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JANUARY 2023

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Michelle Whitedove

Michelle Whitedove
1968 - 2022

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Melbourne Mystic Faire is January 28-29, 2023

We're on our way to Melbourne, Florida!! The Melbourne City Auditorium will host the 8th year for the Melbourne Mystic Faire. The dates for 2023 is January 28-29th. We're excited about this faire expansion as we will be able to reach and help more people with their spiritual needs and questions. We will have free lectures all day long both days. Melbourne is only 70 minutes away from Orlando, so we will be advertising up and down the East Coast of Florida and in the Orlando areas. See you in Melbourne!!

Love, Light and Blessings, Candyce Strafford

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Alexandra



Alexandra provides spiritual counseling through many ancient shamanic practices, Sacred Peruvian practices, Munay-Ki, Nusta Karpay Rites & more.

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Shannon is a Psychic/Medium, Sound Therapist, Hypnotherapist, Acupuncturist, Reiki/Master and keeper of Jericho, the crystal skull.

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>
Email dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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

**The greatest
optical illusion
is separation**

HORIZONS

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

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



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

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

ARTICLE SUBMISSION: You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. Time sensitive articles must be submitted 3 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for.

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE JANUARY 2023 HORIZONS MAGAZINE.

Michelle Whitedove passed quietly in her sleep last month. Michelle was the winner of **Lifetime Television's America's Psychic Challenge** where she was named **"America's #1 Psychic."** I've spoken to her and seen her in action and she's the real deal. I'm always impressed by the rare psychic who can give me names and dates and places.

Michelle Whitedove isn't merely a psychic, she's also got a good message, has written several books, and we've excerpted from her **Ghost Stalker** in this month's **Horizons**. Visit her site online at www.michellewhitedove.com. You can also see her win **Lifetime Television's America's Psychic Challenge** on **YouTube**, to find it, word search [America's Psychic Challenge Michelle Whitedove](#).

On the show, as **Michelle** made it to the final two, it was clearly a battle of **Light vs. Dark**. If I didn't know better, I'd have thought the producers had embellished the **Jackie** character, who was always being cynical and acting theatrically mysterious and mentioning voodoo. A real **Debbie Downer** and quite the contrast between her and **Michelle**. Michelle is naturally light and bright and happy and smiling and upbeat and animated and fun. So the contrast was glaring and it made for good tv.

When we feel a loved one is gone from our life for good since they have passed out of physical form, we misunderstand

It's just a misunderstanding when we mistake the death of the body for the death of our loved one. **The caterpillar doesn't die when it becomes a butterfly, it just moves its consciousness into a new body, leaving the old one behind. We survive in consciousness after the change called death.** You meet again when you drop your own body.

You can also in quiet times feel their presence and imagine you are hearing them talking to you. You're not imagining it. Sometimes you see signs everywhere. They're just letting you know that life goes on, it just changes form. You will meet again, know that.

It's great we have more than just one life, so when one body wears out we get another and another, lifetime after lifetime. It gets interesting when we wake up mid-life and realize that we are all part of something bigger and we all get never-ending lifetimes to do it all in.

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 and be productive.

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.

We do not die, the body may drop but we awaken into a new day. "We" don't have to have a body in order to exist and be productive. "We" exist apart from the body. Just as a favorite shirt becomes tattered and worn and finally wears out and we have to discard it, just so we discard this body when it's time, and we wake up into a new day.

Being a psychic medium, I know that we survive physical death and literally go into another dimension, where we can still communicate with loved ones. Maybe having experienced that so often makes me feel more safe and secure about the process. I like what [Abraham-Hicks](#) has to say about death. **"There is no sense of having left behind something. Instead, there is the exhilaration about what is on the other side."** They liken it to going from one room into another.

I'm glad I don't have the fear that lotsa people do about getting older and dying. Everyone in my family was healthy and lively until their sudden passing, so I figure I'll be the same.

I've been told before that I have a very casual attitude about death and dying, and if I do, it's only because from an early age, I learned that death was a fact of life.

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ABRAHAM-HICKS



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

PARENTING TEENAGERS

QUESTION: Thank you so much for having me. I feel like I'm pretty good at alignment.

ABRAHAM: We think so, too. We could see it. Alignment just meaning a desire and not much distance between your desire and where you are; that's what alignment is. It comes and goes, but you're good at it.

QUESTION: Yes. I have three teenagers and a lot of contrast. (Fun) And *my question is, how do I parent without imposing my will on people that I am legally responsible for?* (Fun)

ABRAHAM: They all really like your question, which means there's no hope for any of you. (Fun) Well, do you want to be their parent or their **Inner Being**?

QUESTION: I want the school to not call me. (Fun) And I think that's their parent.

ABRAHAM: Are you saying to us that they are ignoring human physical guidelines and someone's calling you to tell you about it? You should be the happiest girl on the planet. (Fun)

QUESTION: OK. Tell me more.

ABRAHAM: You see, most parents want their children to fit into society, and we've been talking all day about how to pry you loose from the society that you've been cramming yourself in to fit, because when you fit into society, these are the things you believe: We don't get to choose what we want, we have to do stuff we don't want to do, life's really a grind, in order to make a living, we have to do whatever is sort of chosen for us, and other people get to decide, and they make rules, and we have to follow the rules - never mind our own **Guidance System**, never mind the relationship between our desires and our vibration, never mind our using our true practical tools - we'll just fit in and do what everyone thinks that we should do, forgetting that they were born with an entirely different intention.

And so, if we were standing in your physical shoes, and we had the option of being a parent who is guiding



them toward keeping the rules of the school or being a parent who is guiding them toward an awareness of their **Inner Being** and a following of the impulses that come from true connection, we would choose the second.

But here's what makes this seem like something that you're afraid to do: You're not yet convinced that they're under the influence of **Source** when they act - they could be under the influence of rebellion, they could be pushing against.

Before you can really feel comfortable in just turning them loose to their own **Guidance System**, you have to demonstrate that you've turned yourself loose to your own **Guidance System**. You have to be more joyful and less cranky, and you have to be more expectant of good things coming and less condemning of things not, you have to be more praising of them and less criticizing of them, you have to be more demonstrative of what a person who is tuned-in, tapped-in, turned-on is if you want them to be tuned-in, tapped-in, turned-on.

You have these choices, and these choices only: You can be an example and therefore help your children to understand that their **Inner Being** exists, and that their **Vortex** exists, and that the world is their oyster, and that they can be or do or have anything that they want, or you can teach them the path of mediocrity, which is what those at the school want them to learn. Fit in is what they say, fit in.

And we're not saying that you want to say to your kids just rebel against everything. In the same way that we're saying to you all - we're not asking you to stop looking and stop responding to life, or stop taking the calls from the school - we're not asking you that, we're just asking you to dream a little more, we're just asking you to daydream about these beautiful children a little more, to daydream their future, to just catch glimpses

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FEELING OUR WAY INTO THE MYSTICAL – PART II

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

In my article last month, I talked about the next stage of evolution in dream work – beyond strange visions; beyond the mundane; beyond the more frequently felt survival emotions like fear. I shared my “recipe for the mystical” - to be tired and happy; curious and playful; relaxed and open. When we cultivate these states, we find a way to transcend those initial experiences with more intense and compelling lucid dreams.

That’s when we step through the door of new possibilities in the quantum field - the unlimited realm of the unknown.

When we try to have a mystical experience, it eludes us -- because “trying” implies separation.

Instead of seeking to find our way into the mystical, we must feel our way into it. Instead of waiting for an experience to happen before we have the feeling - which means we’re trying to create from lack - we must feel the feeling first.

If we can do this, our experiences will evolve. Our encounters in the field will be powerful and profound. They’ll be equal to - or even greater than - the emotion we bring to the process. *The mere thought of the mystical will produce the feeling of its frequency.*

CONDITIONING OURSELVES FOR THE MYSTICAL

Here’s why. In the quantum field, every thought has a frequency. So the thought of the mystical can’t produce the feeling of lack of having it. The thought of the mystical has to produce the feeling of that frequency - of the mystical itself.

So if we can tune into the elevated feelings we’ve cultivated, and stay with them, those feelings will take us somewhere. Somewhere new. Somewhere unknown. If we can stay awake just a little longer than we normally do, and be curious, open, and playful, we’ll be free of our attachment to any outcome. Already in a state of gratitude and wonder, we’ll no longer be preoccupied with “finding the door.”

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SELF-LOVE?

Be who you are and say what you feel
because those who mind don't matter
and those who matter don't mind.—

Dr. Seuss

Love yourself unconditionally. That's what almost every guru, parent, and self-help book I've ever read tells me. But I wonder: do they really love themselves unconditionally?

I myself have uttered this absurd phrase to my own children, and often they look back at me with a roll of their eyes. Yeah, right, Mom. I'll do that when you do. Damn kids. How is it that they see right through me? I mean, let's get real here, people. There are parts of ourselves that we just don't “love unconditionally.” There are body parts, personality parts, family parts, men parts, women parts—there are things we just don't love and why should we? Why should we be expected to love anything unconditionally? This notion of loving everything unconditionally is in the top-ten list of every spiritual practice. But I wonder if it's actually possible, or if it's just another rule of living we push on ourselves only to end up feeling like a failure because at the end of the day we can't achieve it. I'm happy to tip this cow, and I promise to do it lovingly.

The truth is, sometimes we set conditions in order to love something. Like, I love my boyfriend, but do I love him unconditionally? Nope, I have conditions, baby, and I expect him to love me for them! I love him for a lot of reasons, including his conditions on me, but if I'm really being honest, if I really look at why I am in this relationship, one of the big reasons I love him is because of how he makes me feel. I love that he makes me feel sexy, and I love it when he does something sweet or romantic and makes me feel beautiful and special. I love him because he laughs at my bad jokes, and I especially love him because he answers the phone late at night when I can't sleep and listens to me rant and rave about why I don't love myself—now that's

love, and if he didn't, I probably wouldn't love him. I am always baffled by people who tell me that their relationships don't make them who they are. People who say, “I don't expect my (lover), (husband), (partner) to fulfill my need for love. I am complete and whole on my own. I provide all the love I need.” Bullshit. Why are you in a relationship then? Why did you pop out of the love bubble of oneness with the universe and land in this reality and this body at all then? How can you be here if you're still enveloped in a circle of love all of the time? Why haven't you gone poof right back to the bubble of love you came from?

Perhaps I've spent too much time hanging out around the smoke circle, but I have genuinely had this conversation more times than I can count, and with each word of unconditional love uttered, I could smell the stench of cow manure. You might think I'm just cynical, and maybe I am a bit when it comes to love, but when pressed, these same masters of love often admitted that in fact there were pieces of them that meant they weren't the perfect box of chocolates, that there were, in fact, pieces they had taken bites of and just put back and ignored.

To those people who run around shouting about how much they love themselves, refusing to admit they've got a few bad pieces of chocolate in their boxes, come on! We've all got them, and you know what? That's okay. That's actually healthy, and it's authentic—at least to me.

What pressure we put on ourselves when we create this expectation that we must love ourselves unconditionally. Love ourselves or we won't truly love someone else, love ourselves or we'll never find true peace. If that's the height of the bar, then I'm doomed to live a lonely and unhappy existence way underneath it. Because the

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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

RELIEVING SINUS CONGESTION WITH HERBS

Are your sinuses leaky or drippy? Are you sneezing or sniffing? Are you constantly clearing your throat? These may all be symptoms of sinus congestion and if left untreated it can progress to severe congestion or a sinus infection. It may also cause chronic headaches, ear congestion, ear infections or hearing loss.

If your congestion is due to fungal or a bacterial infection you may want to consider **Yerba Manza** its astringent properties tightens and restores tone to sinus tissue lessening secretions. It also stimulates circulation to the sinuses helping with sinus headaches, congestion and infections.

Rosemary is another herb with astringent actions.

NATURAL NASAL SPRAY RECIPE:

You can make a nasal spray with either **Yerba Manza** or **Rosemary** using **10-30 drops of their tincture to 1tsp. glycerin and 2oz. purified water in a spray bottle**. You can use this spray up to 4 times per day if necessary.

The herb **Angelica** can be used to reduce secretions of mucous. It also gets you to sweat more; this helps the body to kill off infections. Other herbs that help fight sinus infections are **Echinacea**, **Goldenseal** and **Garlic**.

Goldenseal is also helpful when the mucous membranes of the sinuses are chronically congested, especially if you are blowing your nose and the mucous is not clear. The herb **Licorice** helps when your head is congested and the mucous is so thick it is hard to blow your nose. Not only does it help thin out and expectorate mucosal secretions it also helps repair damaged tissue.

If you are really inflamed try making a pot of soup adding some **Ginger**, **Turmeric**, **Horseradish** or **Cayenne**. These will open up your sinuses because they reduce inflammations to the sinus cavities.

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THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

TATANYA AND THE ANGEL

Contrary to many rumors, the Man with the Ladder was just like us, a flesh and blood kind of guy who periodically required food and drink and shelter and love. At times, in between jobs, all these necessities seemed to become more elusive. On one particularly pressing period right around Christmas time the Man with the Ladder found himself baby-sitting his young friend Tatanya.

"Tell me a story. " **Tatanya** encouraged during a long pause in their conversation.

"I'm not much in a story mood. " the **Man with the Ladder** sighed.

"What's wrong?"

