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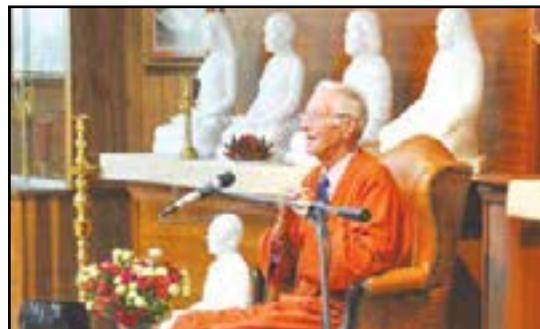
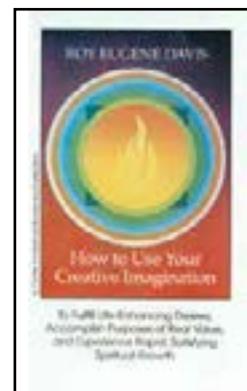
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CSA founder, Roy Eugene Davis (1931 – 2019), a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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- 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.



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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 JANUARY 2022 HORIZONS MAGAZINE.

Ah, January, the month of fresh starts and new beginnings. Covid halted many of us in our tracks mid-2020 and by 2021 many of us had begun to find our balance again. For some, it seemed not much changed. For others, loved ones were lost, jobs and income disappeared and many are still not out from under it. They've had to discover what other resources or skills they might have since their old way of life - and employment - was no longer available. It's been a grand awakening for sure. Now the variants!

Seeing so many friends pass in such a short time, a friend said, *"I'm afraid to die."* We're all a bit afraid of the unknown. But remember you were afraid of **first grade**, but once you got settled in you were fine. You were nervous about **high school** too, not knowing what it'd be like. Not knowing if you'd fit in. But it was just a stage of life and you adjusted and got thru it.

Your body's death is just another stage of life. Once it happens, you'll find yourself conscious elsewhere, but you'll get familiar with it also. It won't seem scary once you get there. You'll encounter familiar people and places that ease you in while you get new footing. Just like going from **high school** to **college**, you've simply graduated from one stage to the next.

Once you're there, you'll be shown the next step. We don't have to know it all ahead of time. Just know that when you get there, you'll be shown what to do. You'll also laugh that you were so worried.

I was asked, "How can you heal and overcome infirmity without admitting that you're sick in the first place?" There is nothing wrong with acknowledging there is an infirmity or disease moving through your system. Just remember sickness comes to PASS, it doesn't come to stay, unless you start focusing on it as though it's here to stay. Just remember that it's moving through your system and you'll be on the other side of it soon. That's how you heal and overcome infirmity without getting stuck in the role of the perpetual patient.

HOW MANY LIFETIMES DO WE GET? HOW MANY DIFFERENT BODIES?

We experience much suffering when we think we only get one life and one body. Sure, this body you're in right now, that skin and those bones will die. You'll go to sleep in that tired worn shell and awaken to find yourself emerging fresh into a new body, once again at the beginning of a life. *What the caterpillar calls death, we call a butterfly. You go to sleep there and awaken here. We survive in consciousness after the change called death, just as we survive in consciousness after the change called sleep.*

Growing up as a child, I was always comforted when my mom would say we would see our loved ones again, they were just on the other side of a wall, kind of like it's as though they are in another room and soon we will be in that room as well.

The butterfly will emerge from the cocoon (we, emerging into the next "life") ad infinitum. When we understand that, we don't feel loss when a loved one cocoons, we feel a connection with them no matter what stage they are in, physical or non-physical.

In the work I do, my experience is we exist in our consciousness — in our mind — which is why "we" don't die when the body and brain dies. "We" don't have to have a body in order to exist. Would **God** intervene to prevent the caterpillar from becoming a butterfly, a tadpole from becoming a frog? Would He stop an acorn from tearing apart in order to grow into an oak?

The surface shell dies away, our essential self remains alert and conscious inside, ready to awaken into the next dream. What would happen if **God** kept the little seeds intact so the Mother oak didn't watch all her seeds split apart and crumble into mulch? We'd never see the glory of another oak.

THE DEATH EXPERIENCE LIKE A DAY ON FACE- BOOK.

You know how you come online to do one thing, then look up and realize you've just played on **Facebook** for 4 hours? Or you dash into the mall for a red jacket and come out after nightfall having bought everything but? That's because no matter what you thought you set out to do, as you became IN THE MOMENT with where you were, your attention was directed to one thing, and then another until it became a free flow of moving from one place and situation to the next and you lost time with the flow of it all.

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The purpose and mission of our Mystic Faires is to promote education and awareness of the psychic world, holistic health, natural healing, conscious living, and spirituality. One way we do this is by bringing together psychics, spiritual counselors, retailers, light workers, alternative health practitioners, vendors and others in one place, allowing them to come together for the health and wellness of body, mind, and spirit

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and is the 7th Annual that we are looking forward to. 2019 was bigger and better than the previous year and it continues to grow! The people of Melbourne and surrounding areas are so excited to have us year after year! We missed 2020 due to Covid-19 and wanting to keep everyone safe and healthy. We're happy to have our wonderful event back on our schedule. All under one roof at the beautiful **Melbourne Municipal Auditorium**. Melbourne is a wonderful, welcoming community and we can't wait to bring our event back to this fabulous setting.

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Watch for upcoming dates for Orlando, Naples, Sarasota

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.

LIVING WITH NEGATIVE PEOPLE WHO WANT DIFFERENT THINGS

GUEST: I was wondering, if what I want and what you want are in conflict, what's going on? If I want rain and you just cut your alfalfa, how does that work?

ABRAHAM: Well, how it works is if either one of us don't get too involved in the details of how we think we want what we want to play out then both of us can be satisfied. If you will focus on the essence of what you want, which is a magnificent crop, and the other will focus on the essence of what they want, which is a lovely picnic today or whatever, the Universe can give them both, or all, what they want, but it's when you start bickering over the same prize, or over the same specific moment in time... the Universe has the facility to orchestrate circumstances and events to accommodate everyone: there could be two of you wanting seemingly different things, or five billion of you seemingly wanting different things.... and any of you that are not using what the other one wants that you don't want as your excuse to push against and then disallow yourself from getting what you want, then you could all get what you want.

If you push against the other because you are worried they'll get it and you won't, now your out of sync with what you want and you won't get it no matter what happens to them and usually you blame them, becuz you think it's them wanting what they wanted and getting it that kept you from getting what you want, but it's never that way.

GUEST: It's the same when you live with a person who is really negative, and you're trying to stay positive, but they're like a relative that you have to deal with every day...

ABRAHAM: We know, because it feels like if they would change you would feel better because you remember being around more pleasant people and feeling more pleasant and so it seems logical that if they would be more pleasant... but feel the trap in that, the trap in that says now my happiness depends on your behavior, and I can't control your behavior, you're just one person, I've spent 30 years trying to control your behavior and I'm still not getting there. I'm powerless, I guess, I'm powerless to be happy because my happiness depends on your behavior, and you're stubborn, and you won't change, so I have no power.

But when you discover that you have the power to ignore them, you have the power to find the positive aspects in them, you have the power to focus upon the parts of them that you adore, you have the power to focus on other things... Do you know the majority of people that we hear struggling over something like living with someone who is negative... the majority of their conflict and discord happens when they're not even with that person? They're just remembering what happened yesterday, and what happened the day before, and they're worried what's going to happen when they get home.

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HOW TO GET COLDCOCKED BY AN EPIPHANY

(or Waking Up Can Suck or Not Suck Depending on How You Handle Your Shit)

Before I could even begin a journey of appreciation of my body, I first had to let go of old beliefs and pain. I had to stop allowing someone else’s opinions to become my truth, and I had to stop clinging to past meanings that simply weren’t true. I had to have some serious heart-to-hearts with myself until my brain started to make different connections. Easier said than done, I know.

I still work on it, pretty much every day, it seems. It is especially tough since most (if not all) of our beliefs have come from the people we surround ourselves with. They are people we love, people we admire, or think we should admire, even people we are afraid of or hesitant about, and we suck their beliefs in like Hoover vacuum cleaners.

It’s something we seem to forget, that pretty much everyone we encounter is walking around with their own beliefs, which they share all willy-nilly. It’s because we’re all so good with the sharing, what with having been told since we were little to share, share, share! Seriously, share stuff like chocolate and toys; keep your meme-y* beliefs to yourself if they aren’t of the helpful variety.

And let’s not forget about the media shoveling tons of fun things at us. Here’s a fun fact—when I was a child actress, I did about twenty-five **Mattel Barbie** commercials. Have you ever seen those little girls on **Barbie** commercials? They are damn cute, aren’t they? Never a hair out of place, not a spot on their clothes, and perfect little smiles. My perfect smile cost about ten grand to keep up. I had special temporary teeth for when I was missing one and had a commercial to do because **God** forbid other kids should see kids on television missing teeth like they do.

This is how it starts, people, when you’re six, all sweaty and covered in fruit juice, lisping along to the **Oscar Meyer** song. Try explaining to your seven-year-old that **Selena Gomez** isn’t twelve, she’s twenty, and that is why her body is fully developed, and she has about forty people running around behind her, brushing her hair, fixing her makeup, and picking out the perfect wardrobe that this mother just can’t afford.

Sometimes our friends, even when they think they are being helpful, can be the worst white elephant gift givers. When I walked past my daughter’s door one morning as we all prepared for our day, I overheard her and a friend discussing what she should wear to school. I heard her friend, who is the exact opposite of my daughter (funny how often we find friendships in people we wish we looked like, feeding into our body envy), say something about how my daughter couldn’t wear jeans.

Hearing my daughter and her friend talk, I heard the voices of my past telling me what was wrong with my body instead of finding things that were right.

Beliefs are learned in innumerable ways, often from one-off experiences like the baby and the red shirt, or from ideas handed to us over time. We learn beliefs from our parents or caregivers, our friends, TV, music, and, in my case, casting directors and wardrobe mistresses. We are built to take in data, to assess, label, and categorize. This helped us survive when we were the new hominids on the block, looking for the best possible outcome, the best possible bang for our effort, like couponers trying to make the most out of every possible coupon combo.

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

A WEIGHTY SITUATION

Well it appears that I have eaten my way through the holidays again and now it's time for my New Year's resolution to lose those extra pounds.

Just let me say from the get go that there are no magic potions herbal or otherwise that will make you lose weight. You must also cut back on calories without cutting back on necessary nutrients and fiber eating a well balanced diet provides proper blood sugar levels and helps to increase your metabolism.

It is also a good idea to eat less processed foods because they are loaded with empty calories, fats and sodium which keep the pounds on and makes you retain water.

SPEAKING OF WATER; DRINK MORE.

Water dilutes cellular debris and aids digestion. I like to add flavored Stevia to mine, they taste great and there are no calories.

Herbs can help you lose weight in different ways for instance some of them can be used to boost thermogenesis warming the body from the inside increasing metabolism burning more calories. **Cayenne, Ginger, Cinnamon and Cardamom** can do this; **Green tea** also increases your metabolism but it contains caffeine so it may make you feel a bit racy.

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...continued on page 24



THE MYSTERIOUS MAN WITH THE LADDER

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

SOMETIMES THE POSSIBLE

Reb Dunzel felt silly looking down at his watch but he did it anyway. It was two minutes later then when he last looked. He counted the number of steps the bus stop was. Went through the days errands in his head one more time. He got tired of playing his usual waiting for the bus games and settled into his usual state of semiconsciousness. The sound of someone clearing their throat startled him back into reality. Reb turned to find his friend, **the Man with the Ladder**, seated comfortably under a solitary tree that with help of a handful of grass was attempting to impersonate a park.

Reb was surprised he had not seen him sooner but he just shrugged and greeted his friend with his usual courtesies, glad that his wait would be made shorter by their conversation.

"It is a remarkably beautiful day isn't it." the **Man with the Ladder** asserted from his perch near the top of his ladder. It was a little too hot and humid for **Reb Dunzel's** taste but he wasn't one to argue over details.

"Sometimes when I sit here," the **Man with the Ladder** continued, "soaking up a remarkable day like today, I wish I could put some of this moment away. Save it like a cigar hidden in the pocket of an old coat and pull it out months, years from now and savor it anew."

"Isn't that what memories are for?"

"Yes that's true, but memory is such a trickster. Days, months, years disappear without vestige or trace. One day you're fifteen standing in the outfield waiting for a fly ball and the next thing you remember you're the old man sitting in the bleachers watching the boy wait for the fly ball."

...continued on page 30

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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

LET'S GET PHYSICAL

My body, this moment, is trying to get well. My body, this moment, knows how to get well. My body, this moment, has placed a cosmic catalog order for all it needs to thrive.

When any aspect of my physical being becomes injured or out-of-whack, a healing and balancing process begins immediately. This happens regularly, without my awareness. When it does not happen, however, and I end up with an ailment or problem, it results from habits of thought that keep me apart from well-being.

No need to blame myself. I can, instead, rejoice. For if my thought patterns led me into this predicament, a change in my thought patterns can lead me out.

My new regimen won't necessarily require giving up tube time or (thank heavens) chocolate. It will, however, require giving up resentment, grudges, regrets, victimhood, and ain't-it-awfulizing. It will require consistently moving my thoughts from what I don't like and want to what I do. It will require remaining alert for things to feel good about.

This is discipline - no way around it. But my body will applaud me in wonder-working ways.

Angels-Oasis.com Awaken-Institute.com



Morgana Starr & Daena Deva

Angels Oasis is owned by esteemed Psychic Mediums and Spiritual Counselors, **Morgana Starr & Daena Deva**. They have a combined 50 years of Spiritual work. Known as **New Thought Leaders**, they are helping to guide and shape lightworkers from around the globe. Angels Oasis is located in Historic Cocoa Village, Florida and is a beacon of light for the local spiritual community. Knowing they wanted to expand their reach, they launched **Awaken Institute**, their online Spiritual School. Awaken Institute allows awakening souls to develop their gifts safely, with guidance they can trust. You can learn more at www.Awaken-Institute.com

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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 DEVELOPING THE POWER OF SPIRITUAL HEALING

You already have the power of spiritual healing. You want to know how to use it. Now you use it whether or not you know that you do. When you think thoughts of peace and vitality, when you wish a man well, then you help heal him.

Now in order to direct this power consciously, you must again get used to the feeling of your own subjective experience so that you can tell subjectively when this energy is pouring through you and outward.

You can use your imagination and imagine perhaps that you hold an arrow and want to direct it to a proper location. But with practice, there is a subjective knowing that you will recognize and understand. But you use the ability whether you realize you use it or not. You are a healer, whether you realize this or not.

