

FREE
OCTOBER 2016

Andrea de Michaelis presents

HORIZONS

Spiritual Solutions • Florida's Mind, Body, Spirit Magazine since 1992

Our 24th Year

OCTOBER 2016
FREE



Margaret Ann Lembo is author of *Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards; Color Your Life with Crystals*, more. She is an aromatherapist and the owner of The Crystal Garden — a book store, gift store, and spiritual center in southeast Florida.
www.MargaretAnnLembo.com | www.TheCrystalGarden.com

GEMS, MINERALS, STONES, OILS

Tools for Memory: Retention, Recall and Reminiscence



The Fossil
Orthoceras

As we move deeper into the energy of autumn, I find myself reminiscing and pausing for inner reflection. Scents bring up memories. The sense of smell is the most powerful trigger of childhood memories. Have you ever opened a box stored in the attic—maybe containing an old toy, Christmas decorations, or a holiday tablecloth—and the scent of whatever it is wafts from the box, flooding your consciousness with memories of a specific day or experience? The olfactory sense (our ability to process a smell) is the primary trigger of that memory.

There are many gifts of the earth that are perfect for memory and mental clarity. In past articles I shared how **clear quartz**, **golden calcite**, **lime**, **lemon** and other **gems** and **essential oils** can be allies for the intention of retention and recall for work and study as well as spiritual growth. Now let's connect with the **fossil**, **orthoceras**, and the **essential oil**, **rosemary**.

Rosemary helps you awaken spiritual memory and focus. The ancient energy of **rosemary** provides a deeper understanding of yourself through enhanced memory retrieval of previous incarnations. Inhale **rosemary** to clear your mind when preparing for meditation.

Use the ancient energy of **orthoceras** for deeper understanding through memory retrieval of previous incarnations. Hold the **orthoceras** in one hand or keep it nearby as you pause for contemplation and journaling.

Use this affirmation as you inhale the rosemary and gaze at the orthoceras and repeat:
I am clear, energized, and connected. I am grateful for all my creative and business skills. I earn unlimited income doing what I love. I have great mental and emotional clarity. It is easy for me to awaken my consciousness and be fully present in my daily activities. I am grounded and focused.





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What message does your Guardian Angel have for you this October?

"I AM LOOKING FOR 500 PEOPLE FOR WHOM I'D LIKE TO PERFORM, FOR FREE, A PERSONAL ANGEL CARD READING FOR OCTOBER 2016."

Your First Free Angel Reading could change your life, as you finally discover your Angel's message for you. Live to your Angel's message, and you'll live life to the fullest. Abundance will flow naturally. Learn the things you need to do to make the most of your luck during this special period of your life and also how to avoid mistakes and end all your problems.

Maria will prepare your Angel Reading to reveal your Angel's special message for you absolutely free

Yes, you read that correctly. It's not a misprint. Maria Loren, the Angel Visionary, is going to undertake this massive effort for 500 readers of this publication, for free.

You are probably asking yourself why is Maria doing this enormous task for 500 readers for free.

Well, October is Respect Life Month, but it also starts with the Feast of the Guardian Angels on October, 2nd. As we celebrate the feast of guardian Angels, Maria is aware that many of us know very little about our heavenly helpers.

Maria knows that most of us have many questions about our guardian angel and how he works in the world - but where shall we ever find answers?

And that is why Maria is offering 500 readers of this publication a Free Angel reading to discover more about one's Guardian Angel and his message of Abundance this October.

So keep an open mind, and open your heart.

And Maria will prepare your Angel Reading...

So you can receive your Angel's special message for October 2016

Maria wants to use her knowledge and wisdom for good, and so she will prepare your personal Angel Reading FREE OF CHARGE.

Maria will produce your Angel reading from your birthday. She wants to help you as quickly as possible, so you can give her your details through her website. Once she has your details, she will start work to interpret your Angelic's Message for October 2016. She will answer all your prayers and her report will reveal:

- ✱ Discover the name of the Guardian Angel by your birthday

- ✱ Discover your Guardian Angel's plan to INCREASE you
- ✱ What will happen for you with love, luck, money, health and work?
- ✱ Discover how you can invoke Angelic assistance and guidance to support you
- ✱ Discover how your Guardian Angel is committed to turn your dream into reality

To receive your free Angel Reading, simply go to Maria's website and enter your details - the web address is below. It will take a few days for Maria to produce your reading, and when she has done it, she will send you a discreet email to reveal your Angel's message to you.

Maria is making this FREE offer to Horizons Magazine readers because she knows there are so many people who need help in the world and she wants to help as many people as she can.

So please accept Maria's help today and your life should change forever.



To receive your First FREE Angel Message, please go to

www.AngelVisionary.com/free

right now and find answers to your prayers

Who is Maria Loren?

- ✱ Gifted Angel Messenger
- ✱ Decades of experience
- ✱ Thousands of clients whose lives have changed
- ✱ Respected all over the world

"The most trusted Angel Messenger in the world"

Maria has helped thousands of people to change their lives for the last 25 years. Here is what one happy client from New York told Maria -

"Thank you very much for sending me the information about my Guardian Angel!! yes, it was something powerful that pushed me to open the email... I am actually getting through a rough time.. financially, emotionally, career, love.. So your message actually meant a lot, it reached my soul, something inside just reading it... I even got to cry when I was reading" - Gabriela C.



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with God



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SUNDAY Services
9:30 and 11:00am
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Rev. Beth Head welcomes you

WHAT THE MYSTICS KNOW: 7 PATHWAYS TO YOUR DEEPER SELF

Tuesdays 10:00am beginning 10/4 or Wednesdays at 6:30pm beginning 10/5 Facilitator: Maggie Rosche. We will learn what a "mystic" is and identify the mysticism inherent in our Unity teachings and how to place the path of the mystic within your reach. Suggested love offering \$10.

NEW MEMBER CLASS SATURDAY October 8th 9:30am. This class is for anyone interested in learning more about Basic Unity Principles and Unity of Melbourne. This class is a requirement for associate or partner membership in Unity of Melbourne. Love Offering Basis.

ANIMAL COMMUNICATION WORKSHOP SAT, October 8th 10:00am to 4:00pm Facilitator: Laura Lassiter In this incredible, powerful, cutting edge workshop you will learn what animal communication is, why it works and when and how to use it. Please leave your animal companions at home. Price \$150 contact Laura at 813-507-0038.

COMMUNITY SONG CIRCLE WEDNESDAY October 12th 6:30-8:30pm Facilitator: Janine Chimera. Join us for this first monthly community song circle – our desire is to build community through music. Bring your voice and/or musical instrument as we forge new friends and fellowship. Come to the circle and share your favorite songs or just relax and enjoy listening. Suggested love offering \$5.

SPIRITUAL ECONOMICS THURSDAYS October 13th 6:30-8:30pm Facilitator: Paul Esche This class explains in straightforward, non-theological language that we have the power and the means within us to live life abundantly. We will learn to work with the flows of life, develop a prosperous attitude about money, health and love and release our success power. Suggested love offering \$10.

QIGONG SELF-HEALING TECHNIQUES SUNDAY October 16th 12:30-1:30pm Facilitator: Joane Patrick Join Joane for this fun, informative and highly effective session where you will learn the self-applied healing techniques of Qigong. This will also be offered 11/20 and 12/18. \$8.00 per person.

EMPOWERING PRAYER WITH OTHERS SATURDAY October 22nd

1:00-4:00pm Facilitator: Rev. Linda Martella-Whitsett This prayer class is for chaplains, anyone wanting to be a chaplain and anyone that would like to feel comfortable praying with someone else. Suggested love offering \$10.00.

DIVINE AUDACITY SUNDAY October 23rd 1:00-3:00pm Facilitator: Rev. Linda Martella-Whitsett Wanna be nobler, kinder, bolder, or freer? More open-hearted, intuitive, or willing? Wanna live larger or expect greater? Daringly excavate aspects of the light within, spiritual forces you can cultivate in order to strengthen, stretch, and succeed.