"Nothing much-- a little cash flow problems. "

Tatanya thought it over a moment, "Do you need to have a river of money to have cash flow problems?"

"Just the opposite-- It's those of us with trickles of money who have problems getting it to flow-- those with rivers of it have boats to ride on it and sail along smoothly, waving now and then to the rest of us. "

"I know someone who could help. "

"Who?"

"My **Accordion Angel** helps me whenever I'm in a jam."

"You mean **Guardian Angel**. "

"No, he plays the accordion. "

"Oh, well that's not a bad idea. Come to think of it I've never been disappointed by an angel before. "

"Me neither. " she nodded affirmatively, I'm sure he'll be especially good to you because he loves storytellers. "

"Really?"



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"Oh sure, he told me he was an old time storyteller once himself a long time ago, I think he said he lived in England. "

"Tell me more," the **Man with the Ladder** encouraged, enchanted that **Tatanya** was reversing their usual roles and telling him a story. "If he lived in England a long time ago he could have been **Shakespeare**, his name isn't **William** is it?"

"No, it's **Bob**. He never told me nothing about any shake-spear but he did say he was a bard, whatever that is. Oh, he told me something else, he said he loved a beautiful woman in **Chester**. "

"**Chester?** Really? I always wanted to see **Chester**. Who told you about it?" the **Man with the Ladder** asked.

"You're not listening --I just told you-- **Angel Bob**. "

"Oh yeah right, **Angel Bob**. " the **Man with the Ladder** nodded reminding himself who he was talking to.

...continued on page 48...

MICHELLE WHITEDOVE CELEBRITY PSYCHIC



Michelle Whitedove 1968 - 2022

Author, spiritual medium and beloved wife, mother, grandmother and friend **Michelle Whitedove**, age 54 peacefully passed away in her sleep in **Fort Lauderdale, Florida** and flew home to the angels. Her family held a private service on Dec 12, 2022

She is preceded in death by her son **Joshua**. **Michelle** is survived by her husband and partner of 25 years, **Jason Miller**, her son **Jeffery**, three beautiful grandchildren and many other beloved family members and friends. Although her physical body could no longer contain her Spirit, she is still with us, sending her guidance and love from heaven.



Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: *She Talks To Angels*, *Ghost Stalker*, *A Psychic Medium Relays Messages from the Heavens* • *My Invisible Friends*. www.MichelleWhitedove.com

Photos credit: Christine Kilger

Michelle was known for her great love of both children and animals. She worked selflessly doing fundraising events for children in need. She deeply cared for others and her love was felt by the many people that she touched.

Career Highlights

Michelle's legacy as a spiritual teacher for over 25 years will live on through her numerous lectures, events and media appearances. She was featured on TV around the globe; in the **HBO Documentary: "No One Dies in Lily Dale"** a film that showcases her Mediumship gifts. **Sixth Sense International**, where she was tested on TV in **Holland**. **Lifetime TV** named her **America's #1 Psychic** on **America's Psychic Challenge**.

As an expert in her field, Whitedove was featured on some of North America's most conservative shows; interviewed on **The TODAY Show**, **ABC TV's "190 North"**, **CBS News**, **FOX News**, **CNN**, **WGN Morning News**, **PBS TV**, **CTV News**, **"Breakfast TV" Canada** and **NPR** to discuss the reality of **psychic abilities and after death communication**. She was also invited to give a reading on **BRAVO TV's Millionaire Matchmaker**. Twice she was featured on TV in **Japan**. She was guest on **NBC Universal's Trisha Show** and interviewed several times on **Coast to Coast AM** the largest syndicated radio show in the USA. She authored six books and was a syndicated columnist for **OM Times Magazine** and **Horizons Magazine**.

MICHELLE WHITEDOVE

...continued from page 12

New Age Author

Michelle Whitedove was a prolific author known for her Psychic-Medium series; 6 books which she began writing in 1999.

Her most popular book; **SHE TALKS WITH ANGELS, a Psychic-Medium's guide into the Spirit World**, this book recounts her astonishing **Near Death Experience** to help the reader understand that death is merely a transition, a birth back into our true home Heaven.

Michelle traveled the globe to write her **Ghost Stalker** books and she was in the midst of completing two additional books. [See Ghost Stalker excerpt on page 19.](#)

As an avid communicator with Spirit, **Whitedove** blogged global predictions since 1999, relaying important coming events that she received as visions during meditation. Most astoundingly she predicted in **Om Times Magazine** the **2012 Japan Tsunami**, and in her **2017** blog she predicted **Plagues** were coming.

In 2018, **Michelle Whitedove** began a popular **Patreon** Page; she continued writing by dictating forecasts of **Cryptocurrency, World Predictions and Spiritual Insights** as a monthly report. Most notable she brought **THETA** a cryptocurrency to the forefront as she predicted this coin will one day make people very wealthy; as a gift from Spirit.

Her legacy, *"For nearly half our lives," Michelle* said *"we pounded the pavement."* when speaking to her longtime manager and close friend **Shante**.

Michelle was on fire to spread the word that **Heaven** is real and **God** can work wonders in your life when you develop a personal relationship with **Spirit**.



Michelle was a great believer in **Jesus** and his message: *"Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father. John 14:12.*

With conviction, **Michelle Whitedove** bravely charted her mission to serve **Spirit**, relay messages from **Heaven**, helping the less fortunate and yes, even create miracles. During her last few years, she decided to slow down and enjoy being at home in her nest with her husband and her adored dogs, yet loving the time she spent with family, grandchildren and her closest friends.

STATS:
Unvaccinated, Cause of death to be determined

If you wish to honor **Michelle Whitedove's** memory, we ask that you light a white seven-day candle. She will know you are thinking of her as she is undoubtedly thinking of us.

[See Ghost Stalker excerpt on page 19](#)

EDITOR'S NOTE:

Michelle has given me many writings that have not yet run and I've been graciously given permission to continue to run her column.

ESSENTIAL LIFESTYLE HACKS



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

WORLD VIEW

World view is the way we look and understand the world. It is the lens through which we interpret all of our experiences, make decisions that make sense of life. A sum total of our beliefs about the world.

Each individual has a unique world view. It is as if we all have different colored glasses. If my glasses are red and yours are green then I will see everything as a hue of red and you will see everything as green. Therefore, none of us are seeing the same reality.

Our world view is shaped by parents, society, friends, family and by unresolved issues we have inside or samskaras. Some of these samskaras are not only from this life, but from previous life. Each child comes with different impressions and a mother can already feel that when the child is in the womb. Our siblings are different from us even though they come from the same parents and environment. So, our way of looking at the world is from the inside and not from the outside.

According to our world view, the world should be a certain way for us to feel comfortable. We need to examine our world view. What was a view of our parents, or our younger self might not hold true today But if we maintain that view we might be at a constant battle to create a world that will make us comfortable.

For example, if you believe that your religion or race is superior and should rule the world, then every day you will be at odds with the reality of the world that has so many different people and religions. There will be constant conflict within. You will create an environment around you that only allows your belief system and should that world around you not conform the tension within can create anger and violence.

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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 THE DEATH EXPERIENCE:

I am speaking now of the events immediately following death, for there are other stages. Guides will helpfully become a part of your hallucinations, in order to help you out of them, but they must first of all get your trust."

Certain images have been used to symbolize such a transition from one existence to another, and many of these are extremely valuable in that they provide a framework with understandable references. The crossing of the **River Styx** is such a one. The dying expected certain procedures to occur in a more or less orderly fashion. The maps were known beforehand.

At death, the consciousness hallucinated the river vividly. Relatives and friends already dead entered into the ritual, which was a profound ceremony also on their parts. The river was as real as any that you know, as treacherous to a traveler alone without proper knowledge.

Guides were always at the river to help such travelers across.

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MARJORIE O'NEILL

celestialhealing01@gmail.com
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It does not do to say that such a river is illusion. The symbol is reality, you see. The way was planned. Now, that particular map is no longer generally in use. The living do not know how to read it. Christianity has believed in a heaven and a hell, a purgatory, and reckoning; and so, at death, to those who so believe in these symbols, another ceremony is enacted, and the guides take on the guises of those beloved figures of Christian saints and heroes.

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ENJOYING LIFE'S SACRED JOURNEY

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. his favorite pastimes include being 'Gramps' to two adorable grandchildren, volunteering, and training to walk the Camino de Santiago pilgrimage. You can follow him on Facebook: <https://www.facebook.com/david.cronin.79/> He can be reached at: davidcronin490@gmail.com

I HAD NO IDEA

Since I was a child I have often reflected about what the experience of a soul is after the passing of the physical body. My belief system around this has changed over the years as my experiences of living this life have unfolded. One aspect of this belief system has remained fairly constant though and that is that there is some sort of life review soon after physical death.

I believe that, in the presence of loving guides, we have an opportunity to assess how we lived out our lives. We see, from a much higher perspective, the decisions we made and what the consequences of those decisions were, not only on ourselves and those in our life but all of creation.

I have no doubt that this is a very enlightening and humbling experience. I have to imagine that there are some common realizations that everyone goes through during this process. A deeper understanding of how we are so interconnected to all of life; how much of life happens beyond our conscious understanding; the full extent of the impact our actions had on others.

There is another common realization that I think probably happens that for some reason has always caught my attention.

I believe that once one experiences this life review one probably has the realization that, *"Wow, I had no idea how precious it all is. How extraordinary, how sacred each encounter, each interaction, each moment is."*

A large part of my own spiritual practice has been the intention to open to this reality now, as a direct experience, and not wait until some future event to reveal this understanding. This intent, along with following the inner guidances that have sprung from this intent, has truly been a gift to me.

If it feels appropriate, I encourage you to reflect on what your life review might mean to you. You can do this however you connect most to Spirit, whether through prayer, meditation, journaling, etc.

I suggest you have the intent that you be shown what it is you most need to know now, in this moment. Have fun with it. You may find it truly insightful, and impactful upon your life.

Enjoy life's sacred journey.



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

Photo by Karin Wolf



GREEN CHLORITE PHANTOM QUARTZ

Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks. 20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit. Visit <http://highspringsemporium.net/> and Facebook

As we embark into the new year, let us all give thanks for our emergence into a world reborn. We carry the lessons we have learned with us and now have the chance to move forward cleansed of the traumas and strife in our past to create our reality anew. Although we know this will not always be easy, the new year beckons us to move forward in the ways that will best serve us in the year to come. In order to accomplish this in the highest degree of love, it is very helpful to rejuvenate our hearts and open to healing from whatever difficulties and traumas remain within us. My very favorite crystal for the heart and soul healing so many of us need is **green chlorite phantom quartz**.

When quartz crystals are growing in the womb of the earth, sometimes other minerals are introduced into the pegmatite containing the quartz. This creates a coating of the mineral over the quartz and when the quartz continues to grow, it creates what we call a **phantom** inside.

Within the crystal healing community, **green chlorite** has the reputation of being a very powerful healer. It reminds us of the energy of life and hope. This allows us to shed fierce protective negativity that can keep us from opening up to healing and connect with the life forces of the earth. Imagine the seeds encased in their hard shells beneath the frozen earth preparing to send their shoots of tender green when the time is right.

When **chlorite** combines with quartz crystals, the healing force within you is activated. These crystal tools can help you shed past troubles and strife. You will feel more balanced as it restores internal equilibrium. The very first crystal I ever bought was a **green chlorite phantom quartz** mined by a dear friend the year I was born. It was a catalyst for my journey - completely unexpected at the time - into the incredible world of crystals, rocks and minerals which has enriched my life in so many ways.



Green chlorite phantom quartz from the Himalayan mountains

Chlorite phantoms are not only beautiful but gateways into the deep mysteries within ourselves. Self knowledge is vital for shedding illusions as we move along our path.

I have found my **chlorite phantom crystal** to be a helpful ally in accepting those things about myself that I didn't want to acknowledge with grace. That has allowed me the freedom to release what I no longer need and make the changes necessary to move forward in a more positive direction.

Green chlorite phantoms have been found in many places around the world. **Brazil** has long been a source of **green chlorite phantoms**. Many of these have been polished to bring out their beauty and they make beautiful centerpieces for an altar or meditation space.

Mine was found in **Oklahoma**. Some of the most spectacular chlorite phantoms now are coming from the **Himalayan** mountains. Almost any rock and crystal shop should carry **chlorite phantom quartz**. The price varies depending on the clarity and quality of the quartz, but you should be able to find one that suits you and fits your budget.

May all of us move forward together into the new year in hopes of working together to create a better world.

Many blessings to you.



WHEN IT'S TIME TO MOVE ON

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

There is a moment in everyone's life when all the cards are on the table, all

the chips, too -- the moment of truth when the entire universe is conspiring to call one's attention to the choice we have every single second of the day to let go of our past and move towards what is truly calling us, even if we have no idea where it will lead.

One such moment happened for me in 1969, during my first and only semester as a graduate student at Brown University's prestigious MFA Creative Writing Program.

Like most long-haired, sallow-cheeked, Vietnam-phobic seekers of truth whose depression-imprinted parents would have much preferred him to have chosen law, medicine, or teeth over poetry, I found myself, at the ripe old age of 22, majorly existentially challenged -- sleeping 12 hours a day, posting my newly minted poems on trees at midnight, and feverishly reading Rilke, Wallace Stevens, and William Carlos Williams just in case the conversation turned thusly with any number of my far more well-read poetry professors engaging me in literary conversations at any number of ultra hip parties that I kept getting invited to -- the kind of heady gatherings where Kurt Vonnegut and other traveling bards kept showing up, laugh lines around their eyes unable to mask a lifetime's worth of sadness, disappointment, and despair.