SETH ON OUR RELATIONSHIP WITH PHYSICAL REALITY

"So do not forget the importance of the physical Universe in which you dwell. Do not forget the energy that is indeed born within the soul of the earth, for it brings up trees and flowers and mountains as you throw forth ideas.

"The inner landscape of the earth springs from the earth's soul and so your own thoughts rise up and become landscapes in other layers of dimensions even that you do not perceive, so be thankful for your portion of creativity.

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"And sense your own vitality. Do not simply listen to my words but do what I say and sense within yourselves the vitality that is your own, that is a part of the stars and the seasons, that springs from the creativity of your own entity, that gives your eyes their sparkle, that gives mobility to your elbow, that brings the breath in and out of your physical image. So find your own portions and recognize them and walk down the night street and greet yourself, for you are the trees and the leaves and the sidewalk and the cars that speed by; so know yourself, and when you give thanks, give thanks to yourself.

SETH ON THE LAW OF ATTRACTION

Here's a compilation of pertinent sessions from Seth sessions on attracting events and experiences. "First of all, all negative attitudes must be removed from your consciousness. You are attracting further financial problems in your desperation. You are focusing upon poverty rather than wealth.

...continued on page 24

ASK WHITEDOVE



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

DEAR WHITEDOVE, WHY ARE SO MANY SOULS BEING SENT BACK TO EARTH AFTER HAVING A NEAR DEATH EXPERIENCE?

DEAREST, All is in accordance with the great plan. Near Death Experiencers return to help to lighten the vibration of the planet. They actually create a different outcome for their soul's journey and the mass consciousness too. People are profoundly different after they have an **NDE**, they've been given a great gift. Like a much needed re-boot the veil has been lifted for them. As they relay their divine experience to others, it ripples out to change many and hopefully to help others remember who they really are and remind them of **Heaven** - our true home.

Things are not always as they appear in our reality on earth. So we need a spiritual reminder: we are not our body. There's a lot of smoke and mirrors and illusions here on earth. Humans get caught up in the deception that this rat race is about acquiring an important earthly status: bank accounts, social standing, career goals and acquiring material things.

But an **NDE** can highlight the soul's accomplishments: *did you give unconditional love, did you learn how receive love? Did you help those in need, or did you turn a blind eye? Did you forgive those that harmed you or did you retaliate?* These stories give us pause to reconsider the true purpose of our souls' journey. Because it's not about the Benjamin\$\$, it's about our soul's growth!

DEAR WHITEDOVE, THERE IS SAID TO BE A GROUP OF ANGEL WATCHERS. DO YOU KNOW THEIR PURPOSE?

DEAREST, Their name speaks volumes "**The Watchers**" are **Angels** that are all-seeing and all-knowing reporters. These are the group of **Angels** that are sent to different realms to record history as multi-dimensional events. They record events, the emotions involved, the intent, the cause, the effect or outcome and how the energy of the event flows into the future. These **Holy Ones** sit on the supreme judgment council in the **Heavens**; they are to witness and record the history of the **Universes** and beings without intervention unless the **Will of the Godhead** deems it necessary.

DEAR WHITEDOVE, ARE THERE THINGS THAT SPIRIT SAYS THAT CAN HELP ELIMINATE ADDICTION AND OR SUBSTANCE ABUSE, IE AYAHUASCA OR CBD OIL? AM GOING THRU A LOT TRYING TO BE A SUPPORTIVE SIBLING.

DEAREST, Sadly addiction is very prevalent. Yes, **Spirit** says that there are methods to help eliminate or relieve substance abuse. Many indigenous cultures use plant based substances during ceremony in search of a deeper spiritual understanding. These are powerful and natural drugs that are also used as medicine for the body, mind and spirit which can heal on every level. These rituals have been passed down from shaman to apprentice shaman for thousands of years. Some **Native Americans** conduct ceremonies with **peyote**, **Peruvians** use the **San Pedro cactus**, and in the **Amazon** they make a drink from the **Ayahuasca** plant.

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THOUGHT POWER

THE MIND IS A WIRELESS TRANSMITTER. A saint with peace, harmony and spiritual thoughts sends these out to the world. These thoughts travel quickly into the world and produce similar thoughts of harmony and peace in others. A person who is full of jealousy, revenge and hatred send these thoughts out into the world and affect thousands with similar thoughts. Thoughts have great power. They are like waves that affect minds that respond to the vibration that is transmitted.

We need to take our thoughts seriously and monitor them. Most of the thoughts we have are already in our mental body. Whatever we think or dwell upon continuously creates a thought groove in our mind into which the thoughts begin to run automatically. These grooves or thought patterns belong to the ego and stays with us even after death. They create our **tendencies or samskaras**.

The mind is not a blank sheet of paper. It contains the impressions of thoughts and actions of the previous births. **Samskaras are the latent potentialities**. We come to this world as individuals. Siblings are different even though they have the same parents, genes, and environment. We call it our individuality or tendencies.

All of our tendencies have a past, and all of our actions create a future. All action has a desire which prompted it and a thought which shaped it. Every thought is a chain of cause and effect with three qualities: desire, thought and activity. A desire causes a thought, a thought causes an action, and an action cause destiny.

We may say that the physical body is a manifestation of thought. When the mind is depressed, so is the body. The body follows the mind. If the mind thinks of an accident, the body prepares itself immediately.



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If we look at someone, we can see expressions of their mind in the face. Anger, fear, grief, cheerfulness, love all show external signs in the face or eyes. Similarly, all thoughts effect every cell in the body.

Candace Pert the neuroscientist in 1980 validated what the yogis have been saying for centuries. **Every cell has neurotransmitters and knows what the mind is thinking**. Thoughts of worry and thoughts of fear poison our body and destroy our health and vitality.

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VINNY FROM BROOKLYN

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

So there I am, in 1988 or whatever, sitting in my office in Brooklyn (and when I say "office", I mean the too small second bedroom in my funky, railroad apartment) when the phone rings. Since it's a business day, I figure it's a business call, but it's not a business call. It's a guy with an Australian accent -- **Ray Belcher**, to be more exact, **Prem Rawat's** Production Manager calling all the way from **Fiji** in the middle of the **Pacific Ocean**.

Ray explains that **Prem** has just asked him to call me. WHAT??? You gotta be kidding! **Prem** asked **Ray** to call me? HUH? I mean, the last time something like this happened was...let's see now... like never. But **Ray** wasn't kidding. He was serious and, with very little segue, asks for my fax number so he can send me a 24-page transcript of one of **Prem's** recent talks -- what devotees from **India**, at that time, commonly referred to as "**satsang**" -- holy discourse.

My mission, **Ray** tells me, is to read the transcript through the eyes of a street smart guy from **Brooklyn** -- somebody with no concepts of who **Prem Rawat** was. But not just read it. Critique it. Apparently, **Prem** wanted to know what people really thought about his message -- not just appreciative, head nodding students of his, but regular people on the street.

A few minutes later, the 24-page fax comes through and I start reading, looking for words and phrases that didn't play all that well on the streets. You know, spiritual stuff -- stuff that wouldn't go over all that well at my local pizzeria.

I could feel **Joe Pesci** rising from deep within me. **DeNiro**, too. And the entire cast of **the Sopranos**. So, after a cappuccino, I write up my street smart response to **Prem's** talk through my alter ego, **Vinny**. You know, **badabing, badaboom Vinny**. Yeah, THAT guy. Then I email it to the still very Australian **Ray Belcher**. A week goes by. Then **Ray** calls me again. "**Hey, Mitch,**" he begins. "**I got your commentary. Thanks for that, mate, but it seemed a bit heavy to me. Too rough around the edges. Could you write up a second draft and soften it up a bit?**"

"Sure Ray," I reply, not really sure where I missed the boat, but happy for the chance to be of service. So

that's what I do. I write up my second critique. "**Vinny Lite**", you might say. Actually, I thought my first draft was better, but, hey, what did I know? Maybe **Ray** knew best, right? I mean, after all, **Ray** was a lot closer to **Prem** than I was. He worked side-by-side with him, every day. Me? I sat in the mezzanine and talked to **Prem** maybe every seven years or so. And rarely for longer than a minute. So I stay up late and rewrite the thing, softening it up just like **Ray** asked and email the whole kit and caboodle in the morning.

Three weeks go by. The phone rings. It's **Ray** again, explaining that he gave my **Vinny-infused** commentary to **Prem**. But not the second, lighter version I had so diligently edited. He gave the first -- the too heavy, inappropriate version. Suddenly, I'm not feeling so good. All I can see is **Prem** reading it and cringing, forever associating me with its off-putting content and disrespectful tone.

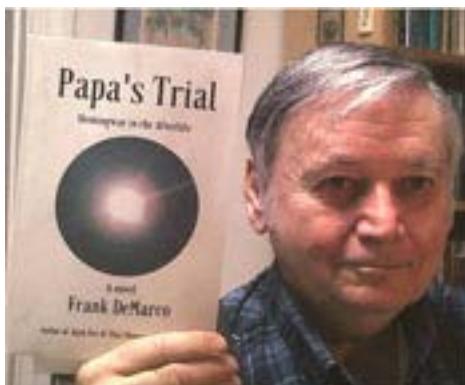
"**I am totally screwed,**" I think to myself. I can't believe **Ray** gave him the first draft! What was he thinking? I see myself on the permanent bongo list, never again being allowed into any of **Prem's** events. I have butterflies in my stomach. My butterflies have butterflies. Then **Ray**, savvy filmmaker that he was, paints the picture for me in no uncertain terms.

"There I am," he explains, "in a small room with **Prem** after handing him your first draft. He's totally focused on reading it. Totally. He doesn't say a word. Nothing. He's just reading it with great concentration. And I'm just standing there, across the room, watching him. A long time passes. Then he looks at me." "**This is absolutely right,**" he says. "**This is what people actually think.**"

I don't remember the rest of my conversation with **Ray** that day. I don't remember what I did after I hung up. All I remember is his last sentence reverberating in what was left of my mind: "This is absolutely right. This is what people actually think."

Suffice it to say that my **Vinny-from-Brooklyn** experience deeply weeded my garden of concepts. My spiritual persona dissolved. My left brain left the building. My shoulders relaxed. In their place? A pepperoni pizza for my soul and a renewed respect for just how committed **Prem Rawat** is to finding out what he really wants to know.

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



REDEFINING THE BODY

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

Redefining the body Wednesday, August 18, 2021

Frank: 5:35 a.m. Shall we dance?

TGU: Let's see if we can make this session "Defining the body," or something like. The first thing to realize is that "the body" is a term describing less an object than a stretching-over, a considering-as-one what is actually many things.

FRANK: Not so different from your definition of us as individuals who are in fact communities.

TGU: No, not so different. Consider yourselves mind/body/spirit, as was fashionable not so long ago.

- Mind, you know, is community of communities, with no absolute boundaries anywhere.
- Body, similarly, is a community of intelligences working together to allow physical existence. Thus, tissues, organs, mechanisms, each with its own community of animating specific intelligences. Processing sugars, as we say.
- Spirit, from the point of view of the 3D individual (only) may be looked at as a community of souls, each with a lifetime's experiences, preferences, skills, scars. Well, within this framework, body is a collection - or, say, a hub - of many forms of intelligence that have to work together.

FRANK: What you are meaning to say is coming vaguely into view, but only vaguely. Am I being slow, or is it a very foreign idea?

TGU: What is foreign to one will be familiar to another. The same holds true of time: What fits only awkwardly with one time will be natural to another. We will proceed, and things ought to smooth out.

Body is

- Flesh, organs, "the physical." Everyone sees this much. But what is it they are seeing?
- Each organ has its own specialized intelligence, as we said. It also has habits, accustomed ways to do things. Where can those habits come from, but one of two ways?
 1. Memories via the intelligence that animates them.
 2. Patterns inherent in that flesh's DNA.

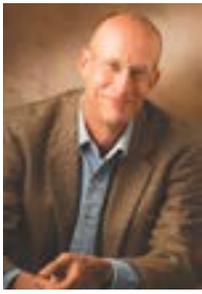
FRANK: As in, influences transferred from one person to another following transplants or stem-cell injections?

TGU: Yes, because those physical cells come with their own non-3D attachments. In a sense, in transplanting physical tissue you are also transplanting another stylized intelligence.

FRANK: I take that expression to mean, awareness that has taken on the coloration of a given person (the donor). You have called our minds habit-systems in the past. Are you now also calling us stylized intelligences?

TGU: A little slower. Many a term has yet to be defined, many a relationship sketched, before we can reassemble an understanding.

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NOTES FROM THE UNIVERSE

International tax accountant turned entrepreneur turned writer for “the Universe” and one of the teachers for The Secret, Mike Dooley runs TUT’s Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

The secret to living the life of your dreams, is to start living them at once, to any degree you possibly can.

If you can't go to Maui, go to Miami. If you can't write the book, write a letter. If you can't bake the cake, bake a cookie. If you can't go by car, ride a bike. If you can't make a friend, be one. Always, do what you can do. If only just a little. Have fun. And prepare to be the talk of the town.

The Universe

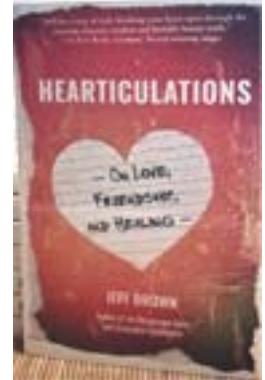
Thoughts become things...
choose the good ones! ®



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 about spirituality and emotional healing, and Grounded Spirituality.

Most of the greatest achievements on the planet are unknown to others — private overcomings, silent attempts at belief, re-opening a shattered heart.



The real path of champions truly lies within — the transforming of suffering into expansion, the clearing of horrifying debris, the building of a healthy self-concept without tools.

The greatest achievers have found a way to believe in something good despite being traumatized and fractured on life's battlefields.

No matter what else they accomplish in their lives, they are already champions.

One day the world will realize that it is much harder to heal a shattered heart than excel at athletics. Go(l)d medals all around.



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

This month: Your personal quartz crystal

Photo by Karin Wolf



Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks.

20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit. Visit <http://highspringsemporium.net/> and find us on Facebook

As I sit down to write my first column for the new year, I am contemplating the energy of the seed of the light that lies in the heart of darkness. We are now moving forward from the **Winter Solstice**, the longest night of the year. Now the days are growing incrementally longer and people everywhere are gathering together to celebrate the rebirth of the **Divine Child**, symbolizing the light and nurturing warmth that we all remember deep in our souls. With song, beautifully decorated trees, feasting and gifts of love, we act in faith that the light will return even as winter begins. This joy is framed by the velvet darkness of the night which gives to it profound depth and resonance that helps us all accept and cope more easily with whatever challenges lie ahead.

