refrains that engage the mind.
- Feeling is more like nature, flowing.
- Sub-audio frequencies (if present) entrain brainwaves to Alpha or Theta state.
- Intention of both the musician and listener is important.

Tuning into a mantra or the resonance of a chant can also be helpful to relax the mind's attachment to mental tape loops and incessant thinking. Whether one chooses relaxing ambient music or more engaging vocal, chant, any can support the goal of clearing the mind and letting go of internal dialog and other mental chatter. With all that being said, everyone will have their own preferences of music that helps them center and clear out thoughts that impede contemplation. Inner peace is the goal.

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KRYON SPEAKS

Spirit had to hit Lee Carroll "between the eyes" to prove his spiritual experience was real. In 1989, the first writings were presented and the rest is history - with a total of 16 metaphysical books being released in a

twelve-year span. There are now almost one million Kryon and Indigo books in print in over 28 languages worldwide. Visit www.kryon.com

Greetings, dear ones, I am Kryon of Magnetic Service. It would astonish you to know the length of time that your soul has been here on the planet in some form or another. These are the things that hide completely behind a veil of appropriateness. What I mean by that is that it doesn't really serve you to constantly be interrupted by energies of the past. So, esoterically for you, there is always the feeling that, perhaps, this is it - the only life you get. You should know that, on purpose, there is no real proof that there is more than this. There is nobody who might come back and touch you on the shoulder and say, "Look, it's me! I'm still here!" So, dear ones, all that I speak about and all that I am as Kryon and represent as truth is something you trust is real by having faith and by using spiritual logic and intuition.

CHANGES IN WISDOM ARE AHEAD

The Human condition is changing, and what is actually moving in that change is the Human toolkit of wisdom. Wisdom, of all of the things in your purview, is one of the only things that is tied to almost everything else. It's tied to intuition. It's tied to your Akash, and it's tied to something new for you. This new attribute is something you will name eventually, but some have other names for the feeling that you belong here spiritually. It's a feeling of knowing when things are correct. It's a knowingness inside you that will involuntarily nod in agreement when you hear the wisdom of the ages and can sense that it's accurate.

This is something new that some of you are going to experience soon. You'll begin to have an evolution of the "intuitiveness of truth". Things will begin to ring with the purity of truth

in a way that you can measure with your body's reaction. Something will happen - perhaps it will be a motion, perhaps it will be a feeling, maybe chills, or something else. Perhaps it will be something that will just ring with correctness for you and you will know it's correct.

I have told you before and I'll tell you again: Wisdom without love is nothing but words. Wisdom without the foundation of compassion is not wisdom. The brain cannot give you wisdom. It can give you high thinking and the illusion of wisdom. But it can only give you what I will call "bridled wisdom", wisdom that is contained in a fence of self-congratulations.

There is a famous story: There are those who wish to open a door, so they slam their heads against the door over and over and over. The door, by the way, never opens, but they congratulate themselves for slamming their heads. After a while, they stop slamming their heads and proclaim the door has opened, even though it never did. Some even give their lives to slam their head against the door in an attempt to be part of the self-congratulations that the door has opened, when it actually didn't. After a period of time, they realize the door must be opened again, even though it never opened the first time. So they come back and slam their heads against it yet again.

Every single time they do the head-slamming pseudo-door-opening, they congratulate themselves when they're finished, and they even talk about the wisdom that it took to accomplish the slamming of their heads. This is humanity at its best in an old energy you grew up within. You know exactly what I am talking about, don't you? After a period of time they slam their heads, yet again. Sometimes the door has different names. Sometimes the doors are different, but they never actually open. Even at that, there is somehow the self-delusion and the cycle of self-congratulations ensues. There is an acknowledgement of wisdom that never occurred because it is in a circle of false logic and mythology, it never really gets past the brain's idea of what it means to have the door open.

