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OCTOBER 2017

Andrea de Michaelis presents

HORIZONS

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



Our 25th Year

OCTOBER 2017
FREE

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Saturday Sunday
Sept 30 and October 1, 2017
11am-6:30pm 11am-5:00pm

\$7 day/\$10 for the weekend, 12 and under free

Orlando Mystic Faire
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Email canbria@aol.com www.mysticfares.com

For info, call Candyce 239-949-3387

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

Our Naples Mystic Faire (next one is Spring 2018) is indoors for all of the psychics and healers and most vendors. We have a beautiful covered outdoor area that we use for last minute vendors. There are fans and lighting, however we suggest bringing more lights for the last hour of the event in the Fall. We don't charge an electric fee for the outside spaces. The 14th year for the Spring Naples Mystic Faire will be in 2018. Vendors should apply early.

Our Sarasota Mystic Faire (next one is Summer 2018) held all under one roof in the historic Sarasota Municipal Auditorium. A delightful venue for this amazing event. Our 8th year for Sarasota is 2 days in 2018. Vendors should apply early.

Melbourne Mystic Faire (next one is January 2018) All under one roof at the beautiful Melbourne Municipal Auditorium. Melbourne is a wonderful, welcoming community and we can't wait to bring our event back to this fabulous setting. If you're interested in exhibiting, go to the website <http://mysticfares.com> and download your application now.

Orlando Mystic Faire is September 30 1nd October 1, 2017. Saturday is 11:00am-6:30pm, Sunday is 11am-5pm. All under one roof at the beautiful Osceola Heritage Park exhibit hall! A wonderful venue with lots of room for psychics, healers and vendors.

VENDORS/READERS

We keep a balance of vendors in all categories: Alternative Practitioners, Massage & Energy work, Aromatherapy, Astrology, Aura Photography, Gifts, Crystals, Jewelry, Health & Nutrition, and Psychics. I look forward to seeing you at our next event! Blessings & Light! Candyce Strafford



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



Tuesdays Oct 3, 10, 17, 24, 31 9/45-11:45am

The Untethered Soul: The Journey Beyond Yourself

with Maggie Rosche. Explore Unity Principles and your sacred humanity. Study Guide available in library. Suggested offering \$20.

Sunday, October 8th 9:30 and 11am Living From The Center

Speaker: Valarie Parson

Sunday, October 8th 12:30 pm – 1:30pm

The Silence: Connecting with Your Inner Power

with Valarie Parson. Suggested love offering \$20.

Monday, October 9th 6:30 PM New Class: 4T Prosperity

Facilitator: Tim Hall 4T's purpose is to teach us to put God first in all that we do, in order to experience miracles & change our lives.

Thursday, October 12th 6:30 – 8:00 Metaphysical Discussion

Facilitator: Paul Esche, LUT. This is a time to discuss and learn to apply Spiritual Principles to your life as you share your thoughts with others or just listen to others share.

Sunday, October 22nd, 9:30 and

11:00am Sunday lesson: Power of the Spoken Word, Rev. Teresa Weingarten

Sunday, October 22nd 12:30 pm –

1:30pm God's Will: Why Can't I Do It My Way? with Valarie Parson and Rev. Teresa Weingarten. Got "QUESTIONS?" Join our power-packed hour of discussion as we find meaning on the journey and help others along the way. Suggested love offering \$20.

Saturday, October 28th 10:00am – 12

noon Intentional Listening with Rev. Ytonna Finnegan Suggested \$20.

Sunday, October 29th 9:30, 11:00am

Sunday Lesson: My Comeback with Rev. Ytonna Finnegan

Sunday, October 29th 1-2:30pm Drum Circle with Fred Goodnight. Come and find your rhythm and have a great time. No experience necessary. Suggested love offering \$20.

Sunday, October 29th 1:00pm DVD New Rules for End of Life Care: A guide on the stages of death. Caring for someone as they approach the end of their life is not the same as caring for someone who is going to get better. Unfortunately, most people don't know this. Join us for this discussion. Suggested love offering \$20.