Last month I promised that I would share with you some of the ways you can work with **quartz crystals** in your practice and daily life. **Clear quartz** is the exemplifier of **the Light**. When a beam of light passes through **clear quartz** at just the right angle, the light is split into a spectrum of color and creates prismatic rainbows. It can even provide a spark to start a fire when conditions are right. Many people who want to learn about crystals have come into my store to ask me **"what crystal should I choose to begin my journey?"** My answer is almost always to find their **personal quartz crystal**. Some folks select by the beauty and shine that catches their eye. Some feel heat or tingling when the right crystal is placed in their hands. Some may hear their inner voice speak to them.

Whatever method leads you to the crystal that fits you, you now have a vibrating companion that can help extend and enhance your energetic field to do all kinds of magical things.

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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. She can be reached at scribe@ironoak.org

WELCOME TO JANUARY 2022

Do you feel it? Do you feel the cold, sharp wind; the icy fingers reaching down from the roof top like some multi-fingered snowy-white monster vainly trying to pull the roof off? Do you see the barren trees poking up from the snow like surreal scare-crows standing still and silent as the icy wind whistles over their brittle brown branches? No? Hmmm. Well, frankly I don't either. Actually, I'm trying hard to keep from running the air conditioner.

Bare branches of each tree
on this chilly January morn
look so cold so forlorn.
Gray skies dip ever so low
left from yesterday's dusting of snow.
- Nelda Hartmann, January Morn

So, how do we celebrate this season of snow in the land of sun and surf? How can we ring in the **New Year** without heat exhaustion? Well, for one thing, we can hang plastic icicles from our palm trees. We can even hang angel hair from the gutters. Why, there is a lot we can do! If you don't believe it, consider the plight of the poor **Babylonians**. Their **New Year** was much later and it was beginning to get quite warm by then. They celebrated the **New Year** on about **March 23** when the priests saw the crescent of the new moon. *It was a fun time when the head priest could give the king a swift upper cut to the jaw to help him atone for his sins during the last year. Much fun for all!*

So, as we celebrate this New Year, let's give some respect those who started it all. For that, we go to **Greece**, at about **400 BC**. The **New Year** was celebrated as the birth of **Dionysus**, the Greek god of wine, agriculture, and fertility of nature. It was a time to party down, chanting, singing dithyrambs and parade around with a live baby to celebrate the rebirth of the god as the spirit of fertility. They had even more fun than the **Babylonians!**

Happy New year, folks!

January 1st - New Year's Day. The month of January is named for the **Roman god Janus, god of change and beginnings**. Janus is depicted as a two faced god, looking back at the old and ahead to the new. While we may be nursing our heads this day, ancient Romans believed in working part of the day, in order to ensure an industrious year ahead.

January 1st In Japan, **Shinto New Year** festival.

January 2nd - New Moon in Capricorn,

January 4th -1:52 A.M. Eastern Time **Perihelion of the Earth 14 days after the Winter Solstice**, the Earth reaches its closest approach to the Sun. It is truly a New year's Day for the whole planet. The beginning of the **Islamic** lunar calendar month of **Jumada al-Thani**,

January 6th- Where do I start? Known widely as **Epiphany, Three Kings Day and Twelfth Night**, celebrations mark the beginning of Carnival season in many parts of the world. Feasts, costumes and dance blend indigenous customs with colonial ones from the **Philippines** to the **Caribbean**.

January 10th - **Buddhist** celebration of **Bodhi Day**

January 14th - **Sikh** festival of **Maghi**

January 16th - **Tu B'Shvat, Jewish** holiday, New Year of the Trees

January 17th - **Martin Luther King Jr Day**

January 19th - Full Wolf Moon in Sagittarius

January 20th - Sun enters Aquarius

January 26th - **Republic Day in India and Pradosh Vrat, a Hindu Holy Day** dedicated to Lord Shiva and Goddess Parvati.

GARDENING THE MEDICINE WAY

PRESERVING YOUR BOUNTY



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

While you are tending your garden and patiently awaiting that bumper crop, it's never too early to start thinking about preserving your bounty. Taking into consideration the fruits and vegetables that you are growing, you can begin to plan the process you'll use and the equipment you'll need.

Most of the earliest forms of food preservation are still used today. Drying, smoking, freezing and fermenting kept our ancestors fed in lean times. Drying, or dehydrating, was the first and most widely used, because salt was an expensive commodity in some parts of the world. I recommend *Mark Kurlansky's book "Salt: A World History"* for more fascinating facts on how it contributed to the rise and fall of civilizations.

Grains and seeds are our most important dried foods. Freezing was relative to the part of the world where the climate suited it, until the invention of modern refrigeration. **Smoked meats** are a less common way of preserving food for commercial sale and mostly kept to people preparing or preserving their own foods at home. **Without fermentation, we wouldn't have some of our favorites - beer, cheese and bread.** When ancient Rome was at its peak of world rule, the most popular fermented food was "Garum," a salty sauce

created from fermented fish guts. Yum. I'm glad we stuck with cheese.

Canning foods at home, which generally involves glass jars and not cans, is the most commonly found form of food preservation by home hobbyists. Many of us remember the **Great Canning Jar Shortage of 2020.** This was mostly driven by families taking up hobbies such as gardening and cooking during the early lockdowns. In the year 1811, a French chef by the name of **Nicolas Appert** published his book *"L'Art De Conserver, pendant plueieurs annes, Toutes les Substances Animales et Vegetales"*. (The Art of Preserving All Kinds of Animal and Vegetable Substances for Several Years).

Appert experimented for many years, sealing food inside a bottle or jar and then immersing in boiling water for several hours. Canning methods can vary according to what you are preserving. **For an excellent free download of the USDA's publication on safe home canning, please visit their website, <https://nifa.usda.gov/blog/usdas-complete-guide-home-canning>.**

Happy gardening and enjoy your harvest to come!





F*ck Your Coaching Package A Thoughtful Rebuttal

Apollo Love was a high school dropout who went on to become an Amazon #1 Best Selling Author and a 2-time reality show star featured on MTV's *True Life* and ABC's *Glass House*. I saw *The Glass House* and recall him being outstanding as a voice of reason and keeping it real. Love has facilitated anti-bullying workshops around the country and has been featured on various national media. He's interviewed or had his work acknowledged by people like **Lady Gaga**, **Jaden** and **Willow Smith**, **Deepak Chopra**, **Fat Joe**, **Russell Simmons**, **Larry King**, **Janet Jackson**, etc. Visit <https://www.apollopoetry.com/>

We have all seen the Facebook posts. They usually start off with a well-crafted subject header to draw you in.

***THE HEADER IS IN CAPITAL LETTERS
SO YOU KNOW IT'S SERIOUS.***

The post comes attached with a nicely edited photo of the person looking deep into your eyes, usually surrounded by beautiful nature...suggesting a care-free, happy lifestyle that's highlighted even more by the increased color saturation.

Throw in a hint of "sexy" and the post will be golden.

Sit back and get ready for the "Likes" to roll in!

The first paragraph hooks you in, exactly as it is designed to.

Then you click on "**Read More**" and see that there is a lot more depth to this post. Wow!

This person really poured their heart out in this share. As you are reading it, perhaps you are feeling closer to them as a human being. Perhaps you can relate to their pain and feel inspired by the courage it took to tell their story. But then we all know how this kind of post ends:

***"DM ME IF YOU ARE FEELING THE INNER CALL.
ONLY 2 SPOTS LEFT IN MY PROGRAM!"***

And it's usually around then that I feel duped that I just read a long sales pitch disguised under vulnerability porn.

Well, thank you inexperienced white person under 40 who got a life coach certification online and now wants to profit from a glorified pyramid scheme. However, I can learn everything you are regurgitating without paying thousands of dollars to fund your lazy lifestyle through emotionally manipulative marketing tactics.

No seriously. Thank you for sharing your "**struggle story**" with the world, but can we just leave it at that?

Your ego is already getting the external validation that it's seeking by constantly processing your trauma publicly, but do you also need to profit off it as well by selling false hope to the desperate? Let's be honest. You're full of it, full of yourself, and we can smell your sales pitch from a mile away.

This formula we're seeing left and right is getting played out, which is why I now feel the need to say this:

F*ck your coaching program. The impact that this self-pedestaling has on those who can see it clearly is that it often pushes others away. Just like these health product pyramid schemes, you can't even engage with these "sales pitch zombies" without them eventually talking about their offering nonstop. Every aspect of their social media existence is one big sales funnel.

The essence of that person is now just another commodity for sale, like everything else in the world. They see other people as potential customers instead of actual friends. They see every **Facebook** post that they craft as a hook, and they desperately want to be perceived as thought-leaders, so much so that you never get to actually know them as a person—even with all that vulnerability. It just feels so performative.

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F*ck Your Coaching Package A Thoughtful Rebuttal

Apollo Love

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What if they're actually as wounded as the people they're trying to teach, but just narcissistic enough to believe that they're not? As a public leader, you will either be demonized or pedestaled, and either one isn't a real reflection of who you actually are.

Now I understand that people are trying to survive financially during this challenging year. We see this with a record number of coaching programs and *Only-Fan* pages that have come out. Respect. People can do whatever they need to do to make money and I won't knock that aspect. However, people are also entitled to have an opinion on some of these approaches. If anything, to fine-tune them. Because some strategies will have an impact on your life and those around you in a different kind of way than others, and not all offerings are built equally. Some offerings are inauthentic and simply ego and profit driven.

As a highly traumatized person myself, it's frustrating to see how many of these trainings and workshops exclusively target and profit off other people's trauma and do so in a very irresponsible way with little to no actual training by the facilitators. This is not to say that everybody who has a psychology degree is gifted in holding space and that those who do not, aren't. But it is to say that there is value in people first investing and committing to understanding and mastering something before prematurely jumping into trying to profit off it, especially when the offering is built around healing deep-rooted trauma.

Coaches typically profit off coaching other people in how to recruit and coach other people so they can recruit and coach other people.

If that's not a pyramid, then I'm not Middle Eastern.

Stop hustling people and pretending you're not.

We know when you are "*celebrating your coaching program being SOLD OUT*" that you are completely lying—in order to build hype for your next package.

We know that when you only have "*limited spots*" left, that you are putting on a facade to get people to panic purchase.

You likely spent money to learn the exact thing you are now pitching, and you are just repeating what your hustler of a mentor taught you. It's the same formula over and over again.

THE EIGHT STEPS TO BUILDING WEALTH:

1. Post vulnerable content with sexy photos in exotic places.

2. Share your "origin story" of how you used to struggle, followed by your breakthrough moment— in order to place a psychological anchor inside the minds of your potential customers. Make them relate to your struggle so they can have false hope in replicating your so-called success. Perhaps if you went through similar challenges as them, and you still became successful and are now making 10,000 dollars a month...then they can too! (But of course, you can only make that if you can convince 10 suckers to pay you a 1,000 dollars every month, or better yet, one trust fund baby to pay you 10,000 dollars.) Hey, ain't no shame in your game honey!

3. Hype up your upcoming "free" webinar (aka a one-hour long upsell advertisement) that promises to show others how to achieve financial freedom!

4. Capitalize off of people's emotions and hopes of a better life.

Make sure you brag about how much money you made, even if you're completely making it up. (It's not like they can check your bank account anyway.)

5. Make sure you include a "list" somewhere in your post and make sure the numbers on that list start with fun colorful emojis. You know...marketing psychology and what not.

6. Make a Limited Time offer.

Pretend that you are giving a huge discount (when you really just made up the high price tag in order to make it look like you are giving a huge discount).

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HERB CORNER

...continued from page 10

DIURETIC HERBS

If you're the type of person who retains water, diuretic herbs like **Fennel, Dandelion and Parsley** may be able to do this without robbing you of needed potassium like pharmaceuticals can.

SLUGGISH DIGESTION

And if your digestion is sluggish **Cardamom, Fennel, Dandelion and Burdock** can help; they are not strong laxatives but they will help to keep your bowels clear.

HERBAL TEAS ARE ALSO CALLED TISANES (pronounced tea-zahn,) BOTANICALS OR INFUSIONS

RECIPE FOR A TASTY HERB TEA

Considering all of the options, a nice blend of herbs for a tea would be:

- 1 part Peppermint
- ½ part Chickweed
- ½ part Parsley
- 1/8 part Gymnema
- ½ part Fennel
- ¼ part Orange peel
- 1 part Green tea
- 1/8 part of either Cinnamon or Stevia if you want a bit of sweetness.

CHEW FENNEL SEEDS TO SUPPRESS CRAVINGS

Should you feel hungry between meals chewing 2-3 **Fennel seeds** helps to suppress food cravings. The Greek word for **Fennel** in ancient times was marathron which meant to grow thin; maybe they knew something back then.

OH YEAH, DON'T FORGET TO EXERCISE

Exercise is an important part of a well rounded weight loss routine. You don't have to run a marathon, just move more than you do now and make it something you like so you will do it.



SETH SPEAKS

...continued from page 13

It may seem to you highly impractical, unrealistic and downright foolish to ignore the physical circumstances of debts and expenses. To focus upon them, I tell you, is to bring more upon yourself. The rule of expectation applies. Thoughts of plenty will automatically begin to attract plenty."

Seth describes how attraction works with regards to love and fear:

"That which is feared is feared so strongly and concentrated upon so intensely that it is attracted rather than repelled.

"The approach should not be fear of war but love of peace; not fear of poor health but concentration upon the enjoyment of good health; not fear of poverty, but concentration upon the unlimited supplies available on your earth.

"Desire attracts but fear also attracts. Severe fear is highly dangerous in this respect and in this context.

"The coincidences that seem to happen, the chance encounters, the unexpected events - all of these come into your experience because in one way or another you have attracted them, even though their occurrences might seem to have insurmountable odds against them.

"If you believe in the sinfulness of the world, for instance, then you will search out from normal sense data those facts that confirm your belief. But beyond that, at other levels you also organize your mental world in such a way that attracts to yourself events that - again - will confirm your beliefs."

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Esther Hicks

ABRAHAM HICKS

...continued from page 8

They have ample opportunity to focus on other things, but they don't do it because they've trained themselves into their vibrational habits by being sloppy in their thinking and just vibrating in response to what they're observing.

So, the way you train yourself back into alignment - did you hear us when we said that your singular work is to bring you into alignment with You?

It's not to bring you into alignment with the ornery bugger you're living with. It's not to bring you into alignment with the **Republicans** that you disagree with or the **Democrats** that you disagree with.