Along comes a person with the key for the door and opens it easily. Door authorities are shocked, and they quickly take that person and tell him never to come back. It's because they know that now they are dealing with the devil or the occult - for the one with the key had solutions that were outside of the reality of anything a Human was supposed to be able to do. Therefore, they slam the door shut and continue to beat their heads against it to try and open it their way. After all, head-slamming is now a respected way of working with the door.

The wisdom of the ages comes from a dysfunctional mindset that believes it is wise when it isn't and congratulates itself for things that it made up or perceived in ignorance as truth. We have given you a saying: "A fool does not know they're a fool." So the head-slamming door openers have the same attribute. They can be ultra-foolish and never see it or know it. They will walk and talk in foolish ways and never realize it. Others, however, are starting to see it immediately. The Human race does not know it is dysfunctional. It is just now climbing out of this self-proclamation of what it believes wisdom is. But indeed, it's starting to climb out of the fool's shell that it has been within.




Kryon, as channeled by Lee Carroll
 Lee is the author of the Kryon Series of 18 books in 25 languages

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GROW A NEW BODY

...continued from page 8...

My body was a road map of the jungles and mountains where I had worked as an anthropologist, picking up the lethal critters that had taken up residence inside me. The jungle is a living biology laboratory, and if you spend enough time there, you become part of the experiment. I knew anthropologists who had died of the parasites I now harbored.

The spiritual medicine I received from the shamans when I was in the **Amazon** was powerful, but I had to complement it with Western science. The doctors put me on a worm medication— the same type I give my dogs—and on antibiotics to kill other parasites. My brain was on fire with inflammatory agents produced by the medications and the dead and dying parasites. I would have to detox my brain to avoid going completely mad.

My brain fog and confusion were glaringly evident when I tried to play **Scrabble** with **Marcela**. That game became the barometer of my mental health. I could not access words. And then I started losing my sense of self. I panicked: What if I forget who I am? What if I lose my awareness of self? Madness stared at me from the horizon—I saw it, felt it, breathed it. It sent naked fear into every part of my being.

Ironically, it was fear of losing myself that saved me: over the next three months, I simply observed the madness I was experiencing. The **Buddhists** have a powerful practice of self-inquiry that starts with asking, *Who am I? Then, after a while, you begin to inquire, Who is it who is asking the question?* So I began to ask, *Who is it who's going mad?*

There was no place to hide. I saw the madness; others saw it. But, as always, there was another side to the pain. The fathomless depths to which my spirit sank were matched by the flight of my soul. I began to understand who I had been since the beginning of time and who I would be after I died. The gnawing fear was matched by divine love and a dawning experience of Oneness I had never felt before.

I called my friend **David Perlmutter**, a neurologist who was the co-author of my book *Power Up Your Brain*. Together we crafted a strategy using potent antioxidants and extreme ketosis (where the body uses fats instead of sugars as fuel) to trigger the production of neural stem cells to repair my brain.

...continued on page 29...



YOGA: A Natural Pathway To Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907 www.yogashakti.org 321-725-4024 and email yogashaktipalmbay@gmail.com Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is derived from the sanskrit word “Yuj” to unite. It means union, The union of the Individual Soul the Supreme Soul is known as Yoga.

NEW LEVELS BRING NEW DEVILS

Every time your world changes and you reach a new level, it presents you with new “devils” to contend with. But whenever you’re presented with new challenges, you are also in the same moment presented with guidance to overcome them. So consider that whenever you’re observing what you think is a “devil,” is simply an angel taking you to a new level.

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This month's thoughts about things...

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

... from page 7

The supervisor, "another 9 year old," I snarkily thought, told me since I wasn't on the account except as a beneficiary, they had to charge me \$7 to cash the check. I said that was fine but that no other teller before today every did since my name appeared "on the account."

THEN SHE DID THE BEST THING. SHE TURNED IT AROUND FOR ME by saying, "Yes we've extended several courtesies in the past and from this point forward we will charge you." She was very diplomatic but firm. THAT is why she's a supervisor.