It was at one of these Ivy League soirees, emboldened by drinking and smoking more than I should have that I found myself consumed with a burning question rising from deep inside me -- the kind of question that, if left unspoken, everything I ended up writing from that moment forward would be nothing more than a clever overcompensation for my inability to speak my truth now.

Approaching my first professor, large glass of cheap red wine in my right hand, I let the question fly: "If you could be anywhere in the world, at this precise moment in time, where would you be?"

"Hmmm..." Professor #1 replied, dramatically pausing and looking to the ceiling in case a beautiful co-ed was standing nearby, "excellent question! Let me see... if I could be anywhere in the world at this precise moment

in time where would it be? Well... that would be Baja California. Definitely Baja California. I love it there."

Nodding and doing my bearded graduate student best not to bump into anyone as I made my way across the suddenly tilting-to-the-left room, I spotted my second professor, an unhappily married, hammock-bellied, minor poet of a man who, I knew, had been, for the past few weeks, hitting on the same unhappily married shopkeeper in town that I was.

"Guatemala," he blurted. "Definitely Guatemala, especially the small village whose name I can't, for the life of me, remember -- a village just 15 miles outside the capital city. Love that place!"

Fueled as I was by what was now emerging as a definable pattern of response from my professors, I quickly found my way to the bar where Professor #3 was holding court, a large hummus stain on his too small polyester shirt.

"Where would I be if I could be anywhere in the world?" he repeated. "That's easy! The Pacific Northwest. How I love the rain and the fog! What a great place to write. You should definitely go there sometime, Mitch."

As I walked away, 22-year-old-knowingly, to the last of the lot, it began dawning on me that none of my so called mentors wanted to be where they were. All of them wanted to be SOMEWHERE ELSE -- a better place, a warmer place, a more exotic place. And here I was, restless, semi-depressed, aspiring to be just like them when, 20 years later, a wise-ass graduate student would be standing in this exact same room asking ME where I wanted to be and my answer, like those of my under-paid professors, would be SOMEWHERE ELSE.

Why not leave NOW while I could still get out of town? If I needed proof, I had all the proof I needed. Four professors. Four questions. Four of the same responses.

I slept very well that night and the next night, too.

When my Monday morning poetry class rolled around -- the one Professor #1 began by calling my name and noting with tenured gravitas that he wanted to SEE ME immediately after class -- a request that indicated only one thing -- the jig was up, that I, Mr-Attempt-to-

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GHOST STALKER EXCERPT

MICHELLE WHITEDOVE

Since the beginning of time, man has sought to converse with loved ones on the other side; death seems so final, for the humans left behind.

Grief is a natural emotion, but there is something you need to

know: our departed loved ones do not grieve for us. In fact, now and then, they look in on us, and sometimes they even try to get a message through. They are curious, and want to see how we are faring; but they know that our earthly existence is only a brief moment in the scheme of eternity.

So, for those seeking to make contact with departed loved ones, I would encourage you to find a legitimate **medium**. Experienced mediums know how to protect themselves and most importantly, they know the difference between **dark entities** and **spirits resonating love** and good will. When you think about seeing a **ghost**, usually you think of it in a human form—perhaps ethereal, or transparent with a face, a body, and some type of clothing. But the fact is, a ghost is not usually seen as a person; instead, it is often seen as a white splotch, a streak of light, or a passing shadow.

One of the most common images is that of an **orb**, which is a ghost taking form as a floating, luminescent sphere. **Orbs** can vary, in size and color, and frequently show up in photographic images. An orb is the most common mode of travel for wayward spirits. Orbs are sometimes referred to as **globules**, which are similar to **orbs**, but more irregular in shape.

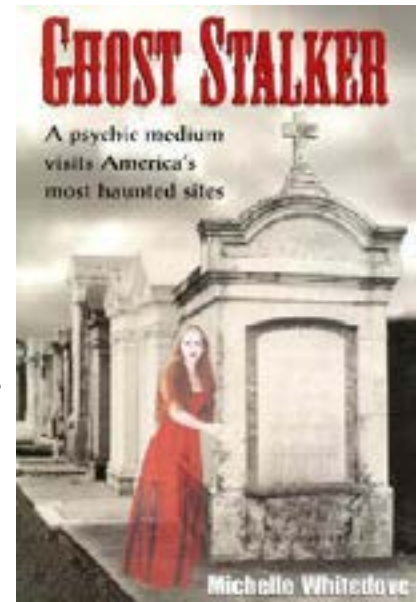
During our trip, I saw the **ghosts** primarily with my psychic ability: they appeared to me visually, but usually I was the only one who could see them. On several occasions, I pointed to an area and said to my companions, **"Look, right there is a ghost!"** We quickly snapped a photo, but what appeared in the picture was an **orb** of light—replacing the human-shaped ghost that I had seen psychically. Even if you can't see them, there are other indicators of **ghostly** or other **paranormal activity** in your vicinity.

A common way to recognize when a **ghost** is near is to feel the dramatic drop in temperature that occurs. Sometimes, it gets cold enough for you to see your own breath!

Paranormal activity almost always causes a flux in the energy: almost anything that runs on batteries or electrical currents will start to malfunction; the hands on the clock will spin; appliances and lights will flicker on and off; and compass dials will twirl in crazy circles.

Some **ghosts** can become more physically aggressive, but it takes an enormous amount of their energy to affect us in this way. Some of the more powerful **ghosts** and entities can actually accumulate enough energy to move objects, throw things, brush against you, or touch you by pulling, pushing or pinching. These more experienced **ghosts** are able to take form, and manifest for us to see, but a sighting is rare.

It is easier for most people to capture these ghostly energies on film or with video or audio equipment. **Spirits show up as light globules, orbs, shadows, light streaks, or fog.** Less often, people can capture details such as facial features, colors and items of clothing that are worn, or the reflections of translucent faces in mirrors. Perhaps the most interesting aspect about these energies that are captured on film, is that when the photographer takes the picture, he often does not see anything unusual. He took a photo of an object or a place because it interested him. When the film is developed, a paranormal image appears, which had not been previously seen with the human eye.



...continued on page 32...



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JANUARY 2023

The year starts off quietly, as we are still in the mood to retreat and reflect in the dark time of the year. This month is full of motivation, so grab something that speaks to you and run with it! This year:

*Break a bad habit
Learn a new skill
Do a good deed
Try a new food
Visit a new place
Read a difficult book
Take an important risk
Write something important
Do something good For someone who can not thank you*

This is the month of recovery from **New Year's Eve**. So appropriate for this month is the celebration of **Dionysus**, the god of wine and fertility who is celebrated on the third of the month. Wine and fertility, hmmm, interesting combination, that!

Dionysus was worshipped in several mystery sects in ancient **Greece**. These **Dionysian Mysteries** were rituals of great abandon and stories abounded of wine, dance and music. *Was it true? Did secret orgies exist in ancient Greece? Did mysterious people walk the night streets, look both ways before knocking a door and asked for Kleitos? I'll never tell!*

*Drink, and dance and laugh and lie,
Love the reeling midnight through,
For tomorrow we shall die!
(But, alas, we never do.)
Dorothy Rothschild Parker 1893-1967*

But, in case you didn't get an invite, have a happy year anyway!

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 Japan, Shinto New Year festival.

January 2nd Full Wolf Moon in Cancer

January 4th at 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.

January 6th 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 15 World Religion Day: this date is celebrated in the Baha'i faith and highlights the common themes across various faiths and religions worldwide.

January 21st New Moon in Aquarius

January 22nd Chinese New Year: Year of the Rabbit

Blessed Be

GARDENING THE MEDICINE WAY

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



COMPOSTING!

Hello New Year 2023! If one of your New Year's resolutions is to create less waste and compost, here is a great way to start. Start with composting your household and yard waste. There is no one right way to compost. The various bins and systems available have different costs and benefits, but all can be successful.

GREEN AND BROWN MATERIALS TO COMPOST

Vegetable and fruit scraps
Coffee grounds and filters
Teabags and leaves
Egg and nutshells
Houseplants
Fresh grass clippings
Dry leaves, straw and dry hay
Dried grass clippings, shredded paper
Wood chips and sawdust from untreated wood
Paper, shredded newspaper (printed with soy ink to be safe) paper towels, and paper tubes.

DO NOT COMPOST

Meat. Fish. Eggs. Dairy products. Oily foods or grease.
Bones. Cat and dog waste. Diseased plants and seeds of weedy plants. Anything treated with pesticides.
Depending on your community or geographical area, there are a few different compost methods to suit your needs:

THE COMPOST PILE:

This is the easiest way to compost! The problem with the heap method is that there's no easy way to access the finished compost underneath recently added materials. So the rich goodness was rarely used.

3 BIN SYSTEM:

This is a really nice setup that keeps composting nice and orderly in the urban or suburban backyard. However, it's not the cheapest to build.

The first bin is the place for fresh waste from your kitchen and yard. When the ingredients start breaking down and begin to form recognizable compost, you should move it to the second part.

Why is it essential? Because every mixing of the new material with the compost that has already started to develop will prolong the process of decomposing.

Since the process of composting goes smoothly, you can move the finished product to the third section. This is compost which you can use when needed. By following this process of rotating, you will establish an undisturbed circle and always have usable compost at your disposal.

DIY BINS AND TUMBLERS:

Compost tumblers are clean, easy to use, and vermin proof. Their compact design makes them both tidy and effective. And the finished compost is worth its weight in gold for gardeners. You can also select up to a 30-gallon plastic storage bin for about \$10. Choose a neutral color in hopes that it will blend in better with the landscape.

END RESULTS:

Use your compost as mulch or mix into a DIY potting soil. Composting mimics nature's method of decomposition, allowing organic material to break down aerobically. Thus, composting greatly reduces our overall waste being sent to landfills, and also cuts greenhouse gas emissions.

Happy Gardening and Blessed Be!





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>

In all tests of character, when two viewpoints are pitted against each other, in the final analysis, the thing that will strike you the most is not who was right or wrong, strong or weak, wise or foolish... but who went to the greater length in considering the other's perspective.

Don't you agree?

The Universe



SPIRITUAL GRAFFITI

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

People often make the mistake of burying their unresolved childhood memories under a bushel of compassion.

Even if its true that your parent(s) did their best, it doesn't mean that there isn't material to work through.

It doesn't mean that you don't have a right to your own healing journey.

Often people did their best, and still caused suffering.

We break the cycle when we also turn our compassionate eye inward, lovingly tending to our own woundedness.

Because we were doing our best, too.





SOUL SONGS • ABRAHAM FUN

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

SUNNY DELIGHT

If I lie or sit in the sun for brief intervals, I do nothing but passively absorb the sun's rays. They enter my body, bringing vitamin D and other health benefits. They offer a bit of color to my skin. The sun's energy warms and relaxes my muscles - all without an ounce of effort on my part.

The sun's heat and light are tangible, but there is an even more powerful and benevolent energy at my beck-and-call this moment. It is the loving, healing, balancing energy of my Source, and I can absorb its countless benefits in much the way I sunbathe.

As I relax in a quiet place, I turn my attention to this energy. I breathe deeply and allow it to enter my body, mind, and emotions. I allow it to circulate freely, bringing vitality, clarity, and serenity. I allow it to plant seeds of insight and answers, solutions and synchronicity.

As I increasingly set aside time to be effortless and receptive in this way, the more freedom I give Source to work on my behalf and the more I thrive. And I don't even need sunscreen.

SAILING A RELATIONSHIP

If I'm in an unhappy relationship, the most important thing I can do is work on my own happiness, here and now, before I change any aspect of my situation.

If I allow my sense of well-being to depend on the status of my relationship, I'm in a vulnerable position. I'm placing my inner peace and joy at the mercy of circumstances outside myself, over which I will never have complete control.

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

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

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

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

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The second part of this trip (optional) is sightseeing **March 13th to March 19th** for an additional \$950. We will visit India's Golden Triangle, which connects the national capital **New Delhi** (**Akshardham** and **Lotus Temple**), **Agra** (**Taj Mahal**) and **Jaipur** (**Amber Fort**). We will also stop at the tiger sanctuary in **Ranthambore**. All transportation, entrance fees, accommodations and two meals a day are included.



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Esther Hicks

ABRAHAM HICKS

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of their power, to just catch glimpses of their true heart, and to notice that what is at the heart every single time of their rebellion is some injustice that they are witnessing that they are not going to have, every single time.

We have never seen your children (and we have *always* seen your children,) *we have never seen your children rebelling other than when they felt injustice was under way.* So, we would ask you as a parent, are you going to join the unjust world? Or are you going to join the **Law of Attraction** world, the they-have-an-**Inner-Being** world? You want them to be in the tuned in and tapped in and turned on world.

So now we have some time - tell us what the call was about - if you want to.

QUESTION: OK, I will. So, last year my 16 year old developed a habit of just being late to school.

ABRAHAM: Yeah, nobody wants to go. It's like going to jail. (Fun)

QUESTION: He said that this class doesn't settle down until five or ten minutes in anyway, so...

ABRAHAM: He's right - what difference does it make?

QUESTION: So he can come right in 10 minutes late and...

ABRAHAM: Yeah, why be part of all the chaos?