In other words, if you think that you've got to get alignment like that, can you imagine how long you're going to have to wait? Do you see how unlikely that is, you see?

But when you really get it that your happiness depends only on your alignment, and so you just play with different subjects, and you play with different sentences, and you play with different thoughts and you feel yourself into alignment which means you feel for the soothing relief of releasing resistance...

Now you discover that you could live anywhere, with anyone and you could find vibrational alignment with Well Being and in the moment that you do that, the Universe has to give you still better circumstances.

ABRAHAM: What goes wrong with so many is that they say, I demand better circumstances so I can feel better, and we say the Universe does not hear your demand, the Universe only hears your vibration.

So you say, "what does that mean?" We say it means you've got to achieve a vibration that aligns with better circumstances before they can be received by you. Oh, that's different, isn't it? I have to feel good about what I haven't got, before I get it? Yeah. I have to feel prosperous before prosperity can come to me? I have to feel healthy before health can be mine? I have to feel loved before someone can love me?

You mean, I can't be paranoid and people flock to me and say, "Oh, you poor, paranoid thing. Let me just shower you with my love until you get over your paranoia." (Audience laughter.) You ever had a paranoid friend? They're hard to love, aren't they? They offer a vibration that defies your love. You can't do enough.

Their vibration is so far in a different place, you cannot do enough to make them feel it. It's an inside job every single time, you see.

So that's why, as we come back around to your first and very powerful question, some of those people that you long to help, are not help-able from where you stand.

And if you believe that you are the savior that came to help them all, then that means you've got to be able to adjust your vibration right up to the edge of where they are in order to lead them to the next place.

And we don't know very many who can effectively adjust their vibration without becoming part of the vibration they have adjusted to.

And yet, if you're up here enjoying happiness and health and well-being and they're down there in despair and poverty and destructive pattern, there's a big vibrational range, and there have been so many who have wanted so much to help them that couldn't figure out how to bridge that gap, and it's because you are asking the impossible: you ask yourself to quantum leap to where they are, which you can't do.

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ABRAHAM HICKS

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Esther Hicks

A lot of you do it over a period of time though - started out in a very joyful place and through the years, you adjusted yourself to be as miserable with the most miserable of them. And then you join together in groups, and you say, with great piety and great virtue, "*We are the chosen ones. We have suffered ourselves into the place God wants us to be.*"

And we say if that were true, you'd be feeling pretty good right now. When you're in alignment with that which is Source, you feel the radiance of that which is Source flowing through you.

GUEST: I think I heard you say one time that one of the ways that **Jesus** healed was by not joining in the vibration of the illness.

ABRAHAM: Wouldn't have been possible for him to heal if he joined in the vibration of sickness. He maintained his knowledge of Well-Being, you see. And with practice, you all can, too. With practice, in the time that you're not with the cantankerous one, as you practice the memory of what felt good or as you look for the positive aspects, and you activate within yourself, again and again and again and again, good feeling things about anyone or anything...

Now, that Universe or that person has to show you more of what you've activated within you. So if somebody is showing you their ornery side on a pretty regular basis, you got their ornery side activated in you. And you say, "*Well sure I do, they show me their ornery side all the time. How could it not be activated within me?*"

And we say: Oh you poor, powerless being. *Are you saying to us that you only have the ability to observe What Is? Are you not a Deliberate Creator? Can you not adjust your own vibration? When you turn on the radio in a hotel room, do you just leave it on that station, whoever was there last set the station? Or do you take your life in your own hands and adjust the vibrational frequency until it pleases you? This is the same thing, you see.*



ASK PSYCHIC MICHELLE WHITEDOVE

...continued from page 14

The rituals can include prayer, drumming, purging, visions and communing with the **Divine Consciousness** during an altered state of enlightenment. It is a way of life for some cultures.

With **Ayahuasca**, it's an indigenous hallucinogenic that heals many people. *With hallucinogenics, you must have a genuine and authentic shaman to guide you through your trip.* Yes, it helps with addictions.

Kambo is another healing ritual used mainly in **South America**. There are many people that swear by these sacred ceremonies; addicts that had an amazing spiritual breakthrough and never needed to use a substance again.

A STERN WORD OF CAUTION, *these spiritual rituals should only be practiced with legitimate shamans under their guided care. These powerful substances are not for experimentation.*

CBD oil is a healing medicine, it is calming and can reduce cravings, although I don't really feel it has that much of an impact on addicts. It's great for healing and treating other things, but I don't see it as a cure for stopping drug use.

Sadly addiction is at an all-time high, many people are so depressed, lonely and desperate. I see that suicide by drugs are even going to get worse. It's so sad, because people just don't know what to do. They get so far down the rabbit hole, that they don't see the light.

Please know that the **12-step program** works for many people, it's the most popular method in the US.

Let's send love, light and prayers to all those dealing with addictions.



Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

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

"Well you know what they say, time flies."

"I don't believe that old wife's tale. Time is misplaced, lost, stolen maybe but take my word for it, it doesn't fly." The **Man with the Ladder** leaned closer and glanced around as if the dandelions were listening as he whispered, "What would you think if we could put away a couple of minutes of today to save for some rainy day?"

"It would be nice but unfortunately it's not possible."

"You're right of course." the **Man with the Ladder** smiled a knowing smile, "But I've been told that on remarkable days such as this one, sometimes the possible and the impossible get a little confused and one shows up where the other was invited and visa versa."

He nimbly stepped down from the ladder, "Let's try it and see for ourselves."

He planted his feet so firmly on the sidewalk that to **Reb** it looked as if his shoes had sunk a half inch into the concrete. In one swift graceful movement he reached out both arms and grabbed hold of the thin air in front of him. With very rapid sure movements he compressed this nothingness to a manageable size between his large palms.

"That didn't seem so hard. Now where's a safe place to keep it?" he asked, glancing about their immediate surroundings, "How about that crook in the tree, that should do nicely. Here, hold on to it a minute while I get up on the ladder. Careful, it's a little slippery." he cautioned, holding out his closed palms toward **Reb**.

Reb usually enjoyed his friend's antics but he felt foolish being called on to participate. He shuffled his feet a little in protest but did as requested.

"The power of suggestion is amazing." **Reb** laughed, "The inside of my palms actually have a tickling sensation as if something was squirming between my hands."

"What do you expect? You must be holding onto at least fifteen minutes. Think of all the sensations you could feel in fifteen minutes and all that's tucked between your chubby fingers. Imagine if we could get hold of an entire hour in one piece! What a handful that would be! Better hold it

a little more tightly I think I just saw a minute wiggle out from between your pinkies. Okay I'm ready, pass it up. I'll put it in the crook of the largest branch so we don't forget where we put it."

Reb glanced down at his palms then over at his watch. It was over twenty minutes later then when he had last looked. He turned around quick.

"There's the bus! Have to run!" He waved goodbye and made a dash for it.

Five minutes later he had stopped breathing heavily and congratulating himself on having retained some physical prowess, and was reading the advertisements on the walls of the bus and glancing down at his watch and playing all his `waiting for my stop' games.

Days, weeks, months went by virtually unnoticed until one day **Reb** found himself at the very same bus stop, playing the very same waiting games for the very same bus.

"A remarkable day!" came the familiar voice from behind him.

He didn't have to turn around to see the image of the **Man with the Ladder** perched up on his name's sake in his mind. He greeted him as warmly as he could on such a cold rainy day.

"A remarkable day." the **Man with the Ladder** repeated.

"For a trout maybe." **Reb** said, pulling his overcoat closer, "For me it's a little too cold, damp and miserable."

"I'm not talking about today," he clarified, looking around at the weather as if for the first time, "Though I'm sure today is remarkable in it's own right. I was referring to the day we last stood here--a remarkable day--magic was in the air that day."

"Well there was room for it, there was a lot less moisture in it." **Reb** grumbled as a cold stream of water pioneered a pass under his collar and down his back.

"Weren't we the smart ones to have saved some of that remarkable day just for such a time as this. And I remember where we put it too."

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CRYSTALS, ROCKS

Your Personal Quartz Crystal

Photo by Karin Wolf



Sharron Britton

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When you first bring your crystal home, you will want to attune yourself to it. You can clear and energize your **crystal** by placing it in a bowl of water, smudging it with your herb of choice, resting it on a piece of selenite or leaving it out in the moonlight. Then pick it up in your left hand (or right hand if you are left-handed), close your eyes and breathe slowly and deeply until you feel relaxed and open. Feel the weight of the **crystal** in your hand and imagine the energy flowing up your arm and into your heart.

Allow your heart to send the energy throughout your body as you breathe. Sit with this energy and receive the blessing. When you are ready, open your eyes.

Gaze at your crystal and give thanks for the messages sent to you. Now you are ready to go to work. You can use your crystal to send or direct energy. If you are an energy practitioner, you can hold your **crystal** in your dominant hand with your index finger pointing towards the termination to greatly enhance the power of the healing energy you send. Your **crystal** can be a great tool for clearing a space when held in this way.

You can also use your crystal as an aid in meditation. Gazing into your crystal's depths while meditating can take you to wonderful places. Holding your crystal in front of a candle flame enhances candle work and fire magic.

It is a good idea for most people to keep their personal crystal for their own use. This will keep the crystal free from unintentional energy from others. Do not point your crystal at others without their expressed consent. As you work with your crystal, the **Crystal Gateways** will open and you will grow in your understanding of becoming a beacon of the Light.

Many blessings to all along this journey.



Lemurian Seed Crystal, Serra do Cabrol, Brazil



Betsy Chasse

TIPPING SACRED COWS

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Humans love a good bargain, and there's nothing like grabbing a belief off someone else's shelf. I mean, it's free, right? They've done all of the initial work. Might as well make a copy so you can be twinsies. *If my best friend says it, it must be true, and I'll say it too.*

Snagging someone else's beliefs, meanings, and understandings is something we do very well. The skill set of taking on knowledge, not from our own untainted-by-opinion experiences but from things learned by another, is a very human one.

We build ourselves while standing on the shoulders of those who laid the groundwork before us. Imagine, if you will, what would happen to our civilization if we each individually had to learn and invent every bit of our individual knowledge, solo through our own discovery process. Imagine having to rediscover geometry every time we needed to build a bridge instead of learning it from our learned-knowledge history. That would suck, not to mention how tough it would make travel (especially since we'd probably be doing it on horseback).

The thing I have learned is that our propensity for adopting others' knowledge, understandings, meanings, and beliefs is wonderful, but also dangerous and something to navigate with care. I have also learned that it can kind of make you brain-lazy. It's so much easier to have something handed to us pre-labeled. Especially if we've heard it before and it matches the beliefs we already carry. We don't have to go through as many neuron stations to build our picture, because our picture has already been built for us. Of course the easiest thing, even easier than learning someone else's learning, is to simply go back into the brain computer and pull out the file that says "red shirt bad."

It is way easier to react unconsciously to all of it than to pause and take a moment not to react according to old impressions: the colors, the smells, the words. The brain likes repetition and having well-labeled, pre-figured-out things to easily reference. The same, the known, even when it hurts, somehow feels safer to us than the un-

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Betsy Chasse

TIPPING SACRED COWS

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known, even if the unknown is where so many possibilities lie.

Realizing we are this way, that I am this way but I can change the situation, is probably the single most important lesson I have learned in my entire life. By understanding how my brain works, instead of allowing my brain and its subconscious programs to run amok on their own, I take charge. Yes, we humans like to think we know the truth even if it's untrue! And once we've decided it's truth, even if it's false, it's hard to change. But somewhere along the way, hopefully, we look in our belief closet and realize there's something amiss and it's time for a garage sale.

After my divorce, I realized that after forty-some odd years on this planet, I had picked up a whole lot of stuff I just didn't need and had made some pretty sacred beliefs for myself. They were beliefs of all varieties, from spiritual to body-image stuff, from cultural to political, from **chocolate** to **panna cotta**, things that I protected and refused to shift for fear of losing something. Beliefs that might have fit at one point or another, but no longer made me look so good.

So I began to get rid of them, slowly.

There are lots of ways to figure out what beliefs you have. Some people do regression therapy or go to meditation retreats to get a handle on their baggage, but I prefer the practical approach and use lists and observation. I spend time observing my reactions to things, my feelings and opinions about a situation. I allow myself time to go through every thought because shoving thoughts away, simply ignoring them, and judging them before they've had time to be expressed, just leaves them to fester like rotting meat in the compost pile. You don't want meat in your compost pile.

I organize my lists into categories depending on whether my responses are reasonable or emotional and based on old beliefs. The methodical nature of making lists is, for me, an easy way to clean out my closet. If it's reasonable, then I can explore a reasonable response. If it's emotional baggage, it gets tipped. I also play a

game I call **My Life Sucks**. It's dramatic and fun and heart wrenching, but it works for me. I have included it in the appendix of the free digital copy you can request at www.betsychasse.net so you can play it too.

When I dug deep into my beliefs, I found most of them were connected to the concept of worthiness: I wasn't pretty so I wasn't worthy of love; I wasn't smart because I didn't go to college and therefore wasn't worthy of success; and so on. I am going to go out on a limb here and make a grand statement: my guess is that, especially for women, most of our beliefs about ourselves are connected to worthiness.

Our view of our self worth makes a lot of decisions for us about the life we are going to live—at least it did in my case. Drilling down to that core understanding has made a huge impact on me. It's why I am able to sit here and write this book. I actually believe that what I have to say has value to other people. Imagine that. The short, chubby, dumb girl has something to say. Why, yes, yes I do.

This understanding of why I believe what I believe about myself and the world I live in is the cornerstone of my work these days. It's not so much based in "spirituality" as it is based in the science of how this body, this tool I've been given to experience the world I'm in, is used. This is my foundation for [Betsy Chasse](http://www.betsychasse.net) picking and choosing the beliefs I take with me on my continued journey. Because before I can decide what is spiritual, before I can decide who I want to be, I need to understand what I believe I am.

With practice I, and anyone, can interrupt those old patterns and begin to build new ones. As **Dr. Joe Dispenza** has said many times, it takes repetition. Just like hearing "hippo" and "chubby" all my life, I needed to start hearing how beautiful I was, starting with telling it to myself.

To do this, I built my own bullshit meter. My little game **My Life Sucks** is played often, sometimes in a speed round, in the nanoseconds between breaths. Before I decide to take on a new belief, I listen to the inner voice that is a guru and a friend. And if I don't have time for a speed round, I simply wait until I do. We don't have to decide right then and there if we need that shiny new belief. Sometimes there is a peace that comes with sleeping on it.