Thursday, November 2nd 6:30pm A Hallowed Evening: Celebrating Love

Join us on All Soul's Day for a "Holy Eve" general memorial service honoring departed loved ones and life's losses with readings, song, silence, and a meditative ritual. At this contemplative service you are invited to bring a picture or memento and, if so moved, speak a brief tribute. Call Maggie for more information at 321-917-2993. Suggested love offering \$20.



Sunday, October 15th 9:30 and 11:00am The Power of

Respect - Paul K. Chappell. How the three elements of universal respect can protect ourselves and those around us and unlock many of our human powers. Paul is the author of the Road to Peace series, a seven-book series about waging peace, ending war, the art of living, and what it means to be human. Chappell serves as the Peace Leadership Director for the Nuclear Age Peace Foundation. Lecturing across the country and internationally, he teaches courses and workshops on Peace Leadership

and Peace Literacy. Chappell has sought answers to the issues of war and peace, rage and trauma, and vision, purpose, and hope. His website is www.peacefulrevolution.com.

Sunday, October 15th 1:00 – 3:00pm

Workshop: A New Peace Paradigm: Our Human Needs and the Tangles of Trauma Paul upends Maslow's Hierarchy of Needs with a new and surprising understanding of the human condition that holds the key to peaceful conflict resolution in the home, the community, and the larger world.

Monday, October 16th – Thursday October 19th. Southeast Unity

Ministries Conference. Great speakers: Paul K Chappell, Martha Creek, Sidney Andrews, and Mark Siljander, and Susan Miner.

All are welcome. Call 321-431-0637 for more information.

ONGOING EVENTS

First Sunday of the Month - Reiki Healing Service after both Sunday Service

Second Friday Night – Game Night 6:30pm

Third Sunday of the Month – mini service at WAVECREST 2:30pm

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Meditation with Jenny 7:00pm

Wednesdays – Melbourne LBGT AA 6:30pm

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



**Merritt
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**10:30AM
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optical illusion is
separation**

HORIZONS

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Andrea de Michaelis

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

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



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

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

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

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Calendar \$.50 per word. page 18
Phone Directory \$5 per line pages 22-25

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Back page	\$625	\$565	\$475	Unavailable
Inside back	\$525	\$1395	\$2400	
Inside front	\$550	\$1455	\$2550	
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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12 Steps of Spiritual Freedom

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

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher 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

Hello and welcome to the October 2017 Horizons Magazine. The big news recently was the journey Hurricane Irma took us on. I make it a point to study the weather myself and go on Facebook and try to dispel fears the news and weather is shouting at us during the season. I make sure my home is prepared and emergency supplies stocked months in advance. *I've learned that lesson.* I review the National Hurricane Center and other hurricane reports when they come out at 2, 5, 8 and 11 am and pm, and summarize what it means to me and my area. I do my best to be a voice of reason when the screen is shouting dramatic, scary and untrue headlines at us. I was hopeful we'd miss the brunt of it in the **32909** and I was right. I'm prepared here for a hurricane, cat food, cat litter, bottles of water, headlamps, weather radio, batteries. I feel safe in my home, my uncle

built it with 2x6 construction, not 2x4 and it weathered category 3 **Hurricane Jeanne** in 2004 which had 115mph winds. A category 5 has winds of 155 but I still feel safe here.

I wrote on Facebook that Florida is only 160 miles wide so we were all going to get at least 74mph winds for the maybe 12 hours it takes the storm to pass. No need to freak out if you're shuttered up. Lock windows if not, if you can get something to cover the window (dresser, etc.) then do, close interior doors. Put electronics on tables in case you get some water. Remember the storm will slow as she crosses land.

A friend in **High Springs** -- center of the state nearer **north Florida** -- offered us a place to stay if we evacuated. Having that as a contingency plan allowed me to relax into a state of mind where I felt we'd be fine right here. I've had the lesson of evacuating for what turns out to be a target area. I've been stranded for weeks out of town waiting for gas to get to the stations so I could fill up and go home. *I wanted to take my chances in my own community here. I feel I've been placee here for a reason so to leave didn't make sense* (this time.)