QUESTION: Yes.

ABRAHAM: Why not keep to himself and get more tuned in and come.

QUESTION: But, if every child did that, class wouldn't settle down for 20 minutes. Right?

ABRAHAM: Whose side are you on? (Fun) That's what he wants to know - whose side are you on? Are you on the side of justice? Are you on the side of fairness? Are you on the side of keeping the rules? Now, we know, this is a tricky conversation - stay with us just a little while. So he's showing up late.

QUESTION: He's showing up late, so that was one.

ABRAHAM: That was last year.

QUESTION: Yeah, that was last year, and that was the last time, so I don't...

ABRAHAM: Then why are we talking about it?

QUESTION: Because I imposed my will on him, and that's why he stopped. And I don't know if I should continue to do that. I got what I wanted - he's on time every day now. But I don't know.

ABRAHAM: Everything that we've been saying is wrong - you teach this class. (Fun) [Abraham having fun directing her to the podium.]

QUESTION: I just don't know if that's the right way to go about it.

ABRAHAM: It is a short term solution because it stopped the calls from coming, but it's a long term situation - later he'll be trying to figure out how to find his own power. Look at human laws and rules as cooperation, and be glad for cooperation - it's nice that you all agree that when the light is green you go and when it's red you stop, otherwise it would be sort of confusing and even dangerous.

And so, one of the things that all of you experience (this is a big topic), where you are born into these physical bodies and those who came before are always wanting to socialize you because they're wanting you to fit into society. And what that means to them is you need to conform your behavior so that you fit in.

So the upside of that is you don't make trouble for everything else. The downside of it is you never do anything magnificent; you never find your true power. And it doesn't take too long being in this body conforming in order to keep other people happy before you get burned out, before you wonder what it's all about, before you don't like what any of them are doing, before you're just having a miserable life experience.

The only place that satisfaction comes from is by having an intention and moving in the direction of that intention.

If you are doing something because somebody has made it miserable to not do it...in other words, it's the path of least resistance to just do this, but you're doing it because of someone else's will. In other words, there's big difference in moving in the direction of what you

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Esther Hicks

ABRAHAM HICKS

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want, and containing yourself because someone else is making a demand about it.

We're not asking you to stop having negative emotion or stop having experience, we're not asking you to be blind to life, we're just asking you to dream a little more and get out ahead of it a little more and find out what true power is.

So, in like manner, we're not asking you to *not* ask your kids to be on time, we're not asking you to *not* have some things that they're expected to do - that framework is a good thing in this sense:

Think about this - you were born into a time-space reality, and do you know why? Your time and your space helps you focus, and without the ability to focus, you could not feel your progress, you could not feel your motion - it would not be satisfying.

And so, let's take that a little further - by having some parameters at home and at school, it does give you a place in which to focus. So we would say to our children "You know, if you make a decision and then line up with the decision, you're going to feel good. But if you don't make a decision, then you won't feel as good.

And this is the way it plays out: Decide to go to school and be on time and line up with it, or decide not to go to school on time and line up with that, but don't be on time and mad about it, and don't not be on time and feel guilty about it. *It's the lining up - it's you making your decision and lining up with it.*"

And almost everybody feels rebellious - your kids feel rebellious about having to make the decision that you made for them because that doesn't feel like deliberate creation, that feels going through the motions of something else. And yet, some of that is necessary in getting the launching pad ready, yes? And so, be a parent, yes, and have guidelines, yes, but get out there and dream and demonstrate it to them, and get out there and segment intend - show them the difference in all of that.

Do they take themselves to school?

QUESTION: Yes.

ABRAHAM: And how do they get there?

QUESTION: One walks and one rides his bike.

ABRAHAM: So they have the power to arrive when they decide to arrive.

QUESTION: Yes.

ABRAHAM: That is in their hands. And so, bask in the pleasure of that freedom for them. So, did we get there? Did you sort of get what we were talking about? We want to wrap this up in a strong way.

So, you want to be a parent who parents, which means you want them to know that you're thinking about them and that you care about them, but if you are a parent who tunes into **Source Energy**, the majority of the time when you think about them, and then you cast your gaze upon them from your connection with **Source Energy** perspective, you're going to find impulses of when to say things and what to say.

You're going to demonstrate your alignment with your **Source** and the power of your being, and they're going to hear that. And we can feel already that you've been doing a great deal of that. The reason they're listening to you is because they do trust you - their beef is not with you, it's with the injustices that go on at school.

We can tell you this as we scan the vibrational atmosphere of their classrooms - we're focused specifically on your 16 year old. He's the least trouble in that room. He's the most powerful in that room. He has the most established dreams of anyone in that room. He feels the greatest risk.

In other words, he's not saying when someone calls him that he doesn't care about it, he cares about this, he cares about this a lot. And when he feels you're at oneness with his power, you're going to witness a really big shift in his joyful demeanor. He's already a happy kid.

Say things to him like "I think I've always seen it in you, but I'm really seeing it now. You're a leader. But I'm just getting something," say to him "leadership isn't about leading other people - that's hard.

Leadership is about coming into your own power, and then others follow just naturally. And that's what I can feel for you. And that's why you're so stubborn about the things you don't want to do, and I'm just really getting that and appreciating that about you.

You're going to have such a great life - I can feel it coming, I can sense it coming, I know it with everything that I am. I'm so happy that I get to stand close up and witness the wonderful stuff that's coming your way."

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Jacksonville Beach	904-246-1300
Lakeland	863-646-5314
Lecanto	352-746-1270
Leesburg	352-787-0834
Melbourne	321-254-0313
Mount Dora	352-483-5683
Naples	239-775-3009
New Smyrna Beach	386-481-0890
Northport/Pt Charlotte	941-423-8171
Ocala	352-687-2113
Orlando	407-294-7171
Orlando	407-852-3940
Oviedo	321-206-5148
Palm Harbor	727-784-7911
Pensacola	850-438-2277
Plant City	813-659-2624
Poinciana	863-427-4276
Port Richey	727-848-7702
Port St. Lucie	772-878-9819
St. Petersburg	727-344-1515
St. Petersburg	727-898-2457
St. Petersburg	727-527-2222
Sarasota	727-848-7702
Sebring	863-471-1122
Sun City	813-298-7745
Tampa	727-531-1836
Tampa	813-870-0731
Tampa	813-882-0440
Titusville	321-383-0195
Venice	941-484-5342
Vero Beach	772-562-1133
West Palm Beach	561-721-1267
West Palm Beach	561-833-6483

HERB CORNER

RELIEVING SINUS CONGESTION WITH HERBS

...continued from page 10

Eyebright and **Goldenrod** are also anti-inflammatory herbs but I would not add them to a soup, these would be better in teas or tinctures.

Eucalyptus is one herb that most people know for the sinuses and the respiratory system; it is antibacterial and antiseptic as well as an expectorant to the whole respiratory system. The oil of **Eucalyptus** can be used as a steam by adding 20-30 drops to boiling water. Set the pot on a table leaning over the pot with a towel draped over the pot and your head; breathing this solution deeply helps to clear your sinuses.

BEYOND HERBS

Try removing mucous forming foods such as milk, wheat, pasta, bananas and even orange juice from the diet. Instead drink more water to thin out the secretions of mucous. Getting more **vitamin C** through foods, herbs or supplements can also help because this antioxidant assists the body in battling allergic reactions acting as a natural antihistamine. Plus it helps protect you from possible infections from congestion.

In your home you may want to keep animal dander and dust down and it may help if reduce heavily scented cleaning products such as air fresheners, detergents, lotions, shampoos and perfumes because the chemicals in these products can be irritating to the lining of the nose.



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SETH SPEAKS

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Then with this as framework and in terms that they can understand, such individuals are told the true situation.

Mass religious movements have for centuries fulfilled that purpose, in giving man some plan to be followed. It little mattered that later the plan was seen as a child's primer, a book of instructions complete with colorful tales, for the main purpose was served and there was little disorientation.

In periods where no such mass ideas are held, there is more disorientation and when life after death is completely denied, the problem is somewhat magnified.

Many, of course, are overjoyed to find themselves still conscious. Others have to learn all over again about certain laws of behavior, for they do not realize the creative potency of their thoughts or emotions.

Such an individual may find himself in ten different environments within the flicker of an eyelash, for example, with no idea of the reason behind the situation. He will see no continuity at all, and feel himself flung without rhyme or reason from one experience to another, never realizing that his own thoughts are propelling him quite literally.

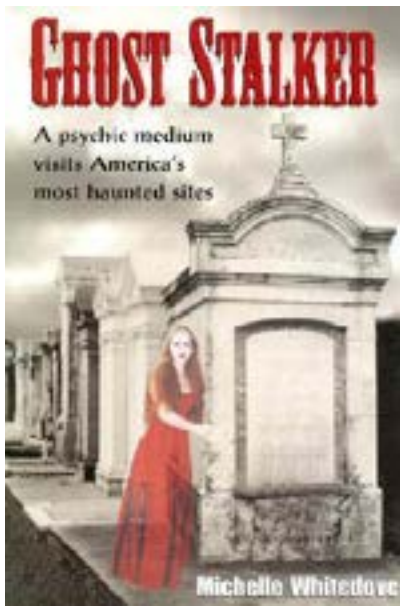
I am speaking now of the events immediately following death, for there are other stages. Guides will helpfully become a part of your hallucinations, in order to help you out of them, but they must first of all get your trust.

Haunted History Museum

Photos and documents, bizarre and macabre displays

www.facebook.com/cgreenshauntedhistoryhouse

Next door to
Purple Rose Trading Co.
1079 Stevens Street
Cassadaga, FL 32706



GHOST STALKER EXCERPT MICHELLE WHITEDOVE

...continued from page 19

While on this **ghost** trip, we frequently had this type of experience. I had an advantage over the others because of my ability to see psychically.

Also, some **ghosts** exhibit discretion: they will make them-

selves appear in front of one person, but not another. If a group of people are in the same room, and a **ghost** appears, only one or two of them will probably see it. Just because people want to see a ghost, doesn't mean that they will. It is more common to collect photographic evidence than to witness a manifestation.

People make contact with ghosts through **Ouija boards, séances, channels, mediums, meditation** and **dreams**. I encourage everyone to pay close attention to their dreams, because this is a way in which everyone can connect to the other side. The dream state is a doorway to the spirit world, it is a way that Spirits can contact us, especially if we do not heed them in physical form.

Many people tell me that they dream of deceased loved ones; I then explain to them that the person was really there, speaking to them in these dreams. Dreamtime visitations are very common. But it is not necessary for you to wait for your loved ones to contact you. Obviously, as you can tell from the title of this book, people can, and do, successfully make these contacts on their own. And now, you are ready to begin the travelogue, and decide for yourselves whether or not you believe in **ghosts**.

end of excerpt

Michelle WhiteDove's book Ghost Stalker is a psychic's personal journey to some of America's most haunted locations. As an investigator, **Michelle WhiteDove** wanted to demystify the super natural and answer age-old questions:

"Why do ghosts choose to remain earthbound? How do they travel from place to place? Why are they visible to so few people? What kinds of messages are they trying to relay? Are all earthbound souls evil? Why do some ghosts reenact the same scene, night after night?" The author is able to answer these questions, because she has the ability to see and directly converse with those souls who live between this world and the next.

GHOST STALKER II BY MICHELLE WHITEDOVE Talking with Spirits introduction by Maliena Slaymaker, Paranormal Researcher

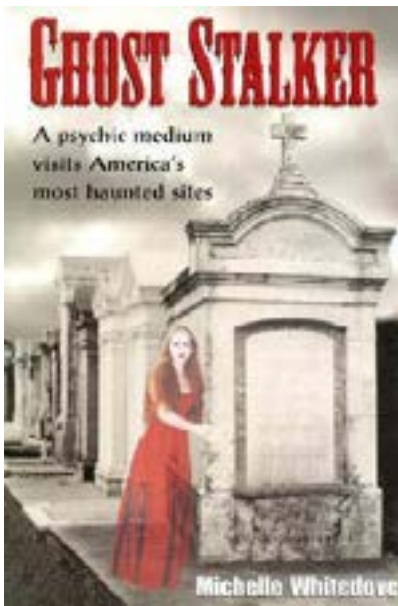
From first hand experience I can tell you that stalking ghosts with **Michelle WhiteDove** is always an adventure. While touring **America** with her, we stayed at **Myrtle's Plantation** situated deep in the bayous of **Louisiana**. This 1790's bed and breakfast is rightfully touted "*America's most haunted home.*"

On the last night of our stay we were up late doing a **ghost** vigil. At three in the morning **Michelle** spotted a **ghost** on the front lawn. She told one of the girls to film the area with her night vision camera. To the naked eye none of us non-psychic ghost enthusiasts could see the specter, but when the video was replayed, sure enough I witnessed my first ghost. A bright orb of light which looked to be the size of a tennis ball, was bouncing mid-air across the front lawn. After about three or four bounces, the light transformed into a glowing man walking with his arms swinging. He took a few steps, then returned to the form of the shining orb. We were all transfixed, watching the video over and over again.

The very thought of ghosts challenges us to rethink our perception of reality. And each of us must decide for ourselves.

Are hauntings merely a figment of an overactive imagination or are there invisible souls wandering this earth?

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GHOST STALKER EXCERPT MICHELLE WHITEDOVE

...continued from page 32

For me, my personal reality was changed forever when I saw the **ghost** captured on film. The unknown has fascinated, yet frightened us since the beginning of time.