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Betsy Chasse

TIPPING SACRED COWS

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That day when my daughter was given a belief, a meaning she had not chosen, my heart broke for my beautiful girl. My heart broke for all us little girls. It will be years before she is able to choose to change how she might react to what she was given. Hopefully all my yammering on about how her brain works, how beliefs get all jumbled up, and my constant reminders of her beauty will eventually sink in.

It took me until my forties, with an epiphany wrapped in a crisis, to finally understand how I worked. Even though it was hard and often painful, I don't regret it. We learn when we learn. My take away is that I don't have to buy it, but if I do, I can return it. I can undo the neural connection with practice, just like I clean my desktop on my computer. I do it often, instead of being something painful and arduous, it's sort of like Christmas every time I play. I get rid of what I don't want, find things I didn't know I had, and make room for change.

Notes

* A quick info dump on trendy memes, which are a little different from cultural meme-memes, both on the internet and out and about among actual physical people. They are also insanely easy to pick up—like the yearly flu. We are infected with little transient memes (think about the crazy explosion of “that’s hot.” Reality television was patient X, with an R-Naught of a bazillion. It was inescapable) against our will because our brains are built to actually be the bestest meme hosts ever. That train left the station when evolution decided cognitive cooperation was the way to go. There's a metaphor for memes that uses genes as an analogy and the idea of memes being “selected” into sticking within a culture or slipping away as a meme- dead end, i.e., trending or faddish memes.

Meme me up, Scotty. We cannot escape replication of cultural stuff. It's in our cultural chromosomes, diligently passing on the pieces of stuff that makes us, us.

MORE next month.

Can't wait? Get a **FREE Digital copy NOW** of *Tipping Sacred Cows* by joining Betsy at www.betsychasse.net



Jim Egan

STORIES THAT BEND REALITY

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He sprang up, causing the ladder to teeter as he reached into the crook in the tree with both hands. Both him and the ladder leaned dangerously over Reb, but the **Man with the Ladder** did not dare to let go of his precious handful to hold on. **Reb** grabbed hold of the ladder before the ladder could grab hold of him.

"Tomorrow's headlines will read: `Two fools squashed to death by foolishness' if you don't hold on to the ladder!" **Reb** complained, "Okay, okay, pass me the thing but grab the ladder quickly."

Reb stepped up on the first rung and made the motion of grabbing the nothingness that the **Man with the Ladder** clutched so tightly. This time he did not feel the itchy, tingling sensation in his palms.

"And just what are you holding on to?" the **Man with the Ladder** asked accusingly.

"Nothing." **Reb** replied confused, showing his palms.

"Of course not! Can't you see it's stuck to my fingers? Grab hold and give it a pull."

"I got it, let go and hold on to the ladder."

"I'm trying but it won't let go of me."

"Well do something! If one of my neighbors come by and see the two of us playing tug-a-war with nothing, up on a ladder, I'll be explaining it to my wife for the rest of my life." **Reb** lamented.

Finally he pulled his hands free and the tingling sensation returned to his palms but he was no longer impressed by the power of suggestion. Perhaps it was the cold barrage of droplets shaken from the branch that the **Man with the Ladder** banged his head on when he let go.

"I still have nothing in my hands." **Reb** said, opening his hands dramatically, but in the process throwing himself off balance. A brief sensation of falling, a splash, and then cold wetness rapidly seeping through his pants.

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Frank DeMarco

MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

...continued from page 17

- Body is also the continually adjusting interface between the individual subjectivity (“you”) and the shared subjectivity (“other,” or, “the world”).

FRANK: This is still too scattered, isn’t it? Even with bullets.

TGU: As usual, a fundamentally new bundling of information requires a bit of fumbling before we can find the way to organize the explanation.

FRANK: I’m not complaining, just noticing.

TGU: Perhaps noticing will underline the fact that we are not just dishing up more of the same old **New Age** clichés, nor the standard “scientific” (materialist) positions, nor in fact any existing model. We are giving you something new, and if (as we have cautioned several times) it is taken to be “only X” or “nothing but X in different words,” you will have no chance of actually learning something. If, having considered it in its own terms, you then see analogies to other things you have read or heard, fine. Well and good. Comparison may help identify. But what kills new understanding is being sure in advance that the new material is “nothing but.” So now we will go at it again.

- The body is a space-suit, or diving-suit, yes. That is, it is a mechanism that holds you in an alien environment so you may function there.
- As a mechanism, it is complex, interrelated, continually adjusting, gradually ceasing to replicate itself. It is created to have a limited shelf-life. That is, no one is born to live forever.
- However, even as you look at the body as a mechanism, remember that the parts are themselves no different from the materials of the shared subjectivity. That is, the body exists in the way that matter exists, and only that much. All the world is mind-stuff: Should you expect that your body is something else? What would that something else be?

- Now, this mind-stuff collection of mechanisms, connected in so many ways to the shared subjectivity of which its substance comes (that is, its physically transmitted characteristics), and connected therefore to all the intelligences of various orders that connect to physical matter, also connects to and responds to you.

- As always, “Which you?” As your awareness and mastery changes, the “you” in effect changes. Do you suppose the body can be unaffected by the changes on the opposite end of the “mind-body” connection?

We are trying to find words to convey a sense of the body as, not some inert piece of meat that responds to stimuli, and not some localized collection of functions operating in relative isolation from the rest of the world, but a fuller functioning active intelligence connecting and responding to and influencing what is commonly called spirit, and matter, and minds, and environment, in all directions including backward and forward in time.

FRANK: Smallwood’s back, and mine.

TGU: Exactly. The connection was there. It required activating, which was a choice within an awareness, but it was there via the strands. Naturally you didn’t stop to consider that “the body” might have something to do with that transformative event. For one thing, your careless definition of the body wouldn’t have provided any anchor-points for the concept. For another, the massive changes in belief-systems involved in allowing awareness of the event (rather than writing it off to fantasy) overwhelmed any other effect.

ut you will notice, it was the change in your back that persuaded you to consider it and not write it off. And it was the distress of your back, before that, that let you “fantasize” a contact with Joseph that would not have “made sense” had you tried to justify it. That is, it wouldn’t have fitted in with your predominant belief-systems, hence, wouldn’t have made sense.

A while ago, we contacted **JFK** and speculated about his repeated collapses of health and spontaneous, seemingly miraculous, recoveries. I speculated that it was because of a continuing pressure within him.

FRANK: No, say it carefully. This will be important.

TGU: I thought, on the one hand, **Jack** grew up with his father’s towering expectations overshadowing his life. He loved his father deeply, and feared his dis-

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MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

Frank DeMarco

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pleasure, and strove to mold himself to meet Joe's expectations. But Jack was also fiercely independent, continually resistant to any reining-in by anybody or anything. Whether passive-aggressively (if that was the only option) or openly defiantly, he spent years obeying and disobeying, pleasing and defying.

The strain on his constitution was extensive and more or less unremitting. Periodically, some safety-valve would blow, and there would be young Jack at death's door again. His father counted four times that Jack had been given the last rites. And then he would bounce right back. Years, periodically at death's door, then back again. And the result was not a crippled convalescent existence, but an active mental and physical lifetime, lived within his limits - or beyond them, sometimes. Very improbable, all of it.

Yet he concurred with your analysis. Now, consider. Such a pattern cannot be "mental" or even "spiritual" and not involve bodily intelligence. Even a psychosomatic illness is objectively real in its own terms; the person cannot wish it away, but must rebuild structures. (Indeed, that's that the illness is there for, in a way: It is a signpost saying, "Here's an area needing work.")

Jack Kennedy's illnesses were not psychosomatic in any meaningful sense, and yet they were the indirect result of mostly unconscious psychic stresses. You could say that his bodily suffering allowed him to be himself as an impossible stretch between his father's expectations (hence his own, at second hand), and his actual bent.

REDEFINING THE BODY (PART 2) THURSDAY, AUGUST 19, 2021 2 a.m.

FRANK: Yesterday you concluded by saying that Jack Kennedy's "bodily suffering allowed him to be himself." Shall we continue with that thought?

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TGU: It will be an interesting thought-experiment, for those who will do it, to consider physical illness (temporary) or condition (chronic) to be the thing that allows you to exist in an inhospitable atmosphere.

FRANK: Oh, I see where this is going. Very interesting! But it isn't ten words or less.

TGU: s it ever? Factors contributing:

- Your basic default positions, your psychic equivalent to basal metabolism. Your body's composition, energy, biases other things being equal.
- The varying "atmosphere" you live in. The shared subjectivity as it manifests, moment by moment or year by year, remembering that really there is one moment, but it manifests differently as you go along.
- Your own reaction to ongoing changes in relationship between your default position and the shared subjectivity as it throws up things in your path.

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ARIES – (March 19 – April 18)

Always effective, but sometimes excessive! You may be more than perfect; you trigger jealousies, so close your eyes or turn a deaf ear. May you actually need to increase your income or your network on the internet? Do not worry, small difficulties fade. So, you will really find the power to act without too much obstacle. Indeed, your energy comes back and you have to face the facts, you take a lot of initiatives. This helps you to conclude quickly and well, everything you do. If you wish to entrust a secret to someone, you only have to choose from. Among all trusted friends around you there are many who are willing to go to the fire for you. From the 23rd to the 25th, avoid being stubborn for an unimportant detail.

ARIES: LOVE IN GENERAL

In your love life all the lights are green. Venus sends you passionate fires from Capricorn and you start a quarter turn. Be careful that the startup is not too fast, you could find yourself uncomfortable or simply faced with a situation a little complicated. Indeed, you will have trouble distinguishing between love and desire, even if the crush is real.

ARIES: IN A RELATIONSHIP

Faithful to yourself, you will fight with willpower and determination to impose your own half and nothing and nobody can prohibit you from carrying out your projects, or impose your ideas. You remain deaf to all objections and make a task more difficult; in short, you are intractable! Something has changed the game, and that's fine.

ARIES: SINGLE

The physical attraction you can feel for a perfect, or a complete, stranger, blurs the tracks. By refocusing you find, very quickly, your sense of balance and you delay. However life will not be sad at all and if you throw yourself into the water for an unexpected meeting, you will not regret it.

ARIES: CAREER / FINANCE

The development of your career depends on your ability to manage your impatience. Although you feel that things are going well, they need time to get in place. This month resist the temptation to force the course of events because the precipitation would not produce the desired effects. It's the same for your great ideas. Make



sure that conservative minds see them as advantages and not as utopian projects. When it comes to your finances, pay attention to what you buy. So, before you draw your card, ask yourself if you really need a new smartphone.

TAURUS – (April 19 – May 19)

Uranus in your sign plays on your reputation or your social position? You say what you think and you think what you say. This is the best way to set the record straight, you who tend to forget it! Anyway, even if the conjunction of Mercury and Saturn square to your Sun, you throw a challenge, you know how to bounce and cut short these little things that can become annoying. Your usual realism does wonders, your obstinacy too. You do not give up, but you have a hard time relaxing. Still, it's the only thing to deal with ins and outs that you do not always master. The time is working for you; the end of the month is surprising; on the 4, 5 and 6 do not insist.

TAURUS: LOVE IN GENERAL

The best way for things not to turn against you is to not play with the feelings of others. Show yourself rather inclined to be attentive to any solicitations from a person who would want to talk to you. You are attractive and your strong personality does not leave anyone indifferent. You tap into every register: love and passion is much more than enough.

TAURUS: IN A RELATIONSHIP

You win to bet on a negotiated peace rather than camping on your positions. By easing up on your side, you will be glad. Indeed, your half will appreciate that you finally recognize his/her merits and his/her in-

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volvement to make you happy. This month will be rich in shared emotions: experiences, memories and feelings favor tender relationships.

TAURUS: SINGLE

Under astral influences you show a lot of charisma. The person you are looking to attract might be like a magnet. You display your desires and you take the lead, as long as you feel a little responsive. It is true that your discreet seduction, all in softness and in sensuality, is particularly effective.

TAURUS: CAREER / FINANCE

With Saturn on the area of your career, you have the feeling that nothing is moving in the right direction. On the worst days, you may feel that you are completely overwhelmed. Bull! Instead of hanging on to what you have learned, open yourself up to other perspectives. Do not reject new ideas and accept them with joy. In doing so, your career will be enriched by this little something you hope for so much. On the financial side, unexpected expenses can surprise you and destabilize your budget. Do not turn against their authors. Instead, look for good deals that will save you from expensive purchases.

GEMINI – (May 20 – June 19)

This month you are struggling with your great ideas and great speeches. Good, you have a public and whatever your industry you will be unanimous. Alas, every coin has two sides: you hardly support the slow pace and you'll have to force yourself to maintain an Olympian calm. Although you resist the contradiction, you manage to think and action. Especially on the 4th and 5th of the month, where we could find you great. Anyway, you continue to bet on humor and against all odds you know how to remain Zen in all circumstances, in front of anyone. Trust the solution you expect is nearby, it will appear when you least expect it.

GEMINI: LOVE IN GENERAL

Maybe you are looking for everything and for opposite? Maybe you're just looking forward to seeing things change or really settle down? This beginning of the year is particularly important and you hope to make the right choice at the right time. This is what the stars offer you, for you to jump on the opportunity without delay. Especially since you are in good shape and those who have hoped to place one before you but it won't do them any good.

GEMINI: IN A RELATIONSHIP

You deploy your unfailingly humor deadpan laugh and leave you cranky brood in their corner. It's perfect we expected no less, because everyone knows it's stronger than you: you are aware of the effect of your pirouettes on your immediate surroundings, especially your dear half who finds well quickly... The smile.

GEMINI: SINGLE

Winter does not make you stand still, quite the opposite. Even if you have days with and without days, you continue to follow your certainties and impulses. Take care, however, not to run several hares at a time, so you would be hard pressed to be taken seriously.

GEMINI: CAREER / FINANCE

This month beware because you are going in all directions. This may have worked for you before, but this month it could play a bad trick on you. So, if opportunities arise, take it upon yourself and be rational. Before you start, take the time to check that you are making the right choice. Take a break and think about its long-term consequences. On the finance side, it's the same thing. Before embarking on an expense, check that you are really getting a good business or that you have enough cash in your account.

CANCER – (June 20 – July 21)

Serenity and trust are your watchwords, once is not custom. Indeed, the stars are good for you; it allows you to rely on a supportive environment and on the dazzling intuitions to advance. You see immediately where you step and this ensures a train in advance. All fights are good to lead: "iron fist in a velvet glove" it's your motto and your way of acting. Everyone is caught, so you have no qualms about imposing your will. Basically, this is everyone's business, especially since you get rid of your fear of missing and not succeed. Your natural creativity is expressed, as well as a certain spontaneity that you no longer fear to show. Even on the material plane this method will benefit you.