FALL FEST & COUNTRY STORE
SUNDAY October 23rd 1:00-5:00pm
Wear a Costume! There will be face painting, games,
a photo booth and arts and crafts activities.
This event to support our teens.

HEARTWORK-ARTWORK EXPERIENCE SUNDAY October 30th

1:00-5:00pm Facilitator: Jody Soland This workshop is designed to focus on the wisdom of the HEART. It is an experiential workshop which includes a breath work experience with guided imagery, a 35-minute musical journey, creative artwork and group processing. Benefits of the workshop include release of tension, newfound creativity, and sense of peace and connection. Please bring a pillow, blanket and mat to lie on and dress comfortably. Class fee is \$50.00

ONGOING EVENTS

First Sunday of the Month - Reiki Healing Service 12:00pm
Third Sunday of the Month - mini service at WAVECREST 2:30pm Tuesdays
Noon Prayer Service Tuesdays and Thursdays
Tuesdays - Course In Miracles 6:30pm
Thursdays - Meditation with Jenny 7pm begins again Oct13th.
Second Friday Night - Craft Night 6:30pm - bring your unfinished projects to work

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The greatest
optical illusion is
separation

HORIZONS

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Andrea de Michaelis

On the Cover (page 26)
Songs of Light by
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GemSpot with Margaret Lembo	2
Our Advertising Rates • Low because we're in it for the outcome, not the income ..	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
My Healing through John of God by Rev. Ernest D. Chu	8
The Teachings of Abraham-Hicks	9
Herb Corner with Cecelia Aitable	10
3 Words -- My experience with John of God by Francois Levannier	11
From The Heart by Alan Cohen	14
Ask Whitedove with Michelle Whitedove	15
Archangel Oracle Cards by Doreen Virtue, Ph.D.	16
Soul Songs: Abraham Fun with Karen Williams	17
Our Classified Ads	17
Our Calendar of Events	18
Everyday Wisdom by Dr. Wayne Dyer	19
Notes From The Universe by Mike Dooley	19
Our Phone Directory *Pick up Horizons at these stores and locations*	22
Cover Art	26
Monthly Horoscopes by Maya White	30

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

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



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

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

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

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Classifieds \$2.00 per word page 17
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DISPLAY ADVERTISING RATES

Ad size	1 month	3 months	6 months	12 months
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Page 3	\$550	\$1455	\$2550	
Page 4	\$450	\$1200	\$2100	
Front cover	\$900 (Restrictions apply)			

As of Feb 2016 all pages are color, so above prices have been adjusted to reflect color prices. Ad rates posted before Feb 2016 said "Add 25% for color" so no more math.

*You must prepay to get discount

Example: Small strip ad for 6 months is \$180 prepaid

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Since 1992, distributed monthly to 200+ bookstores and health food stores all over Florida, as well as by private subscription. See pages 22-25 to see where to pick up HORIZONS MAGAZINE.

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 Business card ad is 2" by 3.5"
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12 Steps of Spiritual Freedom

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Welcome to the October 2016 issue of Horizons Magazine. I love when a lesson shows up just at the right time so I can share it with you. I received an email that alerted my spidey sense. *"I need everything. Please help... I don't know what to do."*

It was a couple of hours before I could respond back but in the meantime I thought to **Google** the sender's name and email address. I found info reporting former involvement in financial misdoings, fraud internet crime and a fugitive warrant as well as local court case info for him. *But whether he's a scammer or a sincere seeker, he asked me a question and the answer is the same. Ride out past momentum, clean up your past, expand your belief about what's possible for you and refocus your attention.*

I thought you would appreciate seeing the process here. He wrote: "My name is xx. I live in xxxx, xx. I've read your articles but nothing seems to stick. I'll tell you my situation. I'm a struggling entrepreneur and I want to trade the financial markets. At this very moment I am typing this message to you from **McDonalds** because of the free wifi. I am 43 years old. I am homeless and I am presently illegally living in an abandoned house when I know it is safe to break in (my town has no homeless shelter). I have exactly 0.21 cents in my bank account and no money in my wallet. For food I simply kindly ask people at my local **McDonalds** for food. I have no car and no job since my town had no bus transit. I filled out a few applications but have not gotten a job. It is just me because I have no family members willing to help me. I do not smoke or drink or do drugs. *My heart is 100% set on trading the financial market because I have a natural gift at seeing patterns that work great!!* But because of my situation I seemingly need everything!! Please help... I don't know what to do."

HOW YOU ATTRACT YOUR LIFE EXPERIENCE

I responded to him: "Hi, you're in a better position than you think you are. A quick **Google** of your email address tells me you've got an interesting background. I see a mug shot and arrest info for fraud internet crime and a fugitive warrant, and an article published in **August 2015** about how you went from a homeless shelter in **Hawaii** to living on a 2 acre farm in **DC**. I'm not judging you for past actions, simply pointing out that if you did it once, then you know what is possible. You know you can do it again.

If you didn't do it, by telling that story (because it's a better marketing story to attract investors) you send a signal to the Universe that you believe you have to be dishonest (ex. fraud internet crime) to make dollars. If that's what you believe, that is a big resistance to attracting income. *It's important to understand how you attract your life experience to you for better or worse. It matters not how you got where you are, the remedy is the same. While you're riding out past momentum, clean up your past, expand your belief about what's possible for you and refocus your attention.*

RIDING OUT PAST MOMENTUM

If you've cleared up whatever led to those events — and you're the only one who knows whether you truly have — if you've truly made amends, then you just have to ride out the past momentum. If you have NOT made amends, no kidding, do this process beginning today--> <http://horizonsmagazine.com/blog/dr-lews-hoopenopono-hawaiian-healing-process/> It will begin a subconscious line of inquiry and thought within you and you will begin to attract comfort and resolution of those matters.

YOU KNOW WHAT YOU BELIEVE BECAUSE YOU SEE EVIDENCE OF YOUR BELIEFS ALL AROUND YOU, RIGHT NOW

We don't always believe what we think we believe, but we can SEE what we believe by the evidence of what we have attracted into our lives up to now. If you had the belief that you could succeed as a financial trader and consistently earn a good return on investments, you would see evidence of that belief and the money would come in from your investments. *You'll stay in poverty until you expand your belief about what is possible for you or until you take your heart OFF being set on trading the financial markets and instead let yourself be led in another direction and -- for good example -- out of a town you have no ties to and are having no success in.*

I'm making no judgment and mean no disrespect, but if you instead had the belief that it was easy to make people invest when you say certain things, whether those things are true or not (ie. the fraud internet crime conviction), it's simple cause and effect. If you're depriving people of their dollars and they are not delivered the return they were promised, that is what will come back to you in the form of future experience. It may be what you're experiencing now. Momentum has to play itself out.

I am not making a judgment, it's pure physics, but *when you misrepresent yourself as successful and engage in scams for financial return, you're telling the Universe that you don't believe you can make a great deal of money unless you misrepresent and make promises you know are unlikely or false.* Seth said: "Remind yourself that in many ways you are a very successful person as you are. Success does not necessarily involve great intellect or great position or great wealth; it has to do with inner integrity. Remember that."

...continued on page 28...

MY HEALING THROUGH JOHN OF GOD



Rev. Ernest D. Chu is an ex- Wall St. investment banker who became ordained as a Centers for Spiritual Living minister, and highly successful spiritual entrepreneur. He leads one or two groups a year, as he has done for 16 years. He is "a son of the Casa" and a Casa Medium."

THE MIRACLE OF FAITH

"Why is it so difficult for us to have faith? The answer is simple enough. We are so weighted with experiences that contradict faith. It is not easy to turn from negative conditions to a positive faith in God. Carefully we should cultivate the smallest

spark of faith and we should always be reminding ourselves that there is a power upon which we may rely." — Ernest Holmes

"That lump on your back is a lipoma," said Dr. John Strobis, my primary care physician that I see every two years just to know that I'm fine. "If it starts to get bigger and hardens, that would be reason to be concerned."