Michelle White dove's mission is to educate

humanity on spiritual topics as well as the paranormal. Who better to educate us than a person with supernatural powers; someone who can see into the future and also look back in time? Information gleaned not from so-called history books, which are colored by the writer's political and personal views, but from a **clairvoyant's** vantage point.

Whitedove can look at history through truthful eyes, receiving psychic visions of real events, without bias. As a spirit-medium, she is gifted with the ability to converse with the unseen souls that inhabit the space right next to where you are sitting at this very moment. Her channeling abilities enable her to receive information directly from the source; whether it is a ghost, an angel, an entity, or the universal consciousness that opens for her like an end less encyclopedia of mystical knowledge.

Michelle is not limited to speaking to the dead but in this book it is her focus. I have heard **Michelle** lecture on many topics though the years. And some people wonder why anyone would research earth bound souls.

"You cannot deny the fact that darkness exists here on earth," said **Michelle White dove**. An upbeat spiritual education, guardian angels, spirit guides, the soul's evolution, positive thinking and the like are what most new age people prefer to deal with.

But **Michelle** refuses to only educate us on the feel good topics. She wants us all to realize the journey of the soul is multifaceted. There are many paths that a soul can follow. Throughout our trek to **Europe's** haunted and sacred sights, I was constantly amazed with **Michelle's** insights. Using her highly developed psychic abilities; she would receive information about a ghost or a location, and shortly after receive confirmation on her psychic accuracy. **Ghost Stalker II** was not written for the faint of heart.





Betsy Chasse

TIPPING SACRED COWS

...continued from page 9

truth is, I don't always love myself unconditionally. Sometimes I am a total asshole, and I know it, and I don't love myself when I am that.

What does it mean to love unconditionally? What is love?

Have you ever looked up love in the dictionary? How interesting that one four-letter word can have so many meanings. There are at least thirteen different definitions of love—my favorite being a score in tennis, by the way. I also find it interesting that it's first listed as a noun, when often it feels like a verb or an adjective. But it can be considered all of the above, which seems sort of fitting for this particular word, don't you think?

For fun, here are the thirteen definitions of the word love that I found at Dictionary.com:

Love, noun, verb, loved, lov·ing

1. a profoundly tender, passionate affection for another person.
2. a feeling of warm personal attachment or deep affection, as for a parent, child, or friend.
3. sexual passion or desire.
4. a person toward whom love is felt; beloved person; sweetheart.
5. (used in direct address as a term of endearment, affection, or the like): Would you like to see a movie, love?
6. a love affair; an intensely amorous incident; amour. sexual intercourse; copulation.
7. (initial capital letter) a personification of sexual affection, as Eros or Cupid.
8. affectionate concern for the well-being of others: the love of one's neighbor.
9. strong predilection, enthusiasm, or liking for anything: her love of books.
10. the object or thing so liked: The theater was her great love.

11. the benevolent affection of God for His creatures, or the reverent affection due from them to God.

12. Chiefly tennis. a score of zero; nothing (now isn't that ironic?).

13. a word formerly used in communications to represent the letter L.

If we focus on the main emotional definitions of love, there are basically four: maternal, family, friendship, and romantic. I know I will always have love for my children (maternal love), even if I do sometimes fantasize about dropping them off at their grandma's and leaving with **Ryan Gosling** for an island far, far away (I jest, I jest!). To gain maternal love, all you need is one night of fun, nine months with no alcohol—which is probably a good thing because you may have ingested too much on the one night of fun anyway—and, in my case, forty-four hours of labor and a nice scar across your once bikini-ready belly. I'd better unconditionally love that little being, because I sure as hell ain't loving my belly anymore. Seriously, I do unconditionally love them. It's instinctual. Even if I tried not to, I probably couldn't.

The chemicals released and the part of the brain that lights up during maternal love is completely different from the part that lights up during friendship or romantic love. Love for friends and romantic love, now those babies have some conditions! Those two are tied to so many things. So many expectations and attachments to the past (conditions!).

There are at least a dozen specific parts of the brain that are activated when we feel romantic love, which leads to a release of all sorts of yummy peptides. These peptides influence certain behaviors ranging from pleasure to sadness (seriously, just read a book on neuroscience if you want the gory details; if not, just take my word for it that this is how your brain works).

So our brain and the chemicals produced in our body work with us for romantic love and maternal love. One setup without conditions and the others with a whole lot of conditions. I suppose there are even conditions in tennis, but since I don't play it, luckily I won't have to tackle that type of love! But what about self-love—what about this idea that we must unconditionally love everything? Where does that fit into our brain?

Unconditional love is often expressed as having no bounds and being unchanging. When it comes to the people, places, and things in our lives, that is just unrealistic, unless of course you live in utter denial of your humanity and without any expectations or attachments. Seriously, you're a zombie at that point. That is not actually living, so you might as well polish your spaceship and take off.

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Betsy Chasse

TIPPING SACRED COWS

...continued from page 34

The idea that we should (oh, I love that word—should. Ha!) walk around “allowing” everything and everybody to be whatever they choose and that we should just “love them unconditionally” is tantamount to having a frontal lobotomy. Sometimes I see that the nuances in life get lost in our desire to be the perfect picture of spiritual beings. Sometimes the idea of love gets confused with the notion that love means being a doormat, or being, well, lovey-dovey, ooey-goey, warm and fuzzy. But what if love is sometimes the opposite? Is it possible that loving unconditionally means being tough and hard and strong? The answer, of course, is yes.

I am often the evil witch of a mother because I say no. The audacity! No, you cannot eat cupcakes for dinner; no, you cannot wear your bathing suit to school; no, you cannot go on the roof with me to hang **Christmas** lights, even if you are wearing your bicycle helmet. All parents know that sometimes saying no is the greatest sign of love there is.

We all know that sometimes loving another person means not giving in to their behaviors because we know that their behaviors probably won't help them in the long run. Like with a drug addict, we offer compassion instead of just giving them what they want, no matter how hard they pull at our heartstrings.

In our relationships we are compassionate and understanding, but usually we are willing to walk away when our conditions aren't met. It may take a while, years even, but eventually most of us move on. Even though we may still care for the other person, love them unconditionally, we do not. Except **Ryan Gosling**—I think I do love him unconditionally.

We can be quite rational about this with everything except ourselves. We either beat ourselves up over our failures and feel no love or compassion, or we hide behind a false sense of bravado, advertising our love for ourselves via our social media accounts. I am guilty of posting great quotes about self-love while secretly loathing myself.

Here's the trick, the distinction I've finally come to after years of shoving the cotton-candy concept of loving myself down my throat: it's not about love at all—it's about

compassion. It's about forgiveness and acceptance. Maybe it's just easier for us to call it love, but I didn't see the words compassion or acceptance or a warm and fuzzy celebration of one's large hips in any of those definitions. In my life right now, I am interested in being real about what these words mean and what I really need in order to find peace or love of self, if that's possible (don't worry; it is).

This became clear to me during my divorce. Divorce is almost never pretty, and it's usually the time when the worst in you comes out. It was no different for either me or my ex. It's that mask thing, you know, the ones we wear so people won't know the real us? When my ex-husband and I finally figured out that we weren't who we said we were, well, that would probably piss most people off. I was angry because I felt abandoned to raise two kids pretty much on my own while he went off in search of himself. I was angry because I believed him when we made our vows. I was angry because I felt betrayed. He's angry because—well I'm not really sure why he's angry, but he is, and I'm sure he feels as justified as I do.

Of course in retrospect, this is also why I have trouble finding love for myself. I now know I didn't believe being loved was possible for me. Hidden between the lines in my fairy tale book of love was the story of hurt and betrayal, so of course that's what I got. But the truth is, even though I understand my own part in our love tragedy, I still can't find any love for him anywhere in my being. Sometimes I hate him with the whitehot intensity of a thousand suns (fyi, that is my saying; I say it a lot, especially when I really, really hate something; I mean, if you gotta hate something it should be that hot, no-match-for-fires, here-I-go-all-the-way hate)—my anger runs that deep, mostly because I feel I have been willing to uncover the ugly parts of me in our marriage, while he hasn't.

He still blames me and that makes me mad. Clearly there's more work to do on that. But the more I tried to act the part of spiritual master and show him love, even as I felt he showed me none, and asked myself that wonderfully spiritual question “What would love do here,” the more I wanted to shove a dozen roses, thorns and all, down his throat. I wasn't being authentic. How could I do what “love” wanted if I didn't feel any? The more I tried, the more I didn't love him and the more I didn't love myself. I hated myself for lying to myself, for lying to appease my friends who were abuzz with the notion of peace and forgiveness for him, because that's what spiritual people do, right?

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Betsy Chasse

TIPPING SACRED COWS

...continued from page 35

They forgive you, even when you're an asshole. I wasn't there yet, and I was lying to myself in order to achieve some artificial peace prize. A spiritual **Girl Scout** badge with a big heart on it that said, "I love everyone, even if I think they are jerks!"

Once I let go of this notion that I have to love everyone unconditionally, I actually felt peaceful. I felt calm, and I felt compassion for myself. I felt lighter, and here's the really odd thing: when I looked in the mirror I started to like myself a whole lot better. Once I was free to just be honest about how I felt, not only about my ex-husband but about other people in my life, other situations in my life, I felt a freedom to be honest about everything and to see that I could also be compassionate about it. I finally understood what it meant to love myself.

I am short. For years I hated being short. I hated my short stubby little legs, so instead of trying to pretend I loved my legs unconditionally, I found compassion for them. They're just legs, and it's not their fault they're short, and there's not a whole heck of a lot they can do about it. So I forgave them; I accepted them. My ex-husband is a human, full of flaws like me. While I do not have to love him, I cannot change him, so I accept that he is who he is, and I accept that to him, I am who I am. It often isn't pretty, warm, and fuzzy—and believe me, there haven't been roses for a long time. But in being honest about it, I found peace, and in peace, I guess there is love.

When I tell my kids they have to love themselves and they give me that look, I often walk away feeling like I just sold out and took the easy route, once again passing on an unrealistic expectation and leaving them to hopefully figure it out one day. I have written a lot about my issues with my body and my sadness about the fact that my daughter carries the same belief. I have wondered about what I could possibly do to try to shift that belief.

As I have come to learn, when you sit with a question and wait for an answer, you'll often find it comes when you least expect it. My daughter is quite the fashionista. I swear this girl was born with **Gucci** genes, and I love it when she helps me get dressed to go out. One night, as I tried on about ten pairs of jeans and tossed them into a pile on the floor, my daughter asked me why I didn't just

pick one. I looked at her and shared that the truth was, I was frustrated with my body. I wanted longer legs and a tighter stomach, and I wanted to look like all the pretty girls I saw on the covers of magazines.

She said to me in that sage voice of hers, "I know what you mean. It's hard because I don't look like that either." I took her hand and walked her over to the mirror. I said, "It's okay to not like things about your body. If you can, you work to change them by eating healthy and exercising, but don't do it because you want to impress other people. I mean, look at me. I've got chubby legs, and my stomach has stretch marks, and at first glance it's easier to say ugh! But then I remember how I got those stretch marks—giving birth to two wonderful kids—and I look at those legs and remember that they've carried me on many journeys throughout my life."

We looked at our bodies and played a game of finding the parts we loved, and then we looked online at the starlets we were trying to emulate and found pictures where they weren't all dolled up for the cameras. We decided **Miley Cyrus** could put on a few pounds and **Charlize Theron** probably hated her butt too. We realized we have allowed the expectations of others to dictate what we think we should look like, based on unrealistic criteria. There is nothing wrong with wanting to look beautiful, to feel good in your own skin and the **Lucky Brand** jeans you're covering it up with. There is always a way to find that beauty, but it's not by copying someone else; it's by working with what you have. My son said he loved my squishy tummy because it was nice to lay his head on, and my daughter said I had beautiful eyes and a great smile. We found our beautiful parts and accepted the parts that don't fit the standards society has set. That's when you love yourself, zits and all.

There is a prayer we've all heard: "**Lord, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.**"

So, um, "love unconditionally?" Perhaps one day when I'm "enlightened" I'll do that, but for now I'll just "love authentically." What's that? It starts with acceptance, which to me doesn't mean resignation or defeat, it means allowing yourself to be honest about how you feel while accepting the things you cannot change and changing the things you can. It means showing compassion while telling someone something they don't want to hear, but saying it anyway, which is really showing unconditional love. But most important it's about giving yourself the permission to just be who you are and the willingness to change, when you're ready, and if you want to.

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

HORIZONS MAGAZINE

MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

HOROSCOPES JANUARY 2023



ARIES – (March 19 – April 18)

ARIES: MOOD FOR JANUARY 2023

Jupiter, present in your sign all month long, boosts your joy of living and enthusiasm and gives you wings. These good dispositions should make you the king of the party.

Love

ARIES: LOVE FOR JANUARY 2023

Venus facilitates the realization of tender projects between January 3rd and 11th. You can also count on Jupiter to boost your enthusiasm. A powerful duo to launch a new cycle of expansion in a positive way. Especially around the 4th, 9th, and 25th, where we wonder what could prevent you from rejoicing.

In a Relationship, a baby on the way? A move to a place you like and the satisfaction of looking in the same direction together? Take full advantage of the beginning of the year to strengthen your ranks around the same happy vision of the future.