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CANCER: LOVE IN GENERAL

The restrictive nature of the moon in mid-month brings you to have to wait and keep waiting. Perhaps you lack some lucidity or objectivity to deal with the problem or the questions that arise? It is true that you were hoping for a more brilliant or even different truth. Do not be fooled by appearances. It will take you a little more than a few hours to go around all that seems contradictory to you.

CANCER: IN A RELATIONSHIP

Your partner knows your addiction to kindness. He/She would like, sometimes, to be alone with you without having to hear your cell phone ring. Put it on silent and focus your attention on the happiness of being together. It is certainly the most beautiful gift that you will be able to offer him/her.

CANCER: SINGLE

You sometimes feel that someone blows hot and cold. This restrains you from taking the first step, or just trying to make a veiled proposal. Some natives will not hesitate to ask disturbing questions, which will allow them to have a better analysis of the situation and the immediate return they have been waiting for.

CANCER: CAREER / FINANCE

Jupiter fulfills your wishes for evolution and change. On the other hand, you will have to deal with the hardness or with the requirements of your partners or your colleagues. Cancer! This is not the time to retreat, under the pretext that some spirits seem ruthless to you. Take your courage with both hands and affirm yourself! How? By using your creativity to your advantage. On the financial side, your desire for something new can be expensive. So, if you want to avoid finding yourself in your banker's office, be reasonable by not buying things twice.

LEO – (July 22 – August 21)

You may have to make choices in a hurry, or consider the ones that have been needed for a while. Thanks to certain reactivity you will not have too much trouble to decide, or even to act. In any case you know exactly what you want or what you do not want. Even if some people reproach you for being unrealistic, you assume without doubt. It is still what you have better to do;

your authority is appreciated, as much in your professional circle as social or private. If some financial complications interfere, you find a way to delay until better days, your morale of steel does not let it be said. On the 23rd and the 24th, you take your head out of the water and you see the shore.

LEO: LOVE IN GENERAL

Some annoyances will not be enough to stop you in this good way, you have seen others. You want this period to be the one that counts in a lifetime, so you pay off the liabilities and you see the future with greater clarity. Your love is sincere; the links that you are currently creating are likely to become permanent.

LEO: IN A RELATIONSHIP

Tensions are slowly easing and you have the gift of reinventing yourself every day. This for the pleasure of your half, who agrees to follow without too much persuasion. An exhilarating whiff of new perspectives is offered in your life to two: moving, new projects, family, all this occupies you all month and changes, clearly, your priorities.

LEO: SINGLE

Slowly but surely you advance towards the horizon without derogating too much. A meeting that shakes you a bit will not be enough to make you change your mind. Too bad or good, not that love scares you but you prefer, for now, stay in observation and see what comes later.

LEO: CAREER / FINANCE

Although your situation is secure, it is possible that your ambitions may not be met. However, you stay the course, while managing with this annoying routine. In January, an opportunity may arise for you. Do not rely solely on your instinct as it could mislead you. So, before seizing it, take the time to check that it is not hazardous. On the financial side, you may not be looking at the expense this month. While it sounds like you're out of control, do your math, set a budget and stick to it.

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VIRGO – (Aug 22 – Sept 21)

The month looks rather significant and this is on several levels. Do not hesitate to step out of your comfort zone to provoke proposals, which will prove much more exciting than what you thought, at first glance. You effectively structure the means at your disposal, it allows you to optimize your answers and you reach the target. You willingly give up an agreed attitude in order to bet on the unexpected and the impulse of the moment. It does not look like you, but you are doing much better. From an administrative point of view your steps are facilitated, especially as you demonstrate an effective rigor that takes you far. Some of your dreams now seem possible and more accessible than ever. By refusing pessimism, you tick all the boxes.

VIRGO: LOVE IN GENERAL

Your objectivity in the sentimental field gives you high hopes. Indeed, you channel your emotions so that no one can guess what you have in mind. Against all odds it works perfectly. You avoid complications by staying tuned, just enough to keep your good reputation without suffering the consequences of too much availability.

VIRGO: IN A RELATIONSHIP

The feelings you feel are now well cleared, you move carefully but quickly. In reality you manage to get a new look in your relationship and assuming a new image of yourself. Your partner is definitely conquered!

VIRGO: SINGLE

It is true that nothing motivates you so much, that the great encounters and especially those strange relationships that speak only to you. If your senses are awake for having a crush or love at the first sight, you will have to justify it... in your own eyes. Needless to torture you too!

VIRGO: CAREER / FINANCE

With Saturn, your work seems laborious to you. You must make efforts to adapt to new ideas or concepts. This is not the party that way! Virgo! Try to see things in a positive light! In doing so, you will find that all these innovations will serve your interests and that, as a bonus,

they will open up new perspectives for you when the time comes. On the financial side, their balance can be compromised if you relax your natural vigilance. So, to avoid this kind of inconvenience, do not give in to the ease and keep control of the situation.

LIBRA – (Sept 22 – Oct 21)

The speed of reflection associated with the depth of thought, allow you good results; especially in the professional field. Your action is up to your ambitions and it does not go unnoticed. It is true that you have the deep conviction that an old dream is at hand, why not? After all the energy does not fail you this month, you are able to surpass yourself and rebound with confidence. In fact, even if you do it discreetly, you like to evaluate and compare your performance. You decide to take your choices without affecting anyone, or anything. On the 13th you can make a good investment: moral or material. On the 31st, you are self-censoring.

LIBRA: LOVE IN GENERAL

You refuse to complicate your life and you go to the simplest. The love domain is no exception. To achieve your ends you will have the choice between serious proposals and all-round charm. This well-ordered strategy will help you get what you want quite easily. Indeed good energies help you and make your life easier. Do not stay in a wait-and-see attitude. It is more than time to decide in the quick and to appear in your reality. The end of the month is "sawtooth" but you provoke luck by all means.

LIBRA: IN A RELATIONSHIP

You know how to be appreciated when you are motivated. You need to be loved and proven to you all the time. Your partner makes sure this month, to be in the right momentum. The days go by and are not alike, so much the better: the routine is not your cup of tea. Everything is going in the right direction, without much effort.

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LIBRA: SINGLE

A certain feeling of fullness and freedom tantalizes you. You even want to pack your bags to meet an exotic love: already known or to discover. Anyway, you use and abuse the internet and social networks to find you in the right tropics.

LIBRA: CAREER / FINANCE

Libra: Jupiter occupies sector six of your solar theme that corresponds to your work. This month, it offers you an opportunity that is likely to make you grow. Libra! If you want things to change professionally, you will have to deal with these constraints that, by their nature, horrify you. How? Seeing all the benefits you will get by accepting an interesting proposal. On the financial side, you are not immune to these compulsive purchases that put your accounts in red. So, to avoid this, find yourself an occupation that soothes you and does not cost you anything.

SCORPIO – (Oct 22 – Nov 20)

At the game of synchronicity you are the big winner. Everything seems to converge in the same direction: exchanges, readings, conversations picked up "randomly". You find answers without even having to search for them. But it's true that it's been a while since you've been waiting for life to show you the way. This month of January is done. You finally look in the right direction and you will, without further ado, at the end of your desires. In exchange stop trying to make others happy despite themselves, everything will be better. Listen to your deep self; it speaks loud enough for you to hear it without increasing the sound. Especially as you keep an open mind and opportunities arise when you need them.

SCORPIO: LOVE IN GENERAL

This beginning of the year could open you, broadly, new horizons. Not to mention a "firework" of opportunities, solutions may arise. Your love story, or the one you've been waiting for, will have some chance to take a new turn. Why not give in to the compass of your emotions which, without being wise, is not off-center either. The person who makes your heart beat has understood that you need to be tamed and never back away from a challenge, whatever it may be. The planetary aspects support you; you could go well beyond your expectations or those of your partner.

SCORPIO: IN A RELATIONSHIP

Your creativity is also expressed in your relationship, to the delight of your spouse. You try to know his/her innermost secrets or you behave mysteriously, which has the art of titillating. Around 16, the trend is cocooning? Give in if you can.

SCORPIO: SINGLE

You exploit your premonitory visions wisely. And you could be in the right place at the right time. If this is the case do not be impressed by a somewhat imposing personality, you have something to answer. Indeed, your caustic humor is extremely effective. The 7th and 8th you seduce the whole earth.

SCORPIO: CAREER / FINANCE

Developing your career can seem difficult and your work may seem routine to you, but that's not mean you're going to run out of money this month. Between the 1st and the 24th, Mars stimulates the financial area of your solar theme. It promotes cash flow from your work, your innate business sense and your wealth. Luck passes and opportunities arise. To ensure that they fully serve your interests, focus on new ideas and concepts. In doing so, you will be one of those who know how to be in the right place at the right time.

SAGITTARIUS – (Nov 21– Dec 20)

The presence of Mercury at the beginning of the month in your sign gives punch to your ideas and helps you to find out how to carry them out. You manage to convince your interlocutors and the doors open with incredible ease. Do not get in too much trouble, you may end up with some unforeseen complications, certainly short-lived, but that would force you to wait for things to settle down. Take a step back and take one step after another; it will be the best way to benefit from your ability to impose yourself. If an important appointment, or an interview, that requires preparation and energy is the order of the month, you should have all the chances to pass the obstacle as best as possible. Finally, this is a period during which you reorganize your daily life; you get a certain added value that will allow you to move forward.

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SAGITTARIUS: LOVE IN GENERAL

Some small passing doubts at the beginning and at the end of the month make you see a "half full, half empty glass". Face the discussions instead of running away from them; there is certainly nothing to upset you for so little but at least you will be certain. If malicious people bring you gossip, make sure they are true. It is best to question the person without further delay. Anyway you clear up a misunderstanding or you skip over an unimportant disappointment. The conquest of your own confidence will be on the front line throughout the month.

SAGITTARIUS: IN A RELATIONSHIP

Sagittarius: You think logically, maybe a little too much for the love context. Heart and reason work well together, but by letting you fall your defenses, you find a certain freshness that makes you feel good. Distance and reunion to better "patch things up", could be the lot of many natives.

SAGITTARIUS: SINGLE

You're supporting someone; the links you find may not be the ones you thought. A friendship story could turn into a love story for a day or forever. Some unforeseen events of good quality will give you a balm to the heart, you enjoy the favor of the stars: physically and emotionally.

SAGITTARIUS: CAREER / FINANCE

Opportunities that can help your career and finances evolve this month. Unfortunately, it is likely that they do not meet your expectations. Before rejecting them, take time to think. To make this time useful and productive, look at the benefits instead of focusing on what's wrong. As for your finances, they are doing well because they are watched closely by the energies of Capricorn. As a result, no unnecessary purchases are announced this month. You manage your budget accurately and you know where you are going.

CAPRICORN – (Dec 21 – Jan 19)

Some recent decisions that you had trouble taking, are beginning to bear fruit. Your environment may have changed. Anyway you have stopped looking towards the exit and you assume your choices. This month of January can be fruitful in terms of material: employment, place-

ment, reordering or perspective. You want and need that the wind of novelty that you have requested really breathes on your life. Things are taking their course but maybe not fast enough for you, which is a shame! Yet you really feel that everything starts again and it shows; you are open to all eventualities.

CAPRICORN: LOVE IN GENERAL

True false illusions are no longer for you. You have left this far behind you and everyone can think what he wants, it's equal. You know exactly where you put your feet. You release your thoughts, your heart and your desires. It's as if you have the ability to project yourself into the future without cumbersome issues.

CAPRICORN: IN A RELATIONSHIP

In reality you break the taboos and all that could, so far, constrain you. Your partner approves your behavior: he/she has been waiting for this for a long time. The little jealousies and little scratches that disturbed your relationship are in the redemption phase, only happiness!

CAPRICORN: SINGLE

Perhaps you have finally built the robot portrait of your ideal love? And maybe you'll get excited for a person diametrically opposed? Anyway someone makes your heart beat faster; the meeting is new or even strange. Let yourself be carried away by the pleasant surprise that life makes you.

AQUARIUS – (Jan 20 – Feb 17)

Your audacity takes you further than you thought at first, even taking risks. Yet you feel ambivalent: on one side you're ready to jump into the water; on the other you apply the brakes. You will have to take a stand once and for all, so you will regain your trust. If professional side you are less helpful than usual we cannot really blame you. Indeed, a certain restraint in the face of new rules, or new colleagues, allows you to benefit from a period of observation. This is doing you a favor. You do not rush and your analyses are, as always, very fine.

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If at the beginning of the month someone tries to dissuade you it will be for his/her expenses. This is not the month of January that you will give on anything, in front of anyone.

AQUARIUS: LOVE IN GENERAL

You are determined, in love as elsewhere. As a result, you get things moving with your partner; although some differences in behavior are notable. In this period you prefer one-on-one and you are less inclined to large gatherings of friends and band trips. It's not that you feel less energetic but you appreciate your comfort and privacy.

AQUARIUS: IN A RELATIONSHIP

Less demand on your social life allows a greater calm. This is good news for your half who can finally enjoy your presence without having to share with the whole world. This beginning of the year finds you focused on your torque screw, you struggle to bring evidence.

AQUARIUS: SINGLE

Celibacy weighs you a little, you do everything you can to put an end to it. It had not happened for a long time. So you multiply relationships: social networks or through your friends. The meetings are often surprising, endearing and are likely to become permanent.

AQUARIUS: CAREER / FINANCE

Opportunities arise for you to improve your finances and your lifestyle. If you want to grab them, think healthy and look on the bright side. So, get organized, be rigorous and think about your future. In your reflections, ignore the opinions of others, as they may mislead you. Aquarius! If you want to make more money, reconcile yourself with its benefits. Thinking about your interests will not make you a selfish person but an enlightened person who knows how to make the right choices at the right time.

PISCES – (Feb 18 – March 18)

You learn to empty without necessarily occupying it at all costs. In all that does not serve you any more: address book, objects and closets too full, worn conversations, what will you finally eliminate? Basically

you know it perfectly well and for a long time. You just have to get going and do it without too much regret or remorse. You see the skyline, far ahead of you and you have decided to reach it without too much delay. It is true that you know how to swim and that you can show yourself more than determined. However some may underestimate you, it may be that those are the most surprised. A form of secret garden allows you to recover your energy and move forward with confidence; it is your greatest strength.

PISCES: LOVE IN GENERAL

This month of January brings you dreams. That's all you needed. Here you are, without any preconceptions about what can happen and you bet without delay on a bright future. Continue on this path, events arise and take the expected form. The 26 and 27 favor the sensual pleasures.