Those were some of the words that I thought about as I lay on the gurney in Abadiânia, Brazil awaiting "surgery." My lipoma, which I had for 23 years, had grown from the size of a squishy marble on my lower back just to the left of my spine, to an ever-spreading mound that had started to harden. In the two years I had seen Dr. Strobis, the lipoma seemed to have doubled in size and hardened. The lipoma, even in its early stages, was dangerously near my spine, and that had been the reason why I had never had what was then an elective procedure. Now the words "inoperable" and "potential paralysis" wandered in and out of my mind, like clues in a TV game show.

My intuitive diagnosis was later confirmed by a Canadian physician who witnessed the entire procedure.

So here I was in a relatively obscure place in central Brazil, two hours away from the nearest big city, Brasilia, and in the middle of the Brazilian jungle. The "surgeon" had never had more than a second grade education, didn't plan to use anesthesia and had instruments that were nothing more than a possibly sterilized scalpel and unsterilized forceps.

There were no IVs, no white-clad nurses and interns with clipboards, no blood pressure readings or pre-op preparation. Indeed, I wondered when I volunteered to have this "visible" surgery, whether I would feel the pain.

But the "surgeon," who had come to be known as **John of God**, had healed more than 13 million people. **John of God**, born Joao Teixeira de Faria, is a trance medium whose consciousness is literally taken over by Spirit.

In this case, Spirit expresses itself through the more than 33 different energies ranging from **St. Francis Xavier** (my surgeon) to **Dr. Oswaldo Cruz** (a pioneer in the cure of yellow fever) to **Dr. Valdevino** (a bone surgeon). John of God never claims to heal anyone - but firmly states in his conscious state that "it is **God** that does the healing, not I." And he has never charged a penny for his work.

The surgery took less than 10 minutes, and a month later I had the opportunity to watch it on the videotape that had been shot.

...continued on page 20

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What we see, so often, is, you stand in a place where you don't want to be. And you say, "I really don't want to be here, I really don't want to be here, I really don't want to be here, I want to be over there. Okay, I think I'll take this action to get over there." And we say, before you take the action to get over there, take another step first: Imagine being over there. Imagine the finished place of being over there. Imagine the thrill of being over there. Get excited about being over there. Feel like you're over there more than like you're over here. Do the Energy work first, and then take the inspired action. Because when you take an action to try to correct something that is wrong, all the action does is amplify what is wrong... There's not enough action in the world to compensate for your vibration.

GUIDE YOUR OWN VISUALIZATION

Just find something fresh in your now that you're excited about, and turn your attention to it. You see, there's a whole world out there with all kinds of different vibrations. And you could choose all around it. But the tendency is to believe that I have to clean all of that up before I can feel better. And so, you say, "Well that's ridiculous. I could never get that done. I don't have enough time in this lifetime." Instead, say, "Where I stand is a very good place, because where I stand is the culmination of a whole lot of things that I've been wanting. And I don't have to go back and figure out all the steps along the way. All I have to do is figure out, from where I am, what do I now want? I don't have to explain or figure out how I got here. All I have to do is figure out, from where I stand, where do I want to be?" And envisioning that gets easier and easier. Someone said, "I'm not very good at visualizing." And we say, most of you haven't practiced visualizing. You're good at turning on the television, or you're good at reading a book, or you're good at watching a movie. You're good at watching someone else's visualization. Most of you have not guided your own visualization that much.

WOULDN'T IT BE NICE IF?

Here is the key to guiding your own visualization: Here's a nice way to do it: Play the Wouldn't It Be Nice If? game. The reason the Wouldn't It Be Nice If? game is so important, and so powerful, is because when you say, Wouldn't It Be Nice If?... you're choosing something that you want, and in your Wouldn't It Be Nice If? you're soft and easy about it. It's not the end of the world. It's a much softer vibration.

"Wouldn't it be nice if I stumbled on something that really worked for me? Wouldn't it be nice if the desires that I've



GUIDED HEALING

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been holding for a long time sort of came to a peak like a guiding light? Wouldn't it be nice if I could meet someone who had just run across something that really worked for them, that would light a fire in me? Wouldn't it be nice if I could reclaim the body weight that I had when I was such and such an age? Wouldn't it be nice if?..."

...continued on page 27...

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PLANTAIN (No, not the banana)

With over 200 species of this healing plant, **Plantain** is one
of the most common herbs found all over **North America**
and **Europe**. Also known as "broad-leaved plantain", "snake
weed" or "white man's foot", but it is not the banana-like
fruit. **Plantain** is a very adaptable plant which has the ability
to grow just about anywhere. If you look for it you can find
it growing in lawns, driveways, planter boxes, cracks in the
sidewalk or along the side of the road.

Plantain's medicinal use is rich in history dating far back
in ancient cultures. In ancient **Persia** and **Europe**, **Plantain**
was used for dysentery, mouth sores and sore throats,
coughs, bronchitis and tuberculosis. In ancient **China** it was
used for rheumatism, infertility, UTI's and for diarrhea. In
Ireland, **Plantain** was widely used for healing wounds and
bruises. In **Gaelic** it was known as "the healing herb" and
was considered "The Mother" of the 9 sacred herbs by the
Saxon people. **Native American** people used **Plantain** for
snake bites to draw out the venom, and to soothe rheumatic
conditions. Scientific research has found ancient uses of
Plantain to have good scientific foundations. A 2010 study
by the **Journal of Ethnopharmacology** found **Plantain** to
have a wide range of properties including anti-inflammatory,
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seeds) and immune modulation properties. This is due to
Plantain being rich in vitamins A, B, C & K, ascorbic acid,
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and many other constituents which have been found to give
Plantain the ability to alleviate many conditions including
reducing inflammations, to ease lung conditions such as
asthma, bronchitis or coughs and to ease skin problems such as
rashes, eczema or psoriasis. Externally **Plantain** can be used
as a poultice, salve, ointment, or lotion to help heal wounds,
prevent diaper rash, soothe eczema and dry skin, to ease
poison ivy, to stop itching, or to soothe sunburns, for reducing
blisters, and taking the sting out of bee stings and mosquito
bites. Even the fresh leaves of **Plantain** applied to the skin
can be used for muscle sprains, or swollen joints, to reduce
blisters, to draw out a splinter, or they can be chewed and
applied to a snake bite, or wound while out camping or hiking.

Internally **Plantain** can be made into a tea or syrup to help
digestive disorders such as IBS, ulcers, gastritis or diarrhea,
to ease constipation, heal ulcers, or hemorrhoids and to help
damaged digestive tissue. For constipation the dried ripe
seeds work like a bulking laxative; they can be ground and
used in cereal, muffin or bread recipes their mucilaginous
and bulking properties. In the respiratory system **Plantain**
helps bronchitis, asthma, sinusitis, hay-fever, and coughs.
In the Urinary System **Plantain** reduces bladder irritations,
cystitis or blood in the urine. And It also helps to ease liver
obstructions, liver inflammation and fights conditions such as
hepatitis. It's amazing how this one plant can do so much.

3 WORDS THAT SAVED MY LIFE MY EXPERIENCE WITH JOHN OF GOD



Francois Levannier is an internationally-recognized Spirit and Life Coach and speaker devoted to helping his clients move past the root causes of their physical, emotional, mental and spiritual limitations, so they can experience Peace, Freedom and Joy. www.LoveYourLifeAndBusiness.com

Two years ago, I found myself in the middle of an extremely challenging time. My spirit's desire to learn and grow can be so strong at times that I tend to bring up "growth opportunities" that match that intensity. And this usually means, "**Francois** (and my poor wife **Christi**) buckle up!" I'd lost 15 lb in one week, and was overwhelmed by an inner panic and anxiety. It felt like my body was breaking down before my eyes. Weird symptoms were manifesting; it felt like my chest was collapsing, and I became extremely sensitive to sensory input, especially sound - a helicopter flying by a mile away set my ears on fire. Driving on the "freeway" didn't feel free at all, but rather like driving through hell.