Single: you can count on your charisma and friends to have a good time and go out. Perhaps it's during a getaway with friends that you'll meet your soulmate. If that special someone comes along, it won't be long before you make plans together.

Money

ARIES: MONEY FOR JANUARY 2023

If you need money to set up your projects, you will have no trouble raising the necessary funds to carry them out. Who could resist your charm in January?

Work

ARIES: WORK FOR JANUARY 2023

You'll use an eloquent speech to reinforce projects that are taking an excellent turn. You can take advantage of the people around you. They are charmed by your presence and your plans (on the 4th) to make rapid progress (on the 9th). You can launch a promising adventure. Your initiative will be crowned with success (the 25th).

TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR JANUARY 2023

Sociable, charismatic, and ambitious, you are determined to defend your interests, ideas, and projects. This strength of character and charisma will enable you to make a mark on people's minds and win them over.

Love

TAURUS: LOVE FOR JANUARY 2023

You want to be noticed and have plenty of assets to help you get there. Your irresistible magnetism allows you to powerfully influence those around you (on the 4th, 9th, and 25th). This impacts your social and emotional life and should make you happy. If you have a project in mind (and heart), prepare for what is soon to come.

In a Relationship, you shine and take full advantage of your divine aura to ensure the support of those who love you and support your initiatives. It should soon see the light of day, whether it's a baby to be born or conceived or any other project.

Single: this month, there is no question of you blending in with the crowd but of drawing attention to yourself. You have loving support in all you do, and you will soon open up a promising new life cycle.

Money

TAURUS: MONEY FOR JANUARY 2023

Jupiter helps you to get the support of those who defend your projects and interests. If you are expecting a down payment from them, it should not be long now.

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HOROSCOPES JANUARY 2023



Work

TAURUS: WORK FOR JANUARY 2023

Your charisma will not go unnoticed in January (the 4th), and your charisma will draw the favor of those behind the scenes who admire you. You use your seductive powers to get what you want (the 9th), and you end the month rather pleased with yourself and confident that your time will soon come (the 25th).

GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR JANUARY 2023

Rather cheerful because you are fulfilled, even fulfilled (the 4th), nothing will upset you in January. Love is smiling on you, your business is going well, and your future is opening up with exciting prospects (the 9th, the 25th). You will want to share your happiness with those around you.

Love

GEMINI: LOVE FOR JANUARY 2023

Tender plans are in the air, and all conditions are met (on the 4th) for them to materialize and fill you with happiness. You do not hesitate to pay your way to reach your most ambitious goals, whether in love or any other field (the 25th).

In a Relationship, a dream comes true, the future opens up wide, and prospects lift you off the ground (the 4th). You are actively participating (on the 9th) in elaborating a project that will allow you to expand your horizons and evolve (on the 25th).

Single: open your eyes and heart in January, which starts with a bang. From the 4th, you have the opportunity to blossom through a project that enchants you or an inspiring encounter. You go for it (the 9th) and end the month in ecstasy.

Money

GEMINI: MONEY FOR JANUARY 2023

You have nothing to worry about. If you are short of it, you will be given some, but there is little risk that you will have empty pockets. Jupiter guarantees you happiness and prosperity.

Work

GEMINI: WORK FOR JANUARY 2023

The elements work in your favor (on the 4th), and you achieve your goals with great satisfaction. Your determination (on the 9th) to achieve your ambitions allows you to open the future to your liking (on the 25th).

CANCER – (June 20 – July 21)

CANCER: MOOD FOR JANUARY 2023

Nothing can alter your zest for life and your drive to succeed. You don't want to go unnoticed and benefit from a climate favorable to your expansion on all levels. What more could you want?

Love

CANCER: LOVE FOR JANUARY 2023

If you are thirsty to extend your influence and shine on the world, you can count on a favorable conjuncture to make people love and admire you. You will deploy your seduction strategies to rally the votes and make the unanimity (the 4th, the 9th, the 25th).

In a Relationship, you have golden assets to enchant your partner. You exert your power of seduction on those who find you formidable, even downright irresistible.

Single: don't hesitate to play your cards right. Supported by an excellent astral climate, you have no trouble hitting the bull's eye. Whether you need to be loved or admired, you know how to occupy the space.

Money

CANCER: MONEY FOR JANUARY 2023

You may be granted promotion or social recognition in January. It's only a short step to an increase in your salary, which you could receive before the end of the month.

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HOROSCOPES JANUARY 2023



Work

CANCER: WORK FOR JANUARY 2023

Jupiter exalts your thirst for power, your desire to reach a superior position, and favors your social ascension. It also gives you a sense of strategy and a great capacity to shake the levers at your disposal in the shadows. You will make an impression (4th, 9th, 25th).

LEO – (July 22 – August 21)

LEO: MOOD FOR JANUARY 2023

Jovial and unifying, you have no trouble making an impression. Take advantage of this happy period to accumulate successes (in love, in business) and open the future as you hope. You are well accompanied, and people are eager to join you in such exciting prospects.

Love

LEO: LOVE FOR JANUARY 2023

Do you want to change your relationship and give it a new meaning? You will probably have the opportunity to do so (on the 4th), and you will involve your partner in an exciting project (on the 9th) that you share. This project could see the light of day at the end of the month (the 25th).

In a Relationship, nothing seems impossible to you. Driven by overflowing energy (the 9th), you know how to convince the one you love to believe and follow you on an adventure they will soon validate (the 4th and 25th).

Single: a meeting makes you want to make plans (the 4th). You already had an idea in mind. In that case, you will not delay proposing to your conquest to accompany you on the adventure (the 9th, the 25th).

Money

LEO: MONEY FOR JANUARY 2023

You have no financial problems, and your projects are supported by those with the funds you need.

Work

LEO: WORK FOR JANUARY 2023

You use your power of seduction and conviction (on the 4th) to argue a project everyone agrees with (on the 4th). Rely on your dynamism, strength, and self-confidence (the 9th) to achieve your goals and win the game (the 25th).

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR JANUARY 2023

Your ability to contribute to everyone's happiness should make you appreciated. The proposals for a change you bring up are unanimously accepted, boosting your desire to perform on all levels.

Love

VIRGO: LOVE FOR JANUARY 2023

You are redoubling your goodwill (on the 4th) to significantly improve a daily routine that satisfies everyone. You seem more eager to assert your powers on the professional level (on the 9th). In that case, your investment contributes to your personal and social fulfillment (on the 25th).

In a Relationship, you are working hard to ensure that your life evolves in the right direction and you are succeeding. Caring and dynamic, you do not miss any opportunity to transform what must be transformed.

Single: more than love, you need to optimize your chances to improve your life. Rely on your popularity to create a world that can check off all the boxes.

Money

VIRGO: MONEY FOR JANUARY 2023

Count on Jupiter to bring your business to fruition: advantageous associations and essential returns on investment. You will rub your hands together in January (4th, 9th, 25th).

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HOROSCOPES JANUARY 2023



Work

VIRGO: WORK FOR JANUARY 2023

This is where you struggle first to seize opportunities to make significant improvements within the company. This mission succeeds (4th, 9th, 25th) thanks to your commitment, dedication, and cooperative spirit.

LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR JANUARY 2023

Seductive, loving, talented, nothing will dampen your good mood in January. You are radiant with happiness (4th, 9th, and 25th) and end the month on a high.

Love

LIBRA: LOVE FOR JANUARY 2023

Count on Venus to boost your power of seduction and foster your emotional ties. It is a question of making a sentimental commitment or strengthening your relationship by giving proof of your love (on the 4th). You are living a meaningful story on the 9th and 25th: nothing can alter your perfect complicity.

In a Relationship, your duo is returning to life, and you spend some dreamy moments together. Take advantage of a favorable conjuncture to express your feelings to enjoy yourself together (the 4th, 9th, and 25th).

Single: January brings about a promising romance and makes you want to take a significant step forward. Whether it's about settling down together or starting a family, there's no doubt in your mind.

Money

LIBRA: MONEY FOR JANUARY 2023

If you want to earn more and your talents to be recognized, do not hesitate to put them forward: you will not go unnoticed. Advantageous contracts and profitable associations will allow you to increase your income.

Work

LIBRA: WORK FOR JANUARY 2023

Build on your talents to perform well in January and make an impression on those around you. You aspire to become a partner, sign a contract, or land a deal. In that case, you can prevail, broaden your horizons, take advantage of a favorable climate for advancement.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR JANUARY 2023

You enjoy happy times with your family and are appreciated by your peers and superiors, who praise your merits and dedication to the common cause. This will put a smile on your face. This good mood should last throughout a rewarding month.

Love

SCORPIO: LOVE FOR JANUARY 2023

The benevolence you exercise in your family allows you to create a light and warm atmosphere in your home (the 4th, the 9th, the 25th). Count on your good intentions and irresistible charm to improve your relationship's quality. You can harmoniously change things in the family (the 9th).

In a couple, there is happiness in the air. You evolve in a climate favorable to tender exchanges with loved ones and the embellishment of your living environment (the 4, 9, and 25).

Single: complicity is reinforced between you and the family circle you cherish. Take advantage of this to develop your ties towards more harmony and mutual understanding.

Money

SCORPIO: MONEY FOR JANUARY 2023

You are not immediately rewarded for your excellent and reliable service. But, it should not take long! Continue to serve the common good with perseverance until you realize that you have become indispensable.

Work

SCORPIO: WORK FOR JANUARY 2023

Count on Jupiter to prove to your superiors that you are up to the task. Your efforts and dedication could be rewarded, especially if you show selflessness and are appreciated in high places; this is the best approach to promote you (from mid-May 2023).

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HOROSCOPES JANUARY 2023



SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: MOOD FOR JANUARY 2023

You communicate your lightness and enthusiasm, which sow happiness wherever you go. Take advantage of this excellent disposition to make others want to team up with you (the 4th, 9th, and 25th) in love or business.

Love

SAGITTARIUS: LOVE FOR JANUARY 2023

Nothing resists your magnetism in January. Your power of seduction and radiance will earn you many successes (the 4th and 25th). You also show the will to impress the crowds, to leave your mark on others (the 9th), which cocktail makes you live an exceptional month.

In a Relationship, you will bewitch your partner and rekindle the flame. If you want to start a family or expand it, this is the time. Your love affairs are on the upswing.

Single: good influences exalt your assets and favor a good encounter (on the 4th). You can convince the other person that you are the ideal partner (the 9th), and they will believe you (the 25th).

Money

SAGITTARIUS: MONEY FOR JANUARY 2023

Your undeniable talents will help your income, and your influence on those around you will bring you success and probable abundance. All you have to do is ask.

Work

SAGITTARIUS: WORK FOR JANUARY 2023

You have great potential, apparent talents, and the ability to attract attention, to praise yourself elegantly (the 4th). Your proposals and your enthusiastic state of mind (on the 9th) arouse the interest of your interlocutors. They turn into admirers (on the 25th).

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR JANUARY 2023

Nothing will dampen your happiness, and good mood as the sky plots your happiness and achievements. Venus favors the expression of your gifts and the increase of your income. Jupiter protects your happiness at home, and Mars endows you with a beautiful determination. What more could you ask for?

Love

CAPRICORN: LOVE FOR JANUARY 2023

You will benefit from a favorable situation for your family and private projects. Whether it is to conceive or welcome a child, to buy or arrange a place to live, you can make your desires come true (the 4th). With your energy on the rise (the 9th), you will end the month in joy (the 25th).

In a Relationship, you aspire to blossom in your family circle and invest much to achieve this. Count on a supportive cosmic climate to launch or complete a project in this direction (the 4th, the 9th, the 25th).

Single: whether you aspire to start a home, buy the house of your dreams, or move to a new place to grow at ease, you will enjoy cosmic support to help you achieve your goals (4th, 9th, 25th).

Money

CAPRICORN: MONEY FOR JANUARY 2023

Count on creative Venus and determined Mars to ask for a promotion, a raise, a bonus that should be granted without you having to insist.

Work

CAPRICORN: WORK FOR JANUARY 2023

If you are planning to start your own business, now is the time. If you want to develop your talents, express your creativity, and get rewarded for your merits, this is the time. Venus exalts your ability to draw attention to your accomplishments. It's a short step from there to getting what you want.

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HOROSCOPES JANUARY 2023



AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR JANUARY 2023

Nothing stops you from rejoicing in January: all the meters are in green. Always in good shape, you're full of humor and desire to have a good time with those you love. You'll use this first month of the year to boost your popularity, make new friends, and make love into something extraordinary.

Love

AQUARIUS: LOVE FOR JANUARY 2023

You have a radiance that will likely bring you success around the 4th, the 9th, and the 25th: you will be the only one to be seen. Take advantage of this aura to make conquests and expand your relational universe. Pleasant (perhaps beneficial) encounters will contribute to warming up this month, which looks more like summer than winter.

In a Relationship, rely on your charisma to close ranks and warm up the atmosphere with loved ones who appreciate your presence and your ability to distill a slight wind of happiness around you (4th, 9th, 25th).

Single: do not hesitate to frequent the world around you. You could make some significant and even decisive encounters. You can use your radiance to bewitch anyone you want (the 4th, the 9th, the 25th).

Money

AQUARIUS: MONEY FOR JANUARY 2023

Rely on your influence and talents to create a high-way for yourself. Surrounded by prestigious allies and buoyed by your successes, you will use this to claim material recognition for your talents. People are so eager to keep you.