PISCES: IN A RELATIONSHIP

Do not focus on an unfounded scramble. It will disappear like a soap bubble. You just have to play with your incomparable gaze, so that your partner becomes amnesic to any misunderstanding. It is easy to drown in your eyes and you are perfectly aware of it.

PISCES: SINGLE

You will not wait for the green light to get in touch with whoever you want. By taking the initiative you not only feel good, but also you score points with your relationships. You find it jubilant and exciting. You do not stop at anything while keeping a smile.

PISCES: CAREER / FINANCE

Your career development is hampered by external influences. Or, people are struggling to get your place. In these circumstances, do not give in to the facility by giving up or withdrawing. Hold on until the 25th. From that date, decisions are made in your favor thanks to the unfailing support of a person who has the power to make decisions. On the financial side, you manage your budget sparingly. You pay attention to your expenses by focusing on what is essential, but it does not mean that you deprive yourself of everything.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

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Thoughts of love, joy, and courage, heal. So let us be full of love and joy to have a healthy body.

Thought are also magnetic. Similar thoughts attract similar thoughts. People of similar thoughts are attracted towards each other. *“Birds of the same feather flock together,”* What we think flows from us in an infinity sign and attracts similar thoughts and returns to us.

So, if we hate, hate will come back to us. If we love, love will come back to us. Whatever returns to us, intensifies our original thought. We become a magnet to similar thoughts. We experience this when we go with good intentions to a person who is depressed. If we are not able to move them out the depression, we also leave the situation drained and depressed.

A powerful suggestion from a doctor allows the patient to cure the disease through the treatment that is given. But a doctor may say *“I cannot cure this patient, they do not have the will to live.”* Every thought or emotion or word produces a strong vibration in every cell of the body. Strong passion, hatred, jealousy begin to destroy the cells of the body and introduce diseases.

Louise Hay introduced us to the idea that different thoughts can cure diseases in her work *You can Heal Your Body*. Yoga practitioners know that standing on your head is really not yoga, but doing the physical exercises prepares us for the purpose of *yoga* which is *yoga chitta vritti nirodhaha*, complete control of our mind waves.

The thoughts that we are aware of are either internal conversations like mental talk or mental images, or a combination of the two. These thoughts we can track through mindfulness.

But what about subconscious thoughts? Once we are aware of the conscious thought, we begin to detect a subtle undercurrent, a sort of subterranean stirring. That is our subconscious mind! Therefore, becoming aware of subtle thoughts tell us what is stirring in the mind.

Most of the time they manifest in our emotions. These are the thoughts that have created grooves in our mind, that we automatically fall into. These thoughts run without our mind being consciously engaged. They run in a circle and keep repeating over and over until willfully stopped. At times we ask someone what they are thinking when staring into space, usually their answer is “I do not know.”

Our thoughts not only have power over our physical body and emotions, but also create our life. Once our emotions match the thought, we create. Everything that is logged in our unconscious has been created with emotions, that is why those unattended thoughts need to be monitored so that they do not create deeper grooves in the mind that the mind automatically falls into.

There cannot be a change in our life, unless we begin to become aware of or thoughts. This is not so easy. We may wish to ask our mind what it is thinking. Then we need to evaluate if we wish to accept that thought or go *“delete, delete.”*

Understanding how powerful our thoughts are inspires us to monitor them and direct the thoughts towards the change we wish to be. We are created in the image of the Divine. We are not the divine, but we have some of the powers to experiment with before we return to the source. We are powerful. They say that a saint who meditates in the **Himalayas** on world peace is more powerful than an atomic bomb.

Andrea/Publisher writes: I subscribe to the **Yogashakti Yoga Center YouTube channel**, it's a great addition to my morning practice. I met Mokshapriya at the Palm Bay ashram in the 90's. Like her predecessor my beloved **Ma Yogashakti**, she exudes very definite, palpable energy. Give her vids a watch. They educate, comfort and inspire me. You can watch the **Yogashakti Yoga Center YouTube** channel at https://www.youtube.com/watch?v=w_LJwgiYIO0



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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

That's what the DEATH experience is like also. You close your eyes here and open them elsewhere. Wherever you find yourself, there will be something catching your attention, then something else, then something else.

There is no dark hole of nothingness where you're wondering WTF? You will be met by loved ones who have passed before. You will be comforted by familiar surroundings. Hold on to these thoughts until they become your expectation and belief as they will calm your fears and surely be your experience.

ONE REAL SECRET TO ENLIGHTENMENT

This is one of those "secrets to enlightenment" everyone asks for but few hear and understand. **Seth (thru Jane Roberts):** *"When you do not know what to do, relax and tell yourself that other portions of yourself do know; they will take over. Give yourself some rest."*

That means say to yourself: *"I know there are other parts of me that understand what I do not. I ask that these parts help me understand, help me become aware of what I need to know to overcome this situation/ have a new experience/ or just be the best I can be."*

Then practice relaxing into the knowing that you have set something in motion that you will soon see evidence of. Relax into the knowing that these other "parts" of you can be thought of (if it makes it easier to accept) as guardian angels or spirit guides here to help you with whatever you ask help for.

You "activate" them by talking to them and asking them for help. If it makes it easier to accept, these other parts of you can be thought of as God whom you are asking in prayer. You might do this twice a day during meditation.



Enjoy our offering this month.
Hari Om

Andrea



Jim Egan

STORIES THAT BEND REALITY

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

"Now look what you made me do!" he accused, trying to get up from the puddle before the **Man with the Ladder** could lose his struggle against laughter and come crashing ladder and all, on top of him.

"And as you can see I've let go of the 'time' we were allegedly holding and nothing has happened."

"I'm sorry I wasted your time and sogged your trousers over such nonsense." the **Man with the Ladder** sighed, coming down off the ladder and wiping futilely at Reb's saturated pants legs.

"Of all your kooky ideas--this one is up there with the time you tried to prove the earth was flat. Whatever made you think you could put time away?"

Reb regretted the sternness in his voice when he saw how disappointed his friend looked.

"I ask myself questions like that all the time and I rarely get back satisfactory answers." he explained.

As he slumped forlornly down on the bottom step of his ladder, the rain seemed to slow down.

"I used to say to myself, 'Hey you, yeah you--the guy carrying the ladder--Where does all the time go? What happened to the hours that vanished while you spent a couple of minutes reading the morning paper? Where are all the Sunday afternoons, the Saturday mornings, the twenty minutes you needed to get to work on time this morning? Where did they go?"

"Cheer up, we can't bring back yesterday but at least it's stopped raining." **Reb** said, giving him a friendly nudge but the **Man with the Ladder** still moped.

"When I first went looking for those minutes that seem to disappear without a trace, I never thought I'd find them, but I did. And I found them in the darndest of places. I figured if I could find where they were hidden, how hard could it be to store some away."

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Jim Egan

STORIES THAT BEND REALITY

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

"Are you saying you found actual moments that you had misplaced?" **Reb** asked incredulously, noticing for the first time that the sun had broken through the clouds.

"Sure, I found twenty five minutes I had lost track of only the week before, under the cushions on the couch. I found a half hour from 1962 wedged behind my dresser draws. I was able to piece together an entire high school football game from the contents of the pockets of an old blazer in the attic --but put fifteen minutes away for a rainy day-- that I screw up."

Reb was torn between sympathy and skepticism so he turned his attention to trying to shake some of the water off his pants only to find them completely dry. He looked for the puddle and it was gone too. He turned around and had to squint into the glare of the sun to see that even the sidewalks and streets were dry.

"Its that remarkable August sun!" the **Man with the Ladder** exclaimed, looking up for the first time.

"November sun." **Reb** corrected, "Just because it stopped raining you don't expect me to believe..." He stopped in mid sentence. On a low branch a robin whistled a happy tune. "You should have flown south months ago." he accused, "How is this possible?"

"I know how we did it but I don't know how its possible." the **Man with the Ladder** replied, jumping off his ladder with the spring of a five year old.

Crickets were chirping, flowers were visible on almost every lawn and from the heat building up under **Reb's** collar it felt like it was approaching ninety degrees. **Reb** could tell that a major argument between his senses and his brain was coming on.

"I must be dreaming." He then decided, pinching himself black and blue.

"I thought so too," the **Man with the Ladder** sympathized, his hands full of wild flowers while he attempted to affix a polliwog to his nose.

"Until I was looking for my old bowling ball and found half of 1973 in the basement covered with the dust of 1979 winter evenings. It must have fallen through the floor boards in the kitchen."

"Do you mind if I sit on your ladder? This sudden change of temperature has made me dizzy."

Reb was sure that was the cause of his disorientation until a yellow and black butterfly flitted momentarily on the out-stretched toe of his galoshes.

"Boy, I never knew how effective time management could be!" the **Man with the Ladder** commented, settling down among the dandelions to sun himself. "We've gotten so used to letting our time pieces keep track of time-- we've forgotten how to do it ourselves. I bet more time falls through the cracks in our lives, collecting in our pantcuffs and under coffee tables then we ever actually experience. We're just too preoccupied to notice where the minutes and hours are falling until before we know it, whole years of our lives are misplaced forever."

"I'm sure there's a rational explanation for this." **Reb** concluded, tucking in his toes quickly as a little girl in a bathing suit sped by on a skate board. "But I'm equally sure that it won't come to me in this lifetime --so level with me-- how'd you do it?"

"Darned if I know." the **Man with the Ladder** shrugged, gesturing with a dandelion in either hand, "One day I realized that we never seem to hear or smell or taste time slipping away, only feel it. So I decided that the next time I felt that way, I'd at least try to make some gesture to help me physically feel the moment.

I never expected to catch anything in my hands but just the attempt was enough to make that moment alive for me. I made the motions of handing time to you so you could also feel what the moment was like.

Maybe that day was exceptionally magical, or maybe between the two of us we did catch hold of something, but whatever it was, once we repeated the same gestures, we weren't the only ones who remembered what the missing moments felt like. The birds remembered, the flowers remembered, and as you can see even the sun remembered. I only hope we can remember how we did it."

Just then the soft sputtering sound of raindrops on the leaves of the tree startled **Reb** as if he had woken from a dream. He reflexively looked down at his watch and though it said only five minutes had passed since he had last glanced, he knew their fifteen minutes were up.



MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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- Your willed reaction to the same conditions. That is, your intent as it manifests, rather than your innate biases as they manifest.

Now, we doubt that is clear as yet. Help us by restating it, and we will correct as need be.

FRANK: Who we are - what we are - as we come into the world is one thing. Who we make ourselves (choosing among threads, putting down these, picking up those) changes our relation to the world. This changes our body's relation to the (rest of) the world, necessarily. And, at the other end of the me/not-me polarity, changes in the world will demand or invite changes in us. In either case, the body is caught in the middle.

TGU: Well, "caught in the middle" is a pessimistic way to put it. Say, instead, the body is the interface between the personal subjectivity (which is experienced as "you") and the shared subjectivity (experienced as "the world," the "objectively there sea you swim in). The world view you were born into considers the body all wrong, as it does, in fact, pretty much every aspect of your (our) life. It thinks of the body as:

- A sort of organic mechanism, cunningly designed to convey you through life (usually considered without much attention to trying to define the "you" being considered).
- Intelligent only in the nebulous concept of "instinct," or "natural processes," etc. No sense of the body or any of its organs or systems having their own intelligence.
- Hence, the body is assumed to have no ability to communicate, and only limited ability (at best) to respond to your wishes. Mostly it proceeds on autopilot, so to speak.
- The body's health is seen as a combination of its nutrition and care, plus special attention in the case of illness or injury.

- Illness or birth defect is ascribed to accident, or mysterious chance, or innate weakness. More advanced medical practitioners recognize that mental attitude is an important factor.

But in fact the body is:

- A community of cells, organs, systems.
- An exteriorization of who you are, in no way accidental or irrelevant.
- Highly intelligent with its own various levels of intelligence appropriate to their functions.
- Continually speaking and responding to the directing "higher intelligence" (you), bothering you only when it needs to, and sometimes misunderstanding the signals you are sending.
- The body's health is not - can never be - divorced from its two poles, the individual subjectivity and the shared. It lives connecting the two, and a change in either necessarily affects it.
- Illness may seem to arise out of nowhere, or from a given specific cause, but ultimately it is always a question of relationship between the person and the world.

Now, you, Frank, were born into an incompatible atmosphere. We don't mean your family or your society, but something less tangible. Dirk too, though of course his case and yours differ. But any person inserted into an environment that they don't quite fit into may experience this.

John Kennedy is another example. It may look like his problem was his father's expectations, and in fact the disparity between composition and context expressed that way, but the real problem was/is/will be that when a person is born incorporating more of the future than is comfortable, illness may be the result. It is the body stretching to allow the disparity. It is the body's health "taking one for the team," so to speak. And if the times move on and the person's basic state of health improves, it may be a sign that the disparity between individual makeup and its surroundings has lessened.

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FRANK: Frank: And we can lessen the disparity from our end, if we know how. It isn't that we are dependent upon things easing from the world's end.

TGU: That is less of a distinction than you may think. What you experience of the shared subjectivity, remember, is the equivalent of the parts of your own subjectivity of which you are unaware and, in the absence of "the world," probably would continue to be unaware of. That is a major reason for the split between you and non-you and is the 3D: It provides you with a mirror so you can see behind yourself.

FRANK: Still -

TGU: Yes, of course you know that you aren't helpless victims here. We merely point out that you don't want to back into the position of thinking of it as "me against the world."

FRANK: So I am getting a sense of the body as less a unit than an electrical field.

TGU: Not a bad way to look at it. It is highly active, highly re-active, it connects widely separated things, invisibly. It is easily affected by change in your intent or by change in the intent of the world around you. It is intelligent, can be programmed and reprogrammed, can be read in the way sensitive instruments can be read, to give you a sense of what you cannot know directly.

FRANK: I know someone is going to wonder why we don't have perfect health.

TGU: You have perfect adaptation to the circumstances of your life. That isn't the same thing.

FRANK: It certainly isn't. Say some more about that?

TGU: You naturally assume the normal state of the body would be perfect health. But that would assume that the normal state of "you" would be internally in balance and would be in balance, as well, with "the world."

I guess I have supposed that that is the case for most people,

Hardly. But the imbalance may be chronic or temporary, internally generated (so to speak) or externally. More important to the topic at hand, it may express physically, but it may express emotionally or mentally.

FRANK: Yes, I guess you've told us this, and long ago, in fact. I'll have to re-read my book *Imagine Yourself Well*; I'll bet I find you've said it there.

TGU: But different contexts suggest different understanding. All right, enough for now. Since you labeled yesterdays (1), label this one (2), and we will continue next time.

FRANK: Topic?