Finally I was diagnosed with **Lyme disease**. I couldn't sleep at night anymore, and was in a constant cold sweat. **Christi** would wake up also to hold my head and massage my neck, in an effort to help my system calm down. My natural response to crisis is to consult with **God**, my Guides and my Higher Self, in addition to a handful of outside sources that I trust to give me honest and straightforward information. But this time, all my sources gave me the same terrifying answer: "You must make the choice: Life or Death."

I thought that I had already made that choice a long time ago, so this threw me into a quagmire of fear and doubt. It made me doubt the very ability of my spirit to choose my highest good at all. Of course I wanted to live, and I thought I had chosen life beyond question, so what could this mean?

As these confused thoughts swirled through my aching head, fear had me in its grip, convinced that something "bad" was happening to me. I personally knew people whose **Lyme disease** was so bad they had to spend days in the hospital every week to get IV treatments, and that was only the beginning of their problems. What if I was diagnosed too late to be fully cured, and would be permanently damaged by this brutal disease? The thought filled me with terror and dread.

At this time, I had scheduled my second pilgrimage to visit medium **Joao (John of God)** in **Brazil**, and the trip dates were coming up. I didn't know whether I could handle the long

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journey there in my wretched state. Twenty-seven hours in taxis, buses, planes, etc... it all seemed way too overwhelming. The day before we were supposed to leave was my worst day, and **Christi** took me to the ER where I spent 12 hours. The doctors there did a comprehensive panel of tests including cat scans and X-rays, but they found nothing. Proceeding with our pilgrimage as planned almost seemed crazy in light of my condition, but one of our spiritual mentors told **Christi**: "Just get him on the plane."

Going to **Brazil** was definitely not logical at a time when I might end up needing medical attention, but doctors in the **U.S.** couldn't figure how to help, and deep down I knew that if I wanted to heal, I needed to dig deeper into myself than ever before. The next day when it was time for us to leave for **Brazil** I packed in one hour, and it took every bit of energy I could muster. Then, once we had checked in at the airport, security noticed that while **Christi** did have the required visa for her visit to **Brazil**, her actual passport had expired! Miraculously, although **Christi** couldn't fly that day, the airline ended up letting her change her flight for free once she got her passport renewed, because they had erroneously allowed her to check in with an expired passport. I soon realized that this had all been orchestrated by a higher intelligence, because I had to walk this particular passage of my journey alone.

Now I am finally coming to the core of this story, the part that changed my life and brought me deep healing. I arrived on a **Friday** morning, and was immediately ushered in front of **Joao de Deus** that very afternoon to receive the spiritual care I needed from the healing entities that work through him.

The next few days were extremely intense, self-confrontational, dark and scary. **Christi** joined me in **Brazil** for the second week of the three-week-long trip. That **Wednesday** morning I received a spiritual surgery from **John of God**. Though **Joao** doesn't touch people physically during surgery, the entities of Light who work with him are working on patients energetically. They apply a spiritual anesthesia, which causes you to become comatose for about 24 hours while they work on you.

...continued to page 21

Rev. Albert J. Bowes

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**Read credentials, testimonies and "Visions
of Time", book written about Albert from a
research program on his abilities, conducted
in a four year study by Dr. David Jones.**

Albert was a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

Albert was the subject of the internationally published book "**VISIONS OF TIME**", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA** & the **FBI**, to working on academic projects, to finding missing persons, sunken ships.

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TESTIMONIAL: I appreciate the time you spent with me. The concert I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer. It's funny this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- I was just wondering to myself what the greatest moment we had together in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. Thank you for the piece of mind you have given me. **Chris**

TESTIMONIAL: Nellie, you said some things about an uncle my mother had that I never knew about. You mentioned he was a musician, and he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much Nellie. **Klara**

TESTIMONIAL: Hi Nellie: You told me that my gr gr mo Gaetano S came from the Bari area I found a young relative named Roberta S from the Salerno area and she will contact me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Amodeo, and guess what the Fama family into whom my son Charlie, married! **Eileen**

TESTIMONIAL: Nellie, I loved your message, and got lots of info from it, now the hard part. put it into practice. thank you so much very much for sharing your wisdom with me and others.

TESTIMONIAL: Nellie, This is going to be short because I can not describe what happened to me today but I am at peace with myself after a very long time! You took me in a 1/2 hour early today and then made time for a friend of mine - so appreciated! And you spent extra time with me!! Feel like I won the lottery! I feel like the biggest dark cloud has been taken away from my life. I can not describe the happiness I feel - no words to describe the peace of mind I have! I do not remember so much peace! Some day I will write and explain more but just can't put it into words right now! **THANK YOU! Maggie**
I will be back!!!

TESTIMONIAL: Before I met Nellie I had been to Cassadaga a few times in the past to get readings. In the past the readings were ok but not too specific. This time was different. When I got my first reading I had been going through many health and issues in my life. Nellie gave very useful info that was specific including dates and outcomes. Most of her predictions have come true, even the ones that seemed unlikely. I am very grateful to her for both her reading and her compassion. If you are ever in Cassadaga and want an accurate reading set up an appt to meet with her.

FROM THE HEART



Alan Cohen is the author the bestselling *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Become a certified professional life coach though Alan's transformational Life Coach Training beginning January 4. For more info, visit www.alancohen.com, on FB Alan H. Cohen (author), and Twitter @alanhcohen

It's not About the Website

A young entrepreneur came to me complaining that she was having trouble completing the text for her website. "Where is the roadblock you are hitting?" I asked Barbara.

"It's the **About Me** page," she answered with a contorted face that told me how painful this process was for her. This is the page that most entrepreneurs get hung up on, the very one I have had countless coaching sessions to help clients get posted.

"Do you have any doubts about presenting yourself to the world?"

"Well, yes. . ." she answered sheepishly. "I question if I am really qualified and if I am worth people paying me for my services."

"Got it. . . Now let's put the web page aside for the moment, and look deeper," I suggested, knowing precisely where we were headed. "Who taught you to doubt yourself?"

"My father was a newspaper editor and highly critical of me, especially when it came to English. Even beyond that subject, there was nothing I could ever do that was good enough. If I did a project with 99% excellence, he wouldn't compliment me on my achievement. Instead, he would criticize me for the deficient 1%."

"And even though you have grown up and moved out of your father's home, his voice still lives in your head, constantly banging at you for never being perfect."

"That's right. Nearly every person I have ever coached has voiced some variation on this theme."

"So your current challenge with your **About Me** page is just one more instance of a theme that has been going on for your entire life. Then let's reframe this:

You are now being presented with an opportunity to finally break free from this lifelong oppressive voice within you, implanted long ago by your father, that has debilitated your progress in ways far more serious than the website."

"If I could do that, it would be tremendous!"

"Then let's do a role play," I suggested. "I will represent your father. I won't say anything, but I will give you a chance to say to him what you wished you could have said when he criticized you as a child, or when his judgmental voice chides you as an adult."

Barbara sat up straight, looked me in the eye, and spoke firmly. "Dad, I know you love me and you want the best for me. But I can no longer live under the whip of your criticism. Every time I did something as a child, or an adult, you found something wrong with my action and with me. Your judgments have kept me small for my entire life. I am not willing to live with them and allow them to impede me anymore." Then came the tears.

"I am a bright woman with a good heart, strong skills, and a significant contribution to make. I want to do that through my new business and other avenues down the road. I know I can do this, and I do not need your permission to live the life I choose and to create a successful career. So I now release all the dark criticisms I have borne for so long, and I step with confidence into a richer life."

Barbara's tears had cleared and her eyes shone. She looked like an entirely different person than the one who had complained about her inability to complete her web page.

"How do you feel now?" I asked her.

"Freer than I have felt in a long, long time."

"How do you feel about setting up your **About Me** page?"

"Ready," she answered with a smile. "Totally ready."

A long silence ensued. Barbara's eyes lit up as she said, quietly stunned, "It wasn't about the website, was it?"