SOME FRIENDS ARE RETURNING TO FUNDAMENTALIST CHURCHES

Several friends are undergoing spiritual transformation that is taking them back to traditional Christianity. For some, it means denouncing all the metaphysical practices and beliefs they've been involved in for 20-30 years. For others, they balance the best of both worlds.

If you've attracted a bad experience, know that your vibrational resonance is your point of attraction. Your vibrational resonance depends upon what you're paying attention to every day and what you THINK ABOUT what you're paying attention to.

A couple of friends who have embraced what some would call a Christian cult are now denouncing as "occult" all the mind body healing they've done for decades. It has to be a passionate belief as both friends use **Reiki** and **essential oils** in their work as income and now both are forbidden.

It means they are doing some serious soul searching. We do that when we're willing to lose \$\$\$ we believe is ill-earned. It doesn't matter if it's true, it matters that they THINK it's true. And even if they don't come to a factual conclusion, they are coming to a WELL THOUGHT OUT conclusion which will serve them well when they revisit the topic.

And when one of us becomes more clear about an idea, it brightens the way for the rest of us to find that clarity also. I don't judge which road you choose to take. And I don't care if you DON'T think all roads lead to the same place. You're a good and kind person and I love you anyway.



Enjoy our offering this month.
Hari Om.

Andrea



SHAKTI GAWAIN

...continued from page 12

What does it mean to trust your intuition? How do you do it? It means tuning into your "gut feelings" – your deepest inner sense of personal truth – in any given situation, and acting on these feelings, moment by moment. Sometimes these "gut messages" may tell you to do something unexpected or inconsistent with your previous plans; they may require that you trust a hunch that seems illogical; you may feel more emotionally vulnerable than you are used to feeling; you may express thoughts, feelings, or opinions foreign to your usual beliefs; you may follow a dream or fantasy, or take some degree of financial risk to do something that feels important to you.

At first you may fear that trusting your intuition will lead you to do things that seem somewhat hurtful or irresponsible to others. For example, you may hesitate to break a date, even though you need time for yourself, because you fear hurting your date's feelings. I've found that when I really listen to and trust my inner voice, in the long run, everyone around me benefits as much as I do.

People may sometimes be temporarily disappointed, irritated, or a bit shaken up as you change your old patterns of relating to yourself and others. But this is usually because as you change, the people around you are automatically pushed to change as well. If you trust, you will see that the changes are also for their highest good. (If you do break that date, your friend may end up having a wonderful time doing something else.) If they don't want to change, they may move away from you, at least for a while; therefore, you must be willing to let go of the forms of relationship you have with people. If there is a deep connection between you, chances are good that you will be close again in the future. Meanwhile, everyone needs to grow in his or her own way and time. As you continue to follow your path, you will increasingly attract people who like you as you are and relate to you in a way that feels honest, supportive, and appreciative.

Shakti Gawain (1948-2018) was a bestselling author and a pioneer in the field of personal growth and consciousness. The 40th Anniversary edition of her classic work *Creative Visualization* was recently published by New World Library. For more information about her life and work visit <http://www.shaktigawain.com>. Excerpted from the book *Living in the Light* - 25th Anniversary Edition ©2011 by Shakti Gawain. Printed with permission of New World Library, Novato, CA. www.newworldlibrary.com



GROW A NEW BODY

...continued from page 27...

Over the next three months, I began to understand how unhealed emotions create disease, and how I had to heal my anger and my fear in order to recover my health. Energy moved, flowed, met obstacles, and flowed again. Time drifted by like a sluggish river, and I stepped out of it, knowing I had to make friends with eternity.

Now **Spirit** was offering me another lifetime within this one. I was being called to step into a new destiny, without self-importance, without the subtle seduction of worldly accomplishment. The externals of my life might not change but my attitude had to.

I felt liberated. I was free. That night, I dreamed: I am inside a breathing machine and friends are saying good-bye. I am unable to move or speak, but I am in bliss. They turn off life support. I have to pull myself out of the breathing apparatus to come back to life. I realize I can find eternity without dying. I rip the tube out of my mouth and breathe. I am alive.