TGU: We'll see. It is always a prime difficulty, to pursue a course and not divert in what seems a more interesting or timely direction. Perhaps we should review techniques you can use to exert greater control of our body, only not with the intent to dominate, but to cooperate.

FRANK: Very well. Looking forward to it. Meanwhile our thanks as always for all of this.

REDEFINING THE BODY PART 3 Friday, August 20, 2021

3 a.m.

FRANK: Switches to maximum focus, receptivity, clarity of expression. You're on, gentlemen.

TGU: Then let us continue with our view of the nature and function of the body in 3D, bearing in mind that what appears to be a body-mind division, or a me/not-me division, is only so if you assume the reality

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MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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of matter as something other than mind-stuff, something “other” and “exterior” and therefore of different substance from “you” - whatever “you” may be. Remember that it is all mind-stuff, all connected, all one thing, and of course all your perceptions and conclusions change.

FRANK: Somehow I always knew - at a deeply pre-conscious level - that things were not as they appeared. I felt divided in my love for history (that manifested first) and my love for the truth of metaphysics (that manifested relatively suddenly beginning in 1968 or so, then increasingly as years passed). Yet I never thought that the apparent contradictions between history (the external 3D world) and spiritual development (the unknown limits of the internal world) could be a real contradiction. Pursuing one never seemed an abandonment of the other, nor even a detour.

TGU: You say your metaphysical interest came second. It did, in its modern garb. But you were raised in the medieval Catholic tradition (as it survived within modern trappings) and accepted it as true. Even when you rejected the church and its teachings and its idea of God and all those rules and prohibitions, the sense of the nature of the world that you had absorbed from your earliest days remained.

FRANK: And as we wrote that, I realize why. It wasn't that I was convinced of anything; that Catholic background acted as spark, and, I responded.

TGU: Yes, “you” did. That is, monks and priests of various kinds, and mystics, and shamans and magicians “within” you all agreed with the reality behind the teachings, and were only temporarily forestalled by your rejection of the trappings and the specific form that had been placed over those understandings.

FRANK: I did come to think it strange, looking back, that I was the only person I knew who had lived smoothly with one foot in the mystical medieval worldview and the other in the modern American techno-

logical worldview. Logically the two contradicted each other, but I never felt torn between them. Or - I see where we're going with this now - or was it my body, holding the tension?

TGU: Go slowly now: you, Frank, and you, reader. *There is more to be gotten here by inference and spark than by specific statement.*

Life is usually more than one process at a time. It is natural for your minds to consider one theme at a time, separately, but they don't in fact proceed in isolation. They flow together, sometimes interfering with one another, sometimes mutually reinforcing, sometimes as if separately (that is, temporarily not particularly affecting one another). So if we set out any one cause-and-effect, trace the dynamics of any one system, by all means, follow the argument, but try to remember that other things are going on at the same time. Any factor in one system may also be a factor in one or more other systems.

But let's pursue the question of the body and the stress inherent in holding together divergent or contradictory values. For that matter, holding together even closely akin mutually supportive values may be a strain. That's what the body is for, to be the shock-absorber.

FRANK: Now as we are writing that, I think, why are you saying “values” instead of “views”?

TGU: If we had suggested “views,” you would have accepted the word and slid on by. But “values” slows you down, makes you think, so now we can mention that from our point of view, “values” and “views” are very little different.

FRANK: Say some more about that?

TGU: How you see the world interacts so closely with what your values are, there is hardly a distinction to be made except that “view” implies perception and “value” implies whatever follows from perception.

FRANK: I had not thought of the strain inherent in holding together various strands, but now it seems it should always have been obvious.

TGU: Not so obvious, nor are we saying or implying that the strain is entirely absorbed and managed by the physical body. But that is a prime function of the body, certainly.

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Frank DeMarco

MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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FRANK: It requires some thinking-out.

TGU: It will repay the process, anyway.

The body holds you in 3D, in one time-place. It allows you to access the world through a coordinated set of sensory filters, producing a coherent picture of the “exterior” world.

It serves as metaphor, giving you a 3D symbol of “you,” as opposed to all-that-is.

It serves as transceiving station between 3D and non-3D - or, to put it another way, between the “you” you experience in your mind and the “you” you experience in interaction with the world, the great exterior “not-you.”

As we say, it serves to buffer the series of shocks - the pulling and tugging - that goes with different strands coexisting.

FRANK: That one requires a little more exposition, I think.

TGU: Much more, in fact. It is a theme in itself. But for the moment, let us take the fact for granted, and continue.

The vagaries of 3D existence are not random. They aren’t quite determined, either, but perhaps closer to that end of the freewill/determinism polarity. It isn’t the exact contour that is more or less determined; it is the nature.

FRANK: And that is involved with the nature of the passing moment, and that is why you have us discussing astrology as a functioning aid.

TGU: Correct. The times flow (within the ever-present living moment) in accordance with rules, with patterns. It isn’t some big incoherent mess. That is what astrology charts: the tides behind events, the rules of

morphology. The I Ching does the same, only much less in a time-driven (or, we should say, in a chronologically determined) way.

So now, 3D life may be considered as an ordered series of changes, and your 3D body may be considered as a sensitive mechanism continually adjusting “you” to “the world.” There will be bumps.

Depending upon your internal makeup, your 3D body will have greater or lesser or fluctuating amounts of strain to accommodate, even in the absence of “external” stressors. Thus you may be born with - or may develop - good health or bad, a robust constitution or a fragile one, a sensitive recording instrument or a relatively insensitive one. None of it is (or ever could be) by accident, of course.

FRANK: A tremendous lot here to chew on.

TGU: For some. Others will merely nod and say, “Yes, that’s what I always knew, even if I didn’t think to put it that way.”

Now can you see that the 3D body is rather different than merely a diving-suit designed to hold you in one time, one place? It is that, but hardly only that.

We say it again, sensing that our meaning may have been muffled so far: Your body is a sensitive instrument recording relative stresses in various directions; it is an adjustment mechanism allowing discordant strands to coexist during your life; it is an automatic timer, relating your internal (non-3D) life to the external (3D appearing) shared subjectivity. And it is all these things in addition to what you usually see as its primary function, a physical locus for your non-physical self.

FRANK: Wow. Thanks for all this. Next time, pursue that bypassed theme of the body as the shock absorber among disparate strands?

TGU: Yes. And by then the spark may have had enough time in some people’s minds to allow greater scope.

FRANK: I don’t know that I follow that.

TGU: No matter. It will emerge.

FRANK: All right. “Redefining the body (3),” this?

TGU: Nothing wrong with that as a title.

FRANK: Till next time, then, and again, our thanks.



F*ck Your Coaching Package A Thoughtful Rebuttal

Apollo Love

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We both know that you're going to freak out with joy when somebody actually pays you that amount with a subtle hint of disbelief. What a nice way to counter those feelings of insecurity you harbor.

Make sure to repeat mantras of your "self-worth" when you got a new client instead of admitting to yourself that you're an adorable little hustler. Besides, with this extra 1,000 dollars, you could stay in **Bali** for another month or two...until you find the next person online who thinks you're a better human being than you actually are and invests in your illusion.

7. Give a bunch of free and discounted tickets away so it doesn't look like your program completely bombed in the eyes of the few people who got duped into actually paying for it.

In exchange for these free tickets, make sure the people give you testimonials, so you can have quotes and photos, which you can then use to upsell to others in the future.

8. Brag on social media how you SOLD OUT and how you can't wait for the next one! Brag about picking up new clients. These tactics will make you look busier than you are and will hopefully get people to want to work with you.

Keep the delusion going! And then teach them how to do all of the above, but only if they upgrade to the six-month VIP training course.

(Grabs vomit bucket.)

So how do you know who to work with?

Find out if the coach was properly trained, educated, and successful in their field for starters. *Were they able to build a career without having to sell coaching packages to do so?* If somebody is a business

coach, ask them how many businesses they built and how successful they were. Coaches who have succeeded in their fields to the point that it was a career for them are in a better position to teach others transferable skills and proven strategies that are based on real-world value and practical application.

I can't tell you how many "business coaches" I've seen that have never built an actual business. They've read a few books, went to a **Tony Robbins** training, and perhaps they themselves got duped into a "coaching training" package in the past as well.

But wow. It sure takes a certain level of narcissism to position yourself way above your actual life experience, and to have the audacity to sell your lies and false image to others.

"Look at me! Look at me world!"

Get over yourself and deal with the fact that your past actions of seeking the easy way out have been the cause of so much of your life failures—to the point that you have to sell yourself out on the Internet hoping to make money by promoting a made-up version of yourself to those who are just as lost as you are. Get your own house in order before trying to help others, you fellow codependent you.

To put it bluntly, many people who sell coaching packages are oftentimes whoring out their own trauma—in order to emotionally manipulate other people's trauma, to convince them to shell over their money, in order to learn literally the most basic sh*t ever. Maybe the conscious folks are actually the baby souls of this world?

Most of the time what these people who buy these packages actually need in order to be successful is simply accountability, and to change the type of people they surround themselves with.

Now let me be clear. This isn't an attack on all coaches. In all fairness, I can think of a few who have legitimately put in their work for decades, got trauma-informed training, and have some amazing offerings that they are highly qualified to teach. If this is you, then you probably won't get offended by this article. Heck, you may even be able to relate to it more since you see the coaching world being flooded by those trying to replicate your success—without putting in the blood, sweat, and tears that you have.

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Apollo Love

F*ck Your Coaching Package A Thoughtful Rebuttal

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But great coaches who are worth it are far and few in between in this oversaturated market where people are trying to find an easy way to make money without putting in the hard work of building an actual career.

I can have a bit more space for business coaching or skills training than I do for these emotionally manipulative workshops, packages, and retreats that hype you up with big promises.

Facilitators should not turn other people's trauma into a commodity to profit off of when they literally have zero training in trauma-informed care.

Outside of the **New Cage** community—which lies, manipulates, and hustles just as much as any other—there are tons of actual business communities, support groups, meetups, business courses, and trainings. There are currently over 20 million “millionaires” in the **United States**, and I would bet that over 99 percent of them got there without buying into any of these scams. (And for the record, 80 percent of them are self-made.)

I can assure you that it's not because they all rubbed money all over their bodies while chanting mantras. I mean, have you even seen the rich people of this world? They don't exactly strike me as tantra-masters who just “made love to money” in order to become wealthy.

It's because they hustled, thought long-term, and didn't constantly chase what made them feel good in the moment like dopamine addicts. It's because they were committed, loyal to their vision, and didn't have to use and promote a false image to be powerful. They just acted powerfully instead.

They didn't have to constantly tell the world that they're a King, Queen, Priestess, or Goddess. They were just a human who was grounded and intrinsically motivated to succeed.

Of course, many had privilege and good fortune go their way, but there is literally zero evidence or correlation between these self-delusional spiritual money practices and actually becoming wealthy. And if there is, it's probably a negative correlation if anything.

But of course, all of this is still based on money being used to define success, which our community claims to be against, yet does so quite often.

So let's stop pretending that we're against capitalism and exploitation while simultaneously attempting to profit from both those things. Let me be honest with you (*as somebody who has made money while traveling the world without having to sell coaching packages and instead contributed real-world skills*). A lot of these digital nomads that you look up to who are pretending to be wealthy and living a good life are really just lying and exploiting poor people all around the world in order to live like that.

They make U.S. dollars and then go to impoverished places in the world where you can take advantage of the price competitiveness that extreme poverty brings. Many of them pay zero respect to the local culture and take these exotic photos of themselves “living the dream life”—when they're really broke and just hoping they don't have to ask their wealthy parents for money again.

Many of these people who are pitching themselves non-stop on social media are straight-up lying to you. It's all one big gaslighting joke.

“**The sex/relationship coach**” who literally can't maintain a single long-term relationship but can definitely train you on manifesting your soulmate...all for a price, of course.

While we talk a lot about people who are afraid to step into their full power and suffer from **imposter syndrome**, that doesn't mean that there aren't people who are actually just imposters. Many of them are too full of themselves to ever have **imposter syndrome**, but it probably would benefit them to do so.

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There's a general rule in business that you need to have **10,000 hours** in before achieving mastery, so unless you sat with people for 10,000 hours and got trained on dealing with trauma, it is highly irresponsible to emotionally manipulate people and sell them these packages based on healing their trauma, especially when you haven't healed yours.

As a facilitator, it is deep, sacred work that is being done and you have the potential to re-traumatize people without even knowing it—especially with these cut, copy, paste offerings.

Stop rushing to position yourself as an expert when you're not. Be honest enough to ask yourself if your motivation is financial wealth, public notoriety, or external validation. It's okay if it is. I have been motivated by those things myself, but I can assure you that it will never heal the part of you where those needs are coming from.

Yes, we should explore our psychological connection to money and our internal motivation, but using terms like "money-consciousness" tends to victim-blame and completely minimize the impact that oppression, trauma, and poverty has on people.

Of course, we can all think of stories of people who have risen out of those situations, but let's not act like it's the norm and that it is accessible to everyone.

Even if you do profit by lying to the world, you'll never be satisfied because the love in your life is based off of being a fraud.

I've seen many people bite the hook of this temptation and do unethical things to make money (such as the circle gifting scam), all while criticizing **CEOs** of big companies for being exploitive. It's easier to attack this behavior from rich, famous people than within ourselves or our own community, but human behavior is the same no matter where you go.

There will always be people who operate more from the heart and those who operate more from trauma.

So first, stop giving your money and power away to those who are no better than you are but know how to lie better than you do.

Professional consistent therapy, investing in real-world skills, and changing who you surround yourself with, can all turn your life around more than most coaching programs can. But if you insist, look for people who have a proven track record in the field and please do your research.

Not all coaching programs are bad, but most of them are simply not good and are designed more to make the facilitators money than they are to change your life. At the end of the day, you're the only one who can change your life and surrounding yourself with grounded and motivated people consistently can turn everything around for you.

So, with all that said...

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Oops. Five seconds have already passed and now there is only one spot left!

So, DM me IMMEDIATELY if you are ready to step your life up (which means that if you don't DM me, you are obviously not ready for wealth-consciousness and will always be broke for the rest of your life).

Never mind. Time's up (unless you're going to actually send me the money...then I can open up one more spot for you).

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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.

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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.

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

Louise Hay

When we think that the
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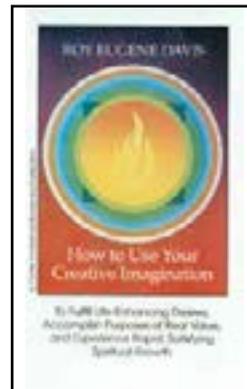
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