No, it wasn't about the website. The website was directing Barbara to look inward for her answer. Her block was about self-image, self-esteem, self-confidence, attitude, beliefs, and expectations—the factors that make or break any endeavor. The business and relationship situations in your life do not have a life or reality of their own. They are reflections of your psyche, the images you hold about yourself projected onto the screen of the world. As James Allen brilliantly stated, "We think in secret and it comes to pass. Environment is our looking glass."

Situations that bother us are not curses. They are arrows pointing us to places in our mind where we are holding illusions. When we can identify the illusion that is causing us pain, we are ready to discover the truth the illusion was covering. When we do, we are free.

It's not about the website. Or the relationship. Or the job. Or the money. Or the world. It's about waking up. When we do, everything changes.

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Dear Whitedove, When I sleep, I often see a lady in white. We talk and then when I wake I only remember bits and pieces of our conversation. I wish I could remember what she is telling me? -Vivid Dreamer in Denver

Dear Dreamer, Everyone has this ability, you are working with your spiritual entourage of guardian angels and spirit guides; even loved ones will come through to you at night. Most people have experienced vivid, lucid dreams - which feel more real than when you awake. Is it just a dream or do you think that was a visitation? It's both because dreams are the doorway to the spirit world; that's one way that your unseen support team can come to you. They have to lower their vibration because they're in the heavens and we have to raise ours. Usually the body's resting and the soul steps out, and so there's this profound connection. But we can only hold that space for a short time. It's important for you to keep a bedside journal and write everything down immediately when you wake. You'll learn a lot from those interactions.

Sometimes it's a simple message like, "Listen, heads up." They'll usually tell you whether it's something coming up that you don't need to experience. Sometimes they come through just saying, "Hey, I'm here. I'm with you. I love you. You think I'm not here because I'm not in the physical form, but I'm with you in spirit." They try to let us know that Heaven is right here. It's just a veil that's between the heavens and this world. Some people see the other side and others like you can train yourself to actively participate in these conversations and to remember the messages. There is nothing better than working with your entourage of guardian angels and spirit guides!

Dear Michelle, I'm being prompted to give free readings to family and friends as I develop my gifts. I'd like to know how you ask spirit for the most detailed information. I've seen you on TV and I'd like to be as clear of a channel as you are.
-Your Student in Spring Hill

Dear Student, Over the years I have fine-tuned my gifts of communication through daily prayer (Talking to Heaven) and meditation (Listening to Heaven). This spiritual practice is a must to raise your vibration and improve your abilities. During my prayers I always give thanks for the information, I claim it. Instead of asking, give thanks; express your sincere gratitude. Mediocre readings are not an option. Cold readings are not an option. If God is calling - then do the work! As I pray

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and meditate, I feel my energy levels rise. You need to feel that connection. Your intuition is a knowing, you're not thinking about an answer, you're not being analytical, you're not mulling it over, it's not something that's intellectual. It's just, boom! It came in and you're like, where did that come from? Once you start doing the spiritual work, claiming the solutions, then the information is going to be clear, clear, clear, and then there's not even a question. You'll trust the information that comes through on a high vibrational level. Sometimes I tell Spirit to turn up the volume: I need to hear more clearly. When I'm seeking an answer for myself, but feel my emotions are in the way, I will tell God to give me three signs or omens that only I will clearly understand and know to be true. Don't ask, claim it. If I want confirmation on something that seems tricky or way out here; I'll just wait for those three signs of confirmation. Every time I demand it, I get it. So I tell you to pray and meditate daily and claim it. Knock and the door will open!



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Doreen Virtue is a doctor of psychology and 4th-generation metaphysician who works with angelic, elemental, and ascended-master realms, author of 50+ books about angels and mind-body-spirit issues. www.angeltherapy.com

The message with this card is that the situation you are dealing with has roots or a basis that goes back to one of your past lives. Ask your angels to help you remember, release, and learn so that you can receive the healing this experience is meant to bring.

Your angels are letting you know that experiences or emotions from a past life are influencing you or the situation you've been dealing with. You have learned a lot from that experience and through that particular past life and that wisdom and insight can help guide you through your current situation or the challenges you're facing now. Your intuition and those hunches you're having are all based in knowledge from a life you have already lived, so trust your instincts.

You may also find that souls you have shared past lives with are now making themselves known or appearing in this life. You share karmic ties with all of these souls and you have the opportunity this time around to balance and heal those connections where needed, so you can break the cycle.

Work with **Raziel** to understand, assimilate and heal your past life experiences and memories. It is also a good time to look into past life regression, guided meditations, or dreams that may relate to your past lives, because when you make a conscious effort to uncover this, the memories will find a way to surface. Write down any insights, images, or memories you receive so the information can be used to explore further, either on your own or through regression therapy.



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ABRAHAM FUN



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

Soulsongs #319 - Secret Garden

Today I imagine I have a garden to tend - a lovely parcel of land, full of healthy plants and colorful flowers. This garden is of great importance, for as long as it thrives, I thrive: I'm healthy, prosperous, and enjoy meaningful relationships. This garden is the key to my well-being. If I neglect the garden, giving it less importance than other interests and concerns, my daily experience can become overgrown with problems and trauma.

The garden symbolizes my emotions. When I take tender care of my mental focus, ever trying to keep it on subjects that feel emotionally good, I flourish. When I allow my mental focus to go any-old-where, spending much time analyzing all that's wrong with the world and the people in it, I can wither on the vine. **Garden of Eden** or weed patch? What am I cultivating - this moment? And this one? And right now?



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

Wednesdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 303 Pine St 32796 321-543-3674

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Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 www.cslspacecoast.org

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 1108 N. Dixie Highway (US 1) dbcuuc.org

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at Heaven Sent 4455 Pinewood Rd Melb 32934

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October 15 2016 SARASOTA Guided Healing Workshop with Medical Intuitive Jan Meryl, Cosmic Center of Spiritual Light 5041 Ringwood Meadow, Bldg. G-25, 941-371-9333 or 941-926-0880 <http://www.janmeryl.com/workshops.htm>

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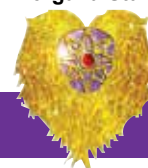
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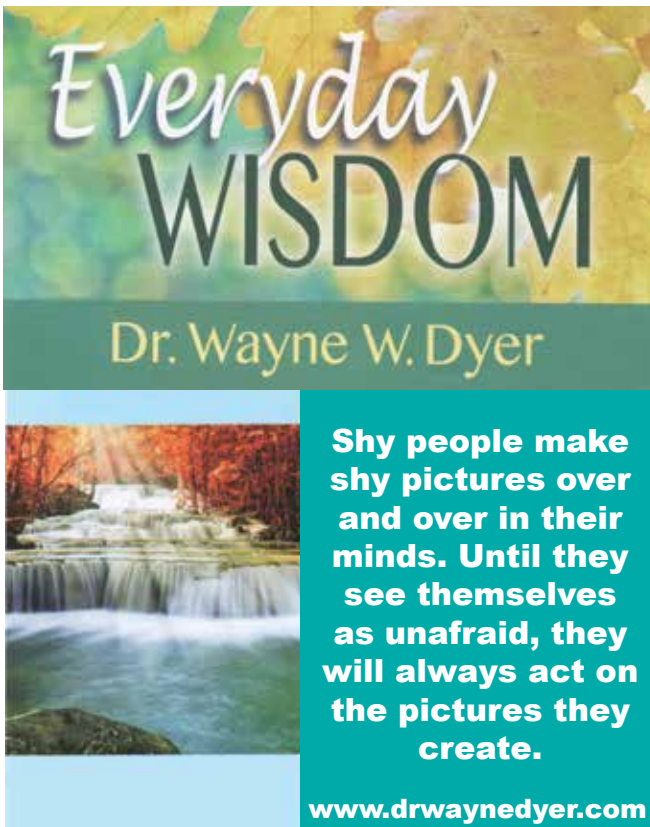
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NOTES from the Universe

An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for The Secret, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

Ever look at a new photo of yourself and find lots of reasons not to like it? The light, your hair, your profile, you know, stuff. And then, a few years later, you see that same photo, and you're like, "Dang, honey, I looked totally hot back then!"