I realized that I did not have to die. I could stay and heal myself so I could help others to heal. Once I made that choice, I felt my spirit extending roots into my body once again. Awe and wonder returned as my brain fog began to clear and I experienced Oneness, where life and death flow seamlessly into each other and where I reside in infinity.

My good friend **Mark Hyman**, who wrote *Food: What the Heck Should I Eat?*, helped me put together a nutritional plan for healing my body. Mark and I co-lead seven-day detox programs for our clients in exotic locations. His plan for me included green juices in the morning and superfoods and supplements that detoxify the liver and brain.

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Today, I'm fully recovered. More accurately, I'm beyond recovered. I'm a new person. My mind is functioning at a higher level than it has in decades. My brain is upgraded and so is my heart. And I have a new liver—not a transplant, but my own liver, fully regenerated. I was able to grow a new body.

The **Grow a New Body** program I offer in my retreats and in this book can help you heal from the illnesses that are ravaging civilization today—but it can also do even more. The medicine men and women of old were masters of prevention. You do not have to be gravely ill to root out physical, emotional, and spiritual suffering and restore balance to your life. Using the program offered in these pages, you can feel better in a few days and begin to clear your mind and heal your brain in a week. And you will be well on your way to a new body that heals rapidly and ages gracefully, and a brain that supports you in forging a profound connection with Spirit and experiencing a renewed sense of purpose in life.

This excerpt has been reprinted with permission from *Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health* by Alberto Villoldo, published by Hay House (March 12, 2019). It can be found online at Hay House, Amazon, and other major booksellers worldwide. For more information and to order a copy of book, visit: growanewbody.com



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Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro*Carto*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. www.MayaWhite.com

HOROSCOPES

JANUARY 2019

Cusp dates are accurate for 2018. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2018.

Aries - (March 20 - April 19) 2019 is your year for travel and learning about all of the wonderful things that the world has to offer. Step outside of your comfort zone and learn about other cultures. Taste new foods and take on new experiences. Choose happiness and delight this year. Face your fears, and then write about it. Have you ever thought of giving a Ted talk? It's that kind of a year - go for the gusto.

Taurus - (April 20 - May 2018) This is a money year. Watch expenses, though. The secret is to not waste resources. Think carefully about where your money goes - sometimes it's ok to spend extra if the outcome is worth the expense. Set up your finances early in the year - and hold to a budget. This year is good for investing in solid assets rather than just money in the bank.

Gemini - (May 21 - June 20) Partnerships of all kinds are your key to success in 2019. Jupiter fleshes out your 7th house of relationships, and this applies to both personal and professional. Never underestimate the benefit that a new person brings to your life. You really cannot go it alone this year. This doesn't mean that you have to be with other people 24x7 though. It's good to take some solo time, so that you are ready and present to be with others when the time is right. Choose your partners wisely.

Cancer - (June 21 - July 22) You can achieve amazing things this year. The secret to success is having systems in place so that you don't have to do all the heavy lifting every day. Learn how to delegate and keep on doing so through the entire year. Maybe you need some help with household chores, or, maybe it's time to hire a full time work assistant. Take a look at the systems you have in place - keep the good ones, and make improvements to the one that are lacking. Slow and steady wins the race and helpers make you shine even brighter.

Leo - (July 23 - August 22) You've been giving so much love to your children, how about nurturing YOURSELF. 2019 promises to be a year for happiness and finally fulfilling your dreams and desires. If you have longed for freedom, this is the year to heed your calling. Take that cruise, visit that foreign land and, you don't have to bring the children. 2019 is the year of you. Take up dance or art, or pottery, or stained glass. Your inner artist is growing, and it's time to heed the call.

Virgo - (August 23 - September 22) Your home is your castle for 2019. Some of you will actually move house or you may expand your existing one. This is an excellent year to start a home based business if you've been thinking about that. Physical disciplines such as yoga are going to be a powerful way to get grounded in your body. And even sound healing or other vibrational healing modalities are especially powerful for you. You must stay on course and not let nervous tension derail your plans.