Work

AQUARIUS: WORK FOR JANUARY 2023

Until February 20, Jupiter favors your relationship, family, and social development. Don't miss any opportunity to attract charismatic personalities who could become valuable allies (the 4th, the 9th, the 25th). Count on Venus and Mars to deploy your talents and your irresistible charm.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR JANUARY 2023

You are less spontaneous and less demonstrative on the sentimental level because you are going through a period (between the 3rd and the 11th) of self-reflection and questioning about managing relationships and the atmosphere at home. However, there is nothing to stop you from being happy.

Love

PISCES: LOVE FOR JANUARY 2023

You are thinking about the right way to use your resources to improve your living conditions and those of your loved ones. Consider past experiences to make the best decisions (the 4th and 9th). A current abundance allows you to act for the good of all (18th). You can be praised for your generous dispositions.

In a Relationship, take the time to search your heart to bring the best response to your expectations and those of your loved ones. If you dream of investing in a place to live so you can feel safe with your loved ones, now is the time.

Single: if you intend to settle down, buy a property or live as you wish, to make decisions concerning your family environment, you will do so in the interest of all.

Money

PISCES: MONEY FOR JANUARY 2023

Jupiter favors your economic expansion through a new job or the valorization of your efforts and production.

Work

PISCES: WORK FOR JANUARY 2023

Until February 20, count on Jupiter to favor your economic and professional expansion. You aspire to develop your talents, to exploit other potentials. In that case, you will succeed and be rewarded for your talents and merits. This period reinforces your self-confidence and your income (promotion, raise).



Dr Joe Dispenza

FEELING OUR WAY INTO THE MYSTICAL – PART I

...continued from page 8

If we practice this, again and again, we'll be preparing ourselves for that mystical experience. Rehearsing the thought and feeling - or stimulus and response - is how we condition the brain and body to look like the experience has already happened. And when the door does open, we'll be ready.

THE GIFT OF INNER EXPERIENCE

In this work, we've seen countless stories of transformation; people who have powerful experiences and encounters with the mystical. I've interviewed them; I've seen their brain scans.

I ask them, "What do you do?" And they say, "Oh, I get so grateful. I'm so grateful for the opportunity for the mystical. I feel so in awe of this wonderful thing called life. I'm so profoundly moved by just being present; in the presence of the divine."

In other words, they're open. They're relaxed. They're curious. And, most important - they feel the feelings ahead of the experience. They're not waiting for something to happen outside themselves before undergoing a profound inner transformation.

For them, the door's open - and they're willing to experience whatever their subconscious has for them in the form of a gift. And the gift is the inner experience itself.

They're not asking, "Why hasn't it happened yet?" They're not approaching the work from a place of lack - or with an attachment to controlling the outcome.

They're in a state of grace; of gratitude. In pure surrender. They trust something is going to happen; they just don't know when or how.

Trusting. Loving. Believing. Staying relaxed and awake. Embodying joy. In a sense, all of these describe the same thing: An open-hearted state of being where we're not waiting for the event; we know the event is going to happen.

FORGETTING WHAT WE THINK WE KNOW

To reach this place of total surrender, we have to lay down everything we've used, our entire lives, to get what we want - so something greater can occur. We have to let that go - so something else can step in and do it for us. It's not an easy process. But it's important to make time for it. We have to keep showing up for it.

In a sense, we have to get our mind completely out of the way - to make room for another mind to step in. And the information from that mind comes from connecting to the field.

To walk through that door, we have to cultivate a light-hearted state of exploration; a state of wondering if there's something other than what we think we already know. We're open to finding out if there's anything new to experience; an unlimited encounter with the mystical. And before we can experience it ... we have to feel it.

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Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 14

WORLD VIEW

Any time our environment does not conform there are thoughts created by us that we are not conscious of. While during an everyday occurrence like driving home from work thoughts may pop up like: Why is he driving so slow? Why can't people obey the traffic flow? and so on.

But we did not consciously create them. *Where did they come from?* They came from our desire to have the world be the way we want it. Since every thought creates an emotion, we feel agitated. When we get home we project that agitation on someone or something, but do not know why.

Becoming aware of what thoughts pop into our mind allows us to examine what our world view is. Once we know it, we can then decide if we wish to live by it or change it. Many views are imposed on us without our knowledge, and many we have created through unresolved issues. Whatever they are, we need to examine if we really wish to live by those views of the world.

All views of the world are our own manufacturing. The world exists. The world is! We are just one little spec within that world. It can not be just the way we wish it to be. We say that if I have this job I will feel better. If I have a family, house and kids I will be ok. ***But none of those things are going to make us feel better unless we look at the stuff within our own mind that is hidden.*** One day that job we thought was going to make us feel better will not conform to our belief and we will become agitated. One day our partner will be different than what we thought they should be and we will be agitated. Every individual is their own person and can not live by our rules.

The whole world is full of wonder and excitement. But we can not experience it, because we are confined by our world view. When we live in the moment without judgment or expectation, we fully experience the world they way it is. We will experience joy and sadness, laughter and tears, but we will then have a new and exciting life. We will be able to adapt to the various differences and appreciate them and live our life fully. The change is not in the outside environment, but our inner world that we have created.

We need to work on creating a world that we enjoy. This world was created for us to enjoy, but we create suffering with our expectations and attachments. So let us look at our world view and decide if it is our friend or foe. We work hard to accomplish things in this world, like education etc., but forget to work on the internal world. Definite effort is needed but the rewards will be amazing.

Every day in the morning take time out sit quietly and try to control the mind for meditation. Concentrate on the breath. Breath is going in, breath is coming out. The mind will automatically run away with our thoughts. Yes, look at them. Are they thoughts that you wish to have? Are those thoughts serving you? Where did they come from? Every thought is an energy. Every energy also wishes to be free, so let us set them free.

If there is a thought that is of discordant energy tell it that it has served you well, but you no longer need it and ask it to go to the light and set it free. We have imprisoned these energies within us. They need to be released. Surprisingly it is that simple.

But we need to do this lovingly, because every thought in our mind has served us in some manner. Just that now it is time to let them go because we no longer need them. We must remember whatever energy we hold within us we project outward in some manner and attract similar energy. We wish to free us of all discordant energies within, so we may attract and live the beautiful abundant life that belongs to us. So let us work on the internal world and not only on the external world and review our world view.

***"You define your own life.
Don't let other people write
your script." Oprah Winfrey***

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. Her vids educate, comfort and inspire me. You can watch the [Yogashakti Yoga Center YouTube channel](#) at https://www.youtube.com/watch?v=w_LJwgiYI00



Mitch Ditkoff

INSPIRING COWS

...continued from page 18

Outstare-My-Professors-So-They-Would-Think-I-Knew-More-Than-I-Actually-Did, was about to be summarily kicked out of school, underwhelmed as my teachers were by the spotty quality of my work and the insidious ways in which Lawrence Ferlinghetti and Dylan Thomas kept leaking into my writing, not to mention the fact that I still had no clue why Wallace Stevens was such a big deal.

"Mr. Ditkoff," Professor #1 announced as the class emptied out, "the faculty and I... after much consideration... having reviewed your work carefully.... have decided... um....to give you a full teaching scholarship."

"Wow. That's interesting," I replied. "I quit."

"Quit?" he said. You can't quit. Don't you realize what you're being given here -- a totally free graduate school education at Brown University?"

"Like I said, sir. I quit. Thanks for the offer, but my education needs to happen somewhere else."

Which is exactly what happened.

Two days later, I was no longer a graduate student. Two weeks later I was living where I really wanted to live -- Cambridge, Massachusetts, and doing what I really wanted to do -- being a night desk clerk at a second rate hotel, plenty of time to read what I wanted to read, plenty of time to write what I wanted to write, and plenty of time to live the poetry of life, not just study it.

Clarity! Freedom! Choice! A bold step forward into the unknown!

It doesn't take a genius or a Professor at an ivy league university to figure out the moral of this little story. DO WHAT YOU WANT TO DO. LIVE WHERE YOU WANT TO LIVE. AND DO IT NOW, NOT LATER.

Time is passing. Life is too short to be living someone else's concept of it, too short to be living even your concept of it. There is something, beyond logic, beyond reason, beyond your ability to understand, that is calling you. Listen to it. Honor it. Trust it. What others might call "quitting" isn't really quitting at all -- it's letting go of the past, following your muse, and moving into the moment called NOW.

Your move.



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Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

...continued from page 6

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

I've lost many family members and never thought of it as unfair or untimely. It's just a part of life. When I was about 10, the man across the street died. He was my dad's age and their son was my brother's age. It transformed their family before our eyes; it was an early lesson to me that "sh*t happens."

Then the man at the end of the block died. The daughter was about 10 years my senior, her dad drank a lot. We found him one early morning when we'd snuck down to the railroad tracks to play - apparently he'd fallen asleep on the tracks and a train hit him.

In my late teens and twenties, my grandparents began to die. In my 20's, I lost 3 brothers, my husband and 5 friends. In my 30's, I lost my husband, my father, a cousin and several friends. In my 40's, I lost my husband and my mother, my mother in law and 2 friends.

I've never felt that **God** didn't have it all under control, whether it was done my way or not. I learned you can still communicate with loved ones who have passed on.

As an aside, I've experienced **John Edward** from **Crossing Over** in person and he's the real deal. How is this helpful to those of us left behind? It gives us comfort to know that there is something "after." It gives us something to look forward to, and increases our feeling of staying connected to someone we love.

I always think that when it's my time, I've got lotsa friends and family waiting to welcome me home - and knowing they're 'there' kinda demystifies the process for me and makes me feel safe and secure, no matter what.

From what I've experienced during readings with deceased loved ones in the past 20 years, I believe that when I die, it will be like dozing off in one place and waking up in another. Dozing off in one body and waking up in another or formless who knows? I feel that whatever happens, I'll be granted enough presence of mind to move through the situation happily enough.

How can that be? I've been asked. Just look at the **National Geographic** program showing the cheetah stalking and catching the gazelle. You see them thrashing and hear the screams and imagine the worst. What you don't consider is that **at the first blow of trauma, the victim is either on its way out of its body, or its system is flooded with endorphins. Endorphins are your body's natural painkiller and also Nature's euthanasia. It is literally Nature's morphine.**

What we see the gazelle going through, and the sounds we hear her make, are a series of automatic responses and muscle memory. The consciousness of the gazelle is no longer in her body. If she's alive, her brain is in an endorphin haze so she feels no pain. "She's" already elsewhere. She's on to bigger and better things, onto her next evolutionary stage.

MY DAD WAS IN A COMA FOR 2 WEEKS BEFORE HE DROPPED HIS BODY

Before my dad died in 1987, he was in a coma for two weeks. During that time, I'd visit him and I could feel him periodically squeeze my hand as he held it. Except he wasn't holding it. I was holding his hand, and his muscles were reacting involuntarily. He would also make sounds and sighs and once sat partway up, which somehow I just knew had nothing to do with "him," although his wife thought that meant he was alert and communicating. At that point, medical systems indicated that he was in a vegetative state.

Since that time, I've seen many who were in comas and of these, some were able to hear what was going on around them and communicate nonverbally, as evidenced by their later recollection after they'd come out of the coma. Years of training has developed my nervous system to be aware of the subtleties of energy, so I "knew" my father was already gone from the physical body whose hand I held. Just as I knew the "dead" pines trees in my west woods, which looked like charcoal sticks after the heavy burn of **Summer 2004**, still had life force in them and a year later, they began to green again.

From doing readings through the years with those who have crossed over, I know that without exception, when the moment comes, there is a deep peace and understanding, and that we are met by those we know who have passed before us.



Enjoy our offering this month.
Hari Om.

Andrea



Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

"There's my Mom, I'll tell you more about him next time I see you. " the little girl said rushing over to hug her mother.

"Please do. " the **Man with the Ladder** called after her.

He didn't give the story another thought until he had the pleasure of minding **Tatanya** the following week.

"I have something for you," she smiled holding something behind her back. "Guess what it is?"

"Ah let's see. . . a million dollars?"

"Close," she smiled, handing him a thick brown envelope, "It's really only a couple of grand, but it's the thought that counts. It's a **Christmas** present from my **accordion angel Bob**. "

"How sweet of **Bob** to think of me. " the **Man with the Ladder** acknowledged, weighing it in his hand, "The envelope is sealed. Should I open it up, count it to make sure it's all there.

"I don't think that would be a good idea, this isn't the safest place in town. " she cautioned.

"Good point. I'll just take a peak then. " He opened the corner of the envelope expecting to see it stuffed with large denominations of **Monopoly** money. Instead it was stuffed with large denominations of **Uncle Sam's** Genuine official green backs--a couple of thousand dollars worth. Time seemed to slow down suddenly for the **Man with the Ladder** as he watched himself in slow motion grope for appropriate words while his beaming companion watched his face waver with kaleidoscopes of emotion.

"Where exactly did you get all this money **Tatanya**?"

"I told you, **Angel Bob**. Where else would I get it?"

"That's what I'd like to know. I hope it didn't come from one of your mother's clients --**Angel Bob**, hmmm, **Angel Bob** wouldn't be **Roberto "Angel" Castellano** would it?" the **Man with the Ladder** winced, visions of mobsters and broken knee caps dancing in his head.