Honey, you're totally hot right now. Please don't wait a few years to give yourself permission to see who you are and love every second of it.

You're supernatural, totally amazing, with a graceful swagger, healing touch, and a mesmeric, melodious voice. YOU were the Universe's first choice "who to be next," all those years ago, and that choice is still alive and well.

Happy October, Hottie

The Universe

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ERNEST CHU MY HEALING WITH JOHN OF GOD

...continued from page 8



IMAGE left John of God removes a tumor from Rev. Ernest Chu's back

I watched as he made the incision and remembered I that I could feel a bit of a "razor cut," but afterward all I could feel was a tugging and a probing, which I later saw was John actually putting two fingers and his thumb into the wound, and appearing to break up the adhesions that seemed to bind the tumor to the spine and body.

As I watched the videotape later, I saw that he began cutting out small pieces of the tumor, and then eventually pulled the remainder of it like some fleshy root - as it came out in one long thick piece. I could see that what he had removed would have filled most of a coffee cup.

Throughout the entire procedure, I felt no more discomfort than what I might experience with a mild sunburn. As I lay face down on the gurney with the surgery being done, I felt total peace. I had known all along the reasons I had come to **Brazil** - to deepen my relationship with Spirit.

Yes, there had been the removal of the tumor, but the most important message I received that day was the deepening of my faith in Spirit. After all, it is the Spiritual body which creates the physical, and as what is said in **Hebrews**, "Things that are, are not created by things that do appear."

The operation was over quickly, and it was strange to have

been awake and imagining what was going on. I lay face down with the wound draining for about an hour - with nothing more than "holy water" used to cleanse it. It was as if nothing had happened - my back felt perfectly normal, and I wished I could jump off the table and celebrate. It was then that the **Canadian** physician came and explained what he had seen and indicated that **John of God** would not "stitch" the wound since it was so close to the spine, but rather it would just drain and a dressing would be put on it.

Two hours later, I was back in my *pousada*, feeling elated, grateful and in wonderfully radiant health. I periodically remembered that I had just had a major operation, and that I should continue to put holy water on it.

The next day, they changed the dressing, and the wound had almost healed shut. After two days, with continued applications of holy water, it had healed to what appeared to be a small scratch.

As I sat with others who had come to **Abadiânia** for both spiritual and physical healings, I shared the miracles of life and spirit. There was a woman from **Boston** with stage 4 pancreatic cancer who began to reverse it, another from **Vermont** with systemic sclerosis that had virtually shut down her kidneys and attacked her heart. A third woman on the brink of death had recovered from **AIDS**.

I also saw God's miracles with my friends. A young parapalegic woman I had known for years, on her final day, was able with assistance to take her first steps. She had been thrown from a car when it hit a tree, it had run over her lower back.

Dr. Mary Jo Van Dam, who had a "hunchback" condition for 60 years, because of childhood scoliosis, in a divine instant found her back straightened.

Rev. Jerry Rance could take his first deep breath since open-heart surgery, as the minute leaks in his heart valves seemed to be sealed. More importantly, he experienced his first week of having a deep sleep in more than 5 years since a possibly enlarged prostate required him to make hourly trips to the bathroom.

The experience of Abadiânia underlines the importance of faith. We see miracles even in the most humble blade of grass, the insects we consider pests, and the sunshine, which we often complain is too hot. These miracles are so incredible that we often can't relate these to the rest of our lives, and we sometimes have to see physical healings in people to understand the magnitude and wonder of Spirit. In **Abadiânia**, faith and awareness of Spirit seeps into you.

When someone asked me what was the most important gift I received from my trip, I unhesitatingly answered, "Before I went, I would consciously remind myself to 'practice the Presence.' After I returned, I didn't have to - it had become an integral part of me without even having to wonder about it."

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FRANCOIS LEVANNIER 3 Words That Saved My Life MY EXPERIENCE WITH JOHN OF GOD

...continued from page 11

Later on the same day that I received this spiritual surgery, I was lying in bed at my hotel when I was woken up by a big orb of golden light. It was my guide **Oro**. He told me to "Sit up," so I sat up. Then he said, "Put your left hand on your heart," so I did. Finally he said, "**Say 'I Love You.'**" I thought to myself, "How cheesy!" but I followed his instructions anyway. Finally, **Oro** said, "Say it 54 times." "Fifty-four times!" I thought. "That's quite a specific number! Am I making this up?" So I proceeded as instructed, but found myself struggling to keep an accurate count. After all, he didn't tell me to say it "about a dozen times," or any other vague number. It was fifty friggin' four! For the next three days, I tried to find ways to be precise, but just couldn't find a reliable system and was getting frustrated.



Then on the third day, **Christi** came back from **The Casa** with a gift for me. She had received guidance to get me a rosary, and she put it around my neck. It wasn't a special-looking rosary, but I could feel its power and was overtaken by a strong emotional response when I put it on. Still, I struggled to keep count for my guide's specific prescription. But two days later, as I was sitting in bed with my left hand on my heart, telling it "**I Love You**," I finally asked out loud, "How do I keep track?" It

was then that the golden orb entered the room once again and said in a neutral voice, "Count the beads on your rosary." I took the rosary off my neck and started counting... one... two... ten... forty... fifty-one... fifty-two... fifty-four! There were fifty-four beads exactly! In that moment, I felt like the Heavens had opened up, and I was showered with an incredible surge of love and gratitude. At a time when I had doubted **God's** ability (or willingness) to bring me healing and transformation, the realization that a higher intelligence cared enough for me to give me this tangible and potent process blew my mind and heart wide open. I saw the Light of Truth, the Light that myself and everyone else came from, the Light of my True Nature. Tears flowed down my cheeks as I watched my heart space fill with rainbow streams of light.

I did this self-love rosary process at the beginning of each day as part of my meditation, and I felt stronger every time. My mind, my emotions, and my physical body gained more and more stability as the days progressed. Every time I felt shaky in any way, or when fear tried to seep into my mind, I would take my left hand and apply it to my heart. I did this in movie theatres, music shows, while driving,

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before teaching at the University ... By the time a year had passed, I had told my heart that I loved it over 20,000 times. I had chosen Love over Fear, Life over Death, and I had driven deep into my subconscious the knowledge that I am loved by my own Self, and by God. I am now stronger and clearer than ever as a result of this practice.

With every self-love mantra I said, my life adjusted to reflect my new relationship to myself. Yes, my health got better - two additional **Lyme** disease blood tests upon my return from **Brazil** showed no trace of Lyme - but so did my financial abundance, which has increased dramatically. My relationships deepened, and my service in the world expanded, all as a result of increasing my self-love. Having shared this story and the process I was given with a few close friends, I saw how helpful it was for them too, and now they have easily embraced the self-love rosary process as a practice in their own lives. They encouraged me to share it with you too.

SO HERE IS MY INVITATION FOR YOU TODAY. If you feel that things are not quite where you know they should be, on whatever level, find a rosary or a mala, put your left hand on your heart, and say to it: "**I Love You**." Repeat this fifty-four times or even 108 times if you're using a mala! But don't do it for the external results, although those will certainly come. Do it for yourself, because you know it is the right prescription for your life. Set yourself straight again. Fill your own Heart with the Love you deserve. If you find yourself doubting that you can actually love yourself, let whatever Higher Power you believe in do the loving and simply intend to allow it in.

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COVER ART



SONGS OF LIGHT

By Nadia Vestella King

Songs of Light emerged in the summer of 2014, following the Intentional Creativity® method of visioning, journaling and a dance with the Magic Paintbrush. This was a journey of discovery, as keys to my path as an Artist, and personal symbols for support and empowerment emerged.