Libra - (September 23 - October 22) Your words are exquisitely powerful this year, what you say to yourself as well as others. Consider sharing your wisdom through giving talks and presentations to groups. This is where you'll gain the most benefits - from honest communication. This is on every level - to groups as well as to your intimate partners. You must express your needs and insist that they are met. With this in place, you find internal as well as external satisfaction.

Scorpio - (October 23 - November 21) Prosperity is more than just having a lot of money - it's about living a life where needs are met and you have wiggle room for fun. Figure out passive income paths, learn to make money while you sleep. 2019 holds a promise that you can work less and earn more. Your challenge is learning to relax and harvest the benefits that are there for you. Be attentive to your health, which has taken a toll from stress in 2018. Massage, good food, exercise make everything better.

Sagittarius - (November 22- December 20) If you are not living in tune with your heart's desire this will be a frustrating, difficult year. If you ARE - this will be a year to remember. Jupiter is in your sign, where he is the most powerful. There is so much strength here that you must be careful you don't spin your wheels ie- overindulgence is deadly now. You may have to reveal secrets in order to fully receive the benefit of all that is possible for you in 2019. If this is the case, the benefits far outweigh the risks.

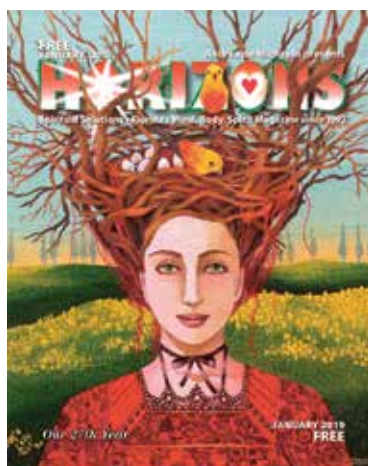
Capricorn - (December 21- January 19) 2019 is a year for spiritual growth. Tune into the idea of acceptance and live your life in a reflection of the phrase "Let go and let God." This may be difficult for your Saturn ruled and sometimes control freak sign. Admit it - you want to be sure that everything comes out right based on what you have done. This year, it's time to lighten up and let the Universe take care of the details. Follow the guidance that comes your way through synchronicities and other signs.

Aquarius - (January 20 - February 17) The New Year is going to be a natural fit for you. It's like coming home to your true family - the Universal group of like-minded people. Networking is a key way that you'll expand your horizons in 2019. Look for people who want the same thing you want; they don't have to be your best friends, but you have a common goal. This is your tribe, and one of the benefits of being in a tribe is that you share in group benefits. Not only do you have lots of great companions, you also receive what they have to offer.

Pisces - (February 18 - March 19) 2019 greets you with a calling to redefine yourself - particularly your public presence. This does not mean only your work; rather, it's a new definition of how you look at your life. All-encompassing change is possible - in fact, it's calling you. Some will embark on an entirely new career; others of you will begin a new lifestyle. Both are relevant. Opportunity comes when you reach out and expand beyond your limitations.

COVER ART

by Esmeralda Raven Aponte
Gokotta



Gökotta is a Swedish word which essentially means “to rise at dawn in order to go out and listen to the birds sing”. My painting is about how birds and their songs affect humans. It has long been speculated that human music has its origins in bird song. Mankind has been listening to bird songs long before man learned to sing and then experimented with instruments to accompany the human voice.

Humans make music for aesthetic and practical reasons. Music sounds beautiful to our ears and it can be used to express a wide range of emotions. It acts as a universal language and commemorates particular events.

Birds vocalize and communicate among themselves. Bird songs are the earliest and the most primitive form of music and have remained unchanged throughout history as they serve well-defined purposes and natural talents are passed on from one generation to the next as a key to their survival. For most people, music is an important part of daily life. It is often linked to mood. A certain song can make us feel happy, sad, relaxed or energetic. Because music can have such an impact on a person's mindset and well-being, it is no surprise that music can be used as therapy for managing numerous medical conditions. Types of music differ in the types of neurological stimulation they evoke.