"I only know him as **Angel Bob**. "

"Well whoever he is this is much too generous, people don't go around giving away this kind of money even if they are angels. So you'll have to return it wherever you got it before we both get into trouble. "

"But **Angel Bob** told me to give it to you. " **Tatanya** said in a worried six year old voice, "I've always done what he asked me

to do --I wouldn't want to hurt his feelings-- he's an angel you know, I don't know what angels do when you tick them off. "

"No, whatever you do don't tick him off. You said he specifically said to give this to me --so he knows who I am?-- Where I live?"

"Of course, angels know everything. "

Somehow in the present context that thought wasn't comforting. `Maybe the money might be enough to cover a one way ticket to **Mozambique**' the **Man with the Ladder** thought to himself, `I could learn native customs, a little subsistence farming, the future wasn't completely bleak. ' The sound of an accordion stirred him from the dark continent.

"That sounds like **Angel Bob**. " **Tatanya** announced brightly.

The hairs stood up on the back of the **Man with the Ladder's** head.

"Where? Do you see him?" he asked, subtly stepping into the shadow of his ladder.

"That looks like him over there. " she said pointing at a large woman at a distance down the path, walking away from them.

"She doesn't look like an angel, she doesn't even look like a **Bob**. " the **Man with the Ladder** skeptically pointed out.

"He's an angel he can look any way he wants. " she responded condescendingly, "Sometimes he looks just like a little girl. "

"Well then how do I know I'm not talking to **Angel Bob** right now. "

She looked him straight in the eye and said "You don't. "

It didn't take much to unnerve an already jumpy **Man with the Ladder**.

"You want to go over and meet him?" the little girl asked.

The two of them glanced down the path in unison but it was suddenly empty.

"I guess he flew off. " **Tatanya** shrugged.

"Look what I've bought for us!" **Tatanya's** mother called from behind them.

The **Man with the Ladder** and **Tatanya's** mother had a vague understanding between them. It was moments like this one that made it clear how vague it was. Normally they merely exchanged pleasantries and maybe a pastry or small sum of money as payment for **Tatanya**-sitting but today the **Man with the Ladder** had a real inquiry and hadn't the vaguest idea of how to begin.

...continued on page 49...



Jim Egan

STORIES THAT BEND REALITY

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"**Tatanya** and I were having a very interesting discussion about her friend **Bob the angel**."

"Yes, **Tatanya** has all sorts of invisible friends. As a matter of fact you're one of the few people **Tatanya** talks about who I've actually seen-- so you better be careful-- you may turn invisible yourself." She meant it light-heartedly but somehow the **Man with the Ladder** took it the wrong way and slipped right off his ladder very ungracefully.

"So you haven't actually seen **Bob the angel** then." the **Man with the Ladder** concluded, trying to regain his composure, "You see he gave **Tatanya** a **Christmas** present to give me. . . ." He fumbled with the pocket of his coat.

"Let me interrupt you before your story gets any weirder." she said with a sudden look of concern, "You're the only person I trust with **Tatanya** because everyone I know is a complete flake. If you go any further and convince me that you are too, I'd be in a real fix --so I'd rather you didn't-- if that's okay with you." she said, smiling weakly and ushering **Tatanya** on her way.

The **Man with the Ladder** stood there a moment thinking. Having several thousand dollars in his pocket made him feel conspicuous. He had never really felt conspicuous before even when he probably should have so he wasn't sure if he was just imagining it. 'Don't panic' he warned himself.

He knew that the best way to avoid being conspicuous was to continue doing what he always did on **Sunday** afternoons but what he always did was sit on a ladder in the middle of a park and that was way too conspicuous. It occurred to him that most of the places he liked to go and most of his favorite habits like taking his ladder along with him, attracted a lot of attention. No wonder he had met the strangest of people and had the strangest of adventures, he had learned the art of being blatantly and obviously conspicuous.

He finally decided it was better not to continue his usual conspicuous pastime even if it made him conspicuous doing so. He got up, slung his ladder over his shoulder, and tried to make his way from the park as quickly and as quietly as he could without drawing any unnecessary attention to himself.

The glance of each person he passed seemed to follow him and out of the corner of his eye he saw figures off in the

distance pointing vaguely at him. If only he wore a hat with a large brow he could pull down low or a trenchcoat with a big collar he could pull up around his head-- He obviously had a lot to learn about being inconspicuous.

It took what seemed like a decade to finally make it home. There he examined the envelope and the money for anything that might suggest its origin. All he could tell was that the envelope was of the plain brown variety without a mark on it and the money didn't appear to be counterfeit all **three thousand two hundred and seventy dollars** of it in used twenties mostly.

He thought about taking it to the bank but decided it would only incriminate him. He didn't have **Tatanya's** phone number so there was no way for him to see her except returning to the park so the next day he headed off for the park. This time however he came prepared. Carefully hidden from prying eyes in the bushes at the edge of the park he awaited any sign of **Tatanya**. He caught sight of a little girl who looked very much like **Tatanya** from a distance, but she seemed to be in the company of a well dressed older gentlemen whom he had never seen before. He lost sight of them for a while even after he craned his neck as far out from the bushes as he dared. Several minutes elapsed with no further signs of the little girl and he was debating the merits of leaving his cover to get a closer look when a voice from behind him startled him.

"Why are you hiding in the bushes?"

The **Man with the Ladder** spun around fast--which is not easy to do with a seven foot ladder. If it hadn't gotten half caught in the bushes he would have likely taken his friend **Tatanya** off at the waist.

"You scared the life out of me **Tatanya**! Is it a habit of yours to sneak up on people hiding in the bushes, or am I a lucky exception?"

"Well there's no fun in sneaking up on people standing out in the open, not at all trying to avoid being sneaked up on, is there?"

"I suppose not, but I went to some trouble to insure that no one could recognize me. I could have been some **Mafia** hit-man or some terrorist in the process of planting a bomb."

"I never thought of that. I did ask myself who would be hanging around the park, hiding in the bushes in a coat with the collar pulled up and a big hat pulled low and holding a ladder under one arm. . . ."

"The ladder gave me away?"

"Kinda."

"I thought it might, but some habits are hard to break, even for thousands of dollars. Never having had much I never

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knew that large sums of money came with so many responsibilities. I thought it would be just the opposite. "

"I wouldn't know, I've never had more then it costs to buy a jelly donut. If I had enough money to buy one every day I wouldn't need any more then that, but adults always seem to be looking for more, no matter how much they got. Maybe you know a story that explains what the fuss is all about?"

The **Man with the Ladder** searched his memory for a tale in that category but since most of his stories were based on real events that had occurred to him none of them seemed to have money as a major character.

"I'm sorry honey I seem to be a little short on money stories this week how about one having to do with bills?"

"My mom tells me those kind of stories all the time. What I'd like to know is why everything's got a bill to go with it? Why does everything have a price? It seems to me that something would seem more valuable if it wasn't just sold for money if you had to deserve it or want it the most in order to get it."

"Well it's a mystery usually kept for when you're older and too distracted by the opposite sex to pay much attention to the argument. The gist of it covers the free market system and capitalism and economic incentive but the truth is something you only catch on to a little later on in life when you're left to face the free market system by yourself. If you promise not to tell anyone that I've let the secret out of the bag, I'll let you know what we really think."

She got very quiet, furrowed her brows and prepared to listen extra strength.

"Well the truth of the matter is all of us adults are as confused as you are, Honey. We haven't the foggiest explanation why people should be denied the basic necessities of life so others can wallow in a richness too extravagant for them to appreciate its value. Neither side of the coin understands why, they only accept that some have and the rest don't."

"Maybe **Angel Bob** knows a story about it" the **Man with the Ladder** said trying to get the subject back to where his interest lay.

"He's around here somewhere I was just talking to him a few minutes ago."

"On the other side of the park? Was **Angel Bob** that well dressed older gentleman?"

"That was him. Come on, lets go find him. "

The **Man with the Ladder** reluctantly ventured out in the open for the sake of clearing up the mystery but after a thorough search of the park not a single celestial visitor was spotted.

"What do we do now?" the **Man with the Ladder** asked.

"I know a trick. I concentrate hard on jelly donuts and he appears. "

"So we should concentrate on something we like and he'll appear?"

"No, concentrate on jelly donuts. **Angel Bob** just loves jelly donuts, he says they're sinfully delicious. He's loved them ever since he lived a long time ago. He says the ones they make today are even better then the ones they made at the **Royal Bakery on York Street**. That's where the **Prince of Seals** used to go. "

"**Prince of Wales**. "

"That's right, how did you know? Did **Angel Bob** tell you that story about the time he and the baker's daughter got stuck in a giant butter churn? He almost didn't get into heaven because of that. "

"I have to meet this **Angel Bob** even if it's the last thing I do. "

Just then the sound of an accordion off in the distance interrupted their conversation.

"That's him, that's him," **Tatanya** assured him dragging him ladder and all in the direction of the sound. "I can tell because he's always a little off key. "

The sound lead them to a rumpled looking man sitting on a milk crate in a soiled old coat, his feet wrapped in paper bags. It was not a pleasant sight and the **Man with the Ladder** pulled **Tatanya** aside before she could get his attention.

"Are you sure that's **Bob**? He doesn't look like an angel to me, he looks like a homeless man. "

"Well you can't go around looking like an angel in this neighborhood can you? Everyone doesn't have a big coat and hat to hide in like you, you know. "

On the man's lap was a battered accordion which he squeezed enthusiastically but produced only a vague approximation of a song.

"Listen to the song," **Tatanya** said "it's a nursery rhyme from long ago. "

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The song did have a haunting quality and the **Man with the Ladder** somehow thought he had heard it before.

"It sounds like a 40's blues song being sung in **Welsh**." the **Man with the Ladder** decided, though he had never actually heard **Welsh** spoken.

The accordion player gave a wink in their direction and the song gently grew in volume filling the **Man with the Ladder's** ears with all the gaiety and tumult of a medieval festival. He could picture in his mind the minstrels and jesters dancing through crowded cobblestone courtyards. He was swaying to the music himself when it slowly faded in volume and ceased altogether as if the carnival had passed down the street.

"See I told you--" **Tatanya** said, shaking the **Man with the Ladder** back to the present, "That song must be from a long, long time ago --like the 40's-- when there were still princes and dragons." She pulled the **Man with the Ladder** forward.

"Well there little lady, you don't hafta go back long ago to see dragons." the accordion player spoke up as she drew near. "Why you should see the things that come crawling out of the alleys late at night."

"This is my friend the **Man with the Ladder**." **Tatanya** announced proudly, "And this is **Angel Bob**."

The accordion player laughed loudly upon hearing her introduction, "Now let me get this straight," he said, "Am I supposed to be the man with ladder or the angel? Wait I see your friend there's already got hisself a ladder so I guess I betta' find me some wings." He ruffled diligently in some plastic bags that protected his worldly possessions. They blended seamlessly with the other bags of refuse lying on the curb.

"Here they are!" He produced an oily box of chicken wings from one of the bags and offered them to his two guests.

"No, thank you I ate recently." The **Man with the Ladder** declined, not daring to even glance at the offering for fear of losing his appetite permanently. By diverting his eyes from the food he made eye contact with the accordion player for the first time. Though the man's features were clearly **African American** his eyes were an intense blue. They were so striking that the **Man with the Ladder** looked him over once again to see if there were any other anomalies that he had overlooked. There didn't appear to be any, and when the accordion player had dropped his

gaze back down to pavement level he once again blended in with his surroundings.

"Hey **Bob**," **Tatanya** spoke up, "How goes it in the **Angel** business?"

The man just laughed and busied himself shuffling through his things.

"Is your name really **Bob**?" the **Man with the Ladder** asked.

"Call me anything you like, **Ladderman**, or can I call you **Lad**?"

The **Man with the Ladder** let the question pass unanswered, "So I take it you are not usually referred to as **Angel Bob** are you?"

"Why, you lookin' for an angel?" he asked, eyeing him suspiciously.

"Aren't we all?" the **Man with the Ladder** countered, "I have something I believe belongs to someone who **Tatanya** here told me goes by the name **Angel Bob**."

"Well if I see any angels flying around I'll be sure to send them your way," he said, collecting up his bags and heaving his accordion on his shoulder, "but seeing you've got that ladder you'll probably see them long before I see them here on the ground."

"Here," the **Man with the Ladder** said, holding out a five dollar bill to the man, "A little tip for your song."

"God's the one who gave you ears didn't he? I ain't gonna charge you for using them." he said, walking past the outstretched bill, "That's my way of being an angel." He paused a moment and turned around, "You wouldn't have a jelly donut on you now?"

"Next time." the **Man with the Ladder** assured him.

"See you around **Angel Bob**." **Tatanya** called after him.

The **Man with the Ladder** looked down at the little girl. She didn't seem in the least discouraged by what had occurred. In fact she wore a secretive grin as if the whole story had been merely a concoction to make him look silly.

"Well except for the jelly donut part it would appear your story wandered a little far from the truth." the **Man with the Ladder** scolded.

She made no response, her eyes twinkling as they followed the accordion player as he crossed the street. When the **Man with the Ladder** finally turned to follow her gaze, he caught a last glimpse of the man before he disappeared into the crowd.

Perhaps it was a trick of the light or a blur caused by his sudden turn, but to the **Man with the Ladder's** eyes it appeared that in his hasty departure the well worn edge of the man's overcoat had bunched up high enough to reveal the hem of a dazzling glowing white slip.



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