Symbols include an overflowing goblet (abundance) Treble Clef on her throat (music and empowerment) Laser (transcending old stories) Scroll (sharing teachings) Ladder (transcending an old story) Winged Eye (Inner vision)

Saw-sen, the hummingbird, flew up to me one morning, and reminds each of us to acknowledge our Inner beauty and wisdom.

Media: Golden fluid acrylic and metallic leaf on 24 x 48" birch board.



NADIA VESTELLA KING

Wayshower, wisdomkeeper; I come to share information, inspiration and tools for healing with my tribe. I absorb, then disseminate the teachings, assisting groups and individuals in personal growth, transformation, and in accessing their authentic selves.

Nadya grew up in a home filled with stories, art, music, love & laughter; & was always 'artsy crafty.' A bodyworker and coach for over three decades, her most recent passion is sharing **Intentional Creativity**. Founded by Artist Shiloh Sophia, IC is a painting process which uses guided visualization, contemplation & journaling to access one's own images & content. This process can catalyze Quantum change, and living a more fulfilling, legendary life.



Nadya graduated from the Color of Woman School in 2015, and is certified as a Creativity Teacher & Coach. She offers Classes and a monthly Red Thread Circle in Oregon's Wine Country.

You can view her art at http://www.ladyharper.com/creative_photos and on her blog at <http://dia-creationstation.blogspot.com/>



Upcoming classes are featured in her MeetUp group <http://www.MeetUp.com/PNW-womens-intentional-creativity-community/>

Nadya may be found with her Mágic paintbrush, tucked up with a favorite book, tickling the harp strings, or wandering in her garden, sprinkled with faery dust & sunshine!



ABRAHAM-HICKS

...continued from page 9

Your logic may tell you: "Hey, I've been at this for a long time. If I knew how to do it, or if I was good at it, I'd have already gotten it done. So there's something screwed up in this." And so, you hold yourself in that vibration. Where, when you're playing the Wouldn't It Be Nice If? game, much of that vibration will be diffused.

Imagine that you are the owner of a huge corporation. There are a hundred thousand people who work at various stages and places in this corporation, and you are the one who created it. You imagined it. You saw the need for it. You dreamed it. You found vibrational harmony with your dream. And now it's yours.

And there are a thousands who don't know how to use their computers, they don't know how to file very well, they are learning at different stages, it's a constant turnover of people, they're in and out, they're squabbling over parking places, some have windows, some don't. It's an immense organization.

And you have a manager that is just incredible. Because this manager takes care of all of this, you don't have to deal with anything. You get an idea, and you express it softly. And the manager says, "Consider it done." You get another idea and you envision it, and your manager says, "Consider it done."

You have such an extraordinary manager that you are free. You're not dealing with the nitty gritty in the parking lot, not dealing with raises or vacations, you're not worried about any of this stuff. You are the visionary. And you have a manager that deals with it effectively and perfectly. And you count your lucky stars, every day, that you found this manager.

And now, we're saying to you, you have such a manager -- and it's called Law of Attraction. But most of you do not know that you have that manager. And so, you keep thinking that you need to step into those many roles, and be the facilitator. And then you get bogged down in all that nitpicking, nitty gritty stuff that doesn't have anything to do with who you really are or with your vision.

Our message to you is: You are a visionary. And of course it is lovely to be an actionary too. But if you will let your vision be real and full and you find full alignment with it before you take action -- then the effort that you offer is always joyful, fulfilling, satisfying effort.

And so, keep telling the "manager" what you want. Not because the manager (called Law of Attraction) needs to hear it, but because every time you talk about it, and every time you come into vibrational harmony with your own desire -- you open your vortex of allowing so that the Universe can yield to you a little bit more of what it already knows you want.

You are all working much too hard at all of this. It goes like this: You are wonderful beings. You are blessed beings. You are deserving of Well-being. Well-being is on its way to you. Chill out and let it in. Play more. Do the Hokey Pokey. Someone gave Jerry and Esther a little note:

"Wouldn't it be funny if it turned out that the Hokey Pokey is what it's all about?" It turns out, it is.



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This month's thoughts about things...

... from page 7 ...

"I NEED SO MUCH SO QUICKLY, CAN YOU PLEASE GIVE ME A METHOD OR TECHNIQUES THAT WILL GIVE ME WHAT I NEED IN ORDER TO SURVIVE?"

Things can change in the blink of an eye and if they do not, you have to wait until the past momentum catches up. If you can consider that you have within you right now the power and ability to make things turn around in your life and go in a good direction, I'd say do a little inner work.

Seth has said something powerful here: *"When you do not know what to do, relax and tell yourself that other portions of yourself DO know; they will take over. Give yourself some rest."* This is one of those "secrets to enlightenment" everyone asks for but few hear and understand. That means say to yourself *"I know there are other parts of me that understand what I do not. I ask that these parts help me understand, help me become aware of what I need to know to overcome this situation, have a new experience or just be the best I can be."*

HOW DO YOU ACTIVATE GUARDIANS ANGELS AND SPIRIT GUIDES?

Then practice relaxing into the knowing that you have set something in motion that you will soon see evidence of. Relax into the knowing that these other "parts" of you can be thought of (if it makes it easier to accept) as guardian angels or spirit guides here to help you with whatever you ask help for. You "activate" them by talking to them and asking them for help. If it makes it easier to accept, these other parts of you can be thought of as **God** whom you are asking in prayer. You might do this twice a day during meditation.

Do the **Ho'oponopono** process daily as needed as well. How you know when it's no longer needed? You will stop having financial problems. You'll get a chance to work with good people and you won't feel any desire to rip them off. You'll be able to look at it as a sacred service you are doing for a fellow man and you will be rewarded for your efforts. Everything will change when your desire to **MOVE** on to something new and improved exceeds your desire to **HOLD** on to something known and familiar.

end of email

HELP A STRANGER OR KEEP YOUR DISTANCE?

A **Facebook** friend wrote on the **Palm Bay Crime Watch** page that a young woman knocked on her door, said she was a neighbor's daughter locked out and asked for a ride to her mom's work to get the key. Mom of course not "at work,"

she caught on that she might be being set up for a robbery. She dropped the woman off and returned home. So, *how do you know when to help a stranger and when to keep a distance?* There's always a fine line, isn't there, between wanting to do the right thing and be a good samaritan, yet stay safe and leave people to the consequences of the choices they made before they knocked on your door. You have to ask yourself, *"Why does this person have no one but a random stranger to ask for help? Where are their friends, or anyone else who knows them?"* Sure, maybe it's **"Jesus in disguise"** (isn't everyone?) but who knows what lesson this particular **"Jesus"** may have in store for you today? What determines how you will respond? These are good soul searching questions to ask yourself while keeping your doors locked.

WHAT DETERMINES WHAT YOU ATTRACT? WHO YOU ARE AND HOW YOU VIBRATE!

So what determines whether you attract a true damsel in distress or a scam artist in the first place? The answer to that lies with knowing what factors you're resonating in harmony with currently. *How are you vibing lately? Happy or ticked off? What have you been attracting this week? Good stuff? Challenges? How severe are the issues and relationships from the past that you've left unresolved? What is in your past is what determines what's getting ready to come back to you.* Factoring in your answers to these questions, in any given moment you are the one who knows whether you've created past momentum for blessings or lessons. A good thing about knowing who you are and taking responsibility for what you've come thru is that the life surprises that come your way are more likely to be good ones.

IT'S ALL ABOUT PERCEPTION. WHAT CAN YOU LOOK AT WITH A DIFFERENT EYE?

A friend asked how I could have been a criminal defense paralegal for so many years and had to look at crime scene photos of violent crimes. It's all in the perception. If it's a job and I'm just organizing and categorizing, I'm looking at it with a different eye. I learned in my 20's that I could distance myself from the emotion of a situation if I had to do my job. So I never thought of them as gross photos, they were simply evidence of an incident. It's all about perception. *You can train yourself to look for other specifics, to look for the lesson so you can move on to look for the good, to look for the benefit, to look for the opportunity. Everything you ever look at contains all of that, I promise you.* **Wayne Dyer** says *"Shy people make shy pictures over and over in their minds. Until they see themselves as unafraid, they will always act on the pictures they create."* Are there any pictures you keep creating over and over in your mind that it would be helpful to see with a different eye?