Esmeralda Raven Aponte is an Australian born, Sydney based surreal artist. Her imagery evokes a world of unfolding whimsical stories through her use of symbolism. She brings to light roots in Colombian folk and Latino art.

Esmeralda finds inspiration through her dreams composed of fantastical creatures and other-worldly settings. Her beliefs into the mystical forces greatly influence her paintings and allow her to explore their blending together with the aspects of life. Her world full of wonderment expresses different states of experience and exposes the strong relationship between plant, animal and human world.



To see more of Esmeralda Raven Aponte's art visit her on [EsmeraldaRavenAponte.etsy.com](https://www.etsy.com/shop/EsmeraldaRavenAponte) Or facebook.com/EsmeraldaRavenAponte

SHARPEN YOUR ANIMAL COMMUNICATION SKILLS



... from page 16

In order for communication to occur, both parties need to be willing to engage. Let go of any agenda and base all your communications on a solid foundation of unconditional love.

3. BE PRESENT

Animals know when you are truly present with them or when you're distracted or mentally fragmented. Human beings suffer from a malady described by Buddhists as 'monkey mind' where our thoughts shift from one to another like monkeys swinging from tree to tree. To hone your ability to be present, try being very present with your animal. In essence, you're anchoring your awareness in the here and now. For example, you can be fully present with your horse when out on a ride or when walking your dog or brushing your cat. Practice putting all of your focus on that present moment of Be-ing.

4. BE STILL

How still do you feel inside? How much time do you allow stillness to be part of your routine? Or do you spend much of your time feeling agitated? By spending time outside you are able to engage with the essence of nature and this will help you reconnect with your inner stillness.

You can notice the formation of clouds, the feel of the breeze through your hair, the warmth of the sun on your skin. You can listen to the sound of the waves, the songs of the birds, or notice the smell of lavender. Simply connect with the different elements of nature surrounding you until you feel your grounded connection with the earth increase enough to fill your body with a sense of stillness—with a sense of peace.

I hope these tips help you in your communications with all animals; animals you know, animals you encounter, animals in captivity, animals in the wild and animals in-spirit.

To learn more about how to communicate with animals and strengthening the bond with your pet see my book, *Animal Communicator's Guide Through Life, Loss and Love*.

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As hopeless as any situation feels,
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Louise Hay

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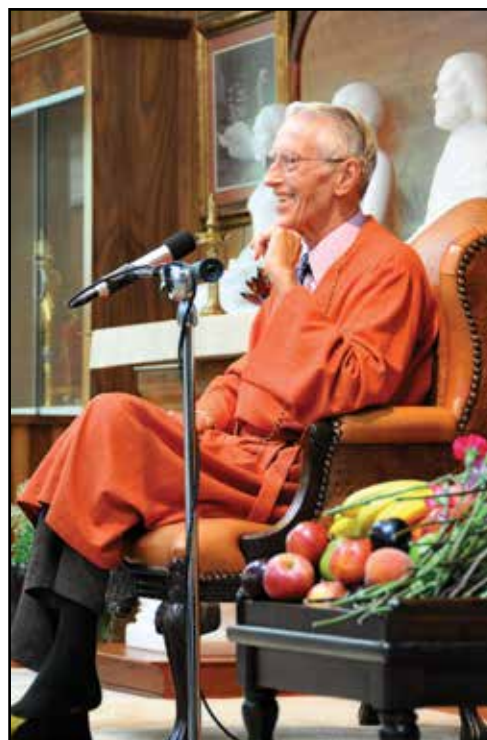
10 a.m. to 4 p.m. seminar (with 1 hour lunch break)
2 p.m. to 4 p.m. Kriya Yoga initiation

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Roy Eugene Davis has taught spiritual growth
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