EVERYTHING IN YOUR LIFE IS A METAPHOR AND HAS A MESSAGE FOR YOU.

And you can't always rely on what your eyes tell you is so. Sometimes you have to rely on memory and faith. Like the french fries I just took out of the oven, for instance. My eyes tell me they're not yet done but I remember if I take them out NOW, they will continue to brown and will taste perfect. And they do. *Have more faith that when it looks like things in your life are really goofed up, they are really cooking to perfection.*

...continued on page 29...



This month's thoughts about things...

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

... from page 28 ...

I spent time watching a fire one early morning. I love to watch the logs and how they burn and interact with each other at the various stages of engulfment and disintegration. Just like we humans as we cook the ego and become more ash, more of the essence we are. I watched the logs burn more brightly when they were together, and eventually mesh into one mass of ash. I watched a log off by itself, still burning though not as brightly. **Just like us. We can be a small bright light in a dark world but when others join, we can light up the sky.** I put a marshmallow on a stick and tried various cooking distances from the flame. I found it cooked even when just barely within the space of the pit, and cooked faster as it approached the flame itself. A great metaphor for my own social interaction. **I am cooked faster by some people and events than by others, depending on how close to the situation I want to get, and how much I allow.** Sometimes all it takes is a light toasting, other times a scorching. **It's nice to know I'm in charge of whether or not I ever get burned.**

FACTORING IN RESIDUAL HEAT AND PAST MOMENTUM

I've learned that everything in life is a metaphor for my own personal growth. I've been buying frozen french fries and cooking them in my new oven. The directions on the package say 450 degrees for 20-24 minutes. Each time, when I checked a few minutes ahead of time, I saw they were beginning to get golden. Two minutes later they'd be burnt. The third time, I put them in at 425. At 16 minutes they would begin to get golden. At 18 minutes they were burned. I tried again, this time removing them from the 425 degree oven at 16 minutes. They looked too beige. They didn't look golden enough. But by the time I took them into the kitchen to plate them, they were perfect. Ah, I forgot about residual heat! A good lesson to me.

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Remove them from the oven when they still look uncooked. If I wait until they looked cooked, the residual heat will burn them up. Looking back, **I recall times I did that with people as well: giving them the heat they asked for, not factoring in past momentum I wasn't privy to. I learned that sometimes I'm the marshmallow, sometimes I'm the flame** and why we're cooked faster by some people than others. It's all just a dance as we get our personal energy under control. It's all about energy management. Knowledge is power. When new friends appear before you, assume their cooking process is already underway, more so than any of you know. Be gentle with the heat. No matter how much they ask for.

Andrea

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

HOROSCOPES

OCTOBER 2016

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2016.

Aries - (March 19 - April 18) Make inspiration your action plan for October, Aries. The full moon of October 15th joins Uranus, the magical planet of creation; this dramatic pairing promises a new and exciting future. This is your once in a lifetime chance to set a new trajectory for exactly what you want. Dare to dream, and then apply your best skills into making the dream into a reality.

Taurus - (April 19 - May 19) Yours is one of the 'take charge' Sun signs, but your strength this month lies in being both patient and observant. Let the Universe show you how and where you can best focus your attention. Spirit has a great future in the making, Taurus. It is impossible to predict exactly what it will be, but trust that the planets are lined up in support of your life purpose and happiness.

Gemini - (May 20 - June 19) It's time to nurture and feed your creative soul, Gemini. The planetary pressure is intense on your sign and it's a critical time to be very clear. Make sure that you're responding to the way things really are, not just the shadows of your projected imagination. Decisions made at this time will have a long lasting impact. It is possible to have exactly what you want, provided you don't give your power away.

Cancer - (June 20 - July 21) This is a critical time to maintain clarity in relationships, Cancer. Mars speeding through your partnership sector will stir up some troubles - if you let him. Some problems do indeed need to be addressed, but others are just ghosts, coming along for the ride. Your challenge is to manage the important ones, and discount the distractions. Tune into your gut to know the difference.

Leo - (July 22 - August 21) If you've been looking for assistance, this is your time to accept excellence into your life. It comes down to agreeing that somebody has expertise that you don't. Accept the complement, Leo. Someone wise is standing by, ready to pitch in and to help bring your project to completion. You can still write up the project manual - in fact, you'll probably have to. Take it on, and know that (good) help is on the way.



Virgo - (August 22 - Sept 21) Now that Jupiter has entered Libra you can really buckle down. This sector rules your money, but it also impacts your self-worth - how you feel about yourself. Take stock on some personal details, such as

dealing with any extra weight gain from having Jupiter working overtime in Virgo for the past year. You want to be lean and clean for the exciting times ahead. Take care of it now!

Libra - (September 22 - October 21) This month begins a fresh era with the blessings of Jupiter, the purveyor of good fortune. I know you've been waiting for this time, Libra, and the promises will be fulfilled. The Aries full moon of October 15th joins Uranus, the planet of sudden change; so be ready for anything. Reclaim your love of art and music, and know that you have entered a cycle of protection and love.

Scorpio - (October 22 - November 20) You are learning to purify and transform, Scorpio. The planets have initiated your study of Alchemy, and you can now become a master of enchantment. Your universal elixir is happiness and your philosopher's stone is the application of will. The fire of your passion fuels this revolution. Surrender to your true, deep emotions. You were born this way, and it is your path to walk.

Sagittarius - (November 21 - December 20) With Mars and Pluto combining forces in your 2nd house of resources; time is money, and money is power. This is one of those times when you want to harness your willpower and focus on a goal. Your efforts pay off in ways that make it all worthwhile. This is a rich and fertile time for you, Sag. Tune into your inspiration, dig your heels into the ground, and do the work; you'll be so happy that you did.

Capricorn - (December 21 - January 19) October comes your way like the energizer bunny, Capricorn. Mars is in your sign by the beginning of the month, and he's blowing through like a hurricane! On the 19th, Mars conjuncts Pluto. This is a planetary super power paring that you can use to feed your ambition. Tap into your authority, but give up any urges for blind control. Your secret to success lies in being fair, equitable, and safe.

Aquarius - (January 20 - February 17) You've been applying your visionary skills and gifts for quite some time now, and I know that as a co-creator, you have manifested some wonderful realities. The planetary message now is that of sharing your wisdom. It's time to write the story of YOU; to reveal what you know, how you do it, and the secrets to your success. We all await your insights, Aquarius - the story that only you can tell.

Pisces - (February 18 - March 18) October is a fast paced month, and if you want to be a part of the action, communication is key. It's time to speak your mind, Pisces; anything left unsaid now will only grow into an unmanageable mess. The best day to navigate any tender emotional territory is the 10th, when Jupiter and Mercury meet under the Light of a clear Aquarius moon. Speaking your truth sets you free to receive every benefit of the Aries full moon on October 15th.

Saturday October 15th Cocoa, FL Psychic Fair and Art Bazaar A Fundraiser for Caryn Bishop



WE NEED YOUR HELP. *Calling all: Readers.
Artists, Healers and Bakers, etc., who would like to give of their
time, talent, and treasure, to assist in Caryn's cause*

Who: Caryn Bishop, who is going thru treatment for Stage III B Cervical Cancer
What: Fundraising, Psychic Fair, Art Bazaar
GOAL: To Raise \$5,000 for her medical expenses
When: Saturday, Oct 15th from Noon til 6PM
Where: The NEW WAY POD located at
238 Peachtree Street, Cocoa, FL

If you can participate, please
email: Carynebishop@gmail.com

*Please come support Caryn,
We envision bringing in several
different Readers, Intuitive Healers,
Art by Caryn and other local
artists. Please spread the word and
tell everyone about this event for a
good cause and a very sweet woman
in our community and spiritual circle.
Thank you!*

See the Event Page:

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