In 2004 for **Hurricane Frances**, I evacuated at the last minute for **Franklin, NC**. I was glad my van broke down in **Lake City, FL**. Had I gotten to **Franklin**, I would have been caught in worse weather, and flood. That made me leery of leaving and as it turned out, my intuition was correct. **High Springs** had to evacuate due to the **Santa Fe River** rising, causing flooding.

...continued on page 16...



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RECOVERING EMOTIONALLY FROM DISASTER

Disasters such as hurricanes, earthquakes, transportation accidents or wildfires are typically unexpected, sudden and overwhelming. For many people, there are no outwardly visible signs of physical injury, but there can be nonetheless an emotional toll. It is common for people who have experienced disaster to have strong emotional reactions. Understanding responses to distressing events can help you cope effectively with your feelings, thoughts and behaviors, and help you along the path to recovery.

WHAT ARE COMMON REACTIONS AND RESPONSES TO DISASTER?

Following disaster, people frequently feel stunned, disoriented or unable to integrate distressing information. Once these initial reactions subside, people can experience a variety of thoughts and behaviors. Common responses can be:

Intense or unpredictable feelings. You may be anxious, nervous, overwhelmed or grief-stricken. You may also feel more irritable or moody than usual. Changes to thoughts and behavior patterns. You might have repeated and vivid memories of the event. These memories may occur for no apparent reason and may lead to physical reactions such as rapid heartbeat or sweating. It may be difficult to concentrate or make decisions. Sleep and eating patterns also can be disrupted — some people may overeat and oversleep, while others experience a loss of sleep and loss of appetite. Sensitivity to environmental factors. Sirens, loud noises, burning smells or other environmental sensations may stimulate memories of the disaster creating heightened anxiety. These “triggers” may be accompanied by fears that the stressful event will be repeated. Strained interpersonal relationships. Increased conflict, such as more frequent disagreements with family members and coworkers, can occur. You might also become withdrawn, isolated or disengaged from your usual social activities. Stress-related physical symptoms. Headaches, nausea and chest pain may occur and could require medical attention. Preexisting medical conditions could be affected by disaster-related stress.

HOW DO I COPE?

Fortunately, research shows that most people are resilient and over time are able to bounce back from tragedy. It is common for people to experience stress in the immediate aftermath, but within a few months most people are able to resume functioning as they did prior to the disaster. It is important to remember that resilience and recovery are the norm, not prolonged distress.

There are a number of steps you can take to build emotional well-being and gain a sense of control following a disaster, including the following:

Give yourself time to adjust. Anticipate that this will be a difficult time in your life. Allow yourself to mourn the losses you have experienced and try to be patient with changes in your emotional state. Ask for support from people who care about you and who will listen and empathize with your situation.

Social support is a key component to disaster recovery. Family and friends can be an important resource. You can find support and common ground from those who've also survived the disaster. You may also want to reach out to others not involved who may be able to provide greater support and objectivity.

Communicate your experience. Express what you are feeling in whatever ways feel comfortable to you — such as talking with family or close friends, keeping a diary or engaging in a creative activity (e.g., drawing, molding clay, etc.). Find a local support group led by appropriately trained and experienced professionals. Support groups are frequently available for survivors.

Group discussion can help you realize that you are not alone in your reactions and emotions. Support group meetings can be especially helpful for people with limited personal support systems. Engage in healthy behaviors to enhance your ability to cope with excessive stress. Eat well-balanced meals and get plenty of rest. If you experience ongoing difficulties with sleep, you may be able to find some relief through relaxation techniques. Avoid alcohol and drugs because they can be a numbing diversion that could detract from as well as delay active coping and moving forward from the disaster. Establish or reestablish routines. This can include eating meals at regular times, sleeping and waking on a regular cycle, or following an exercise program. Build in some positive routines to have something to look forward to during these distressing times, like pursuing a hobby, walking through an attractive park or neighborhood, or reading a good book. Avoid making major life decisions. Switching careers or jobs and other important decisions tend to be highly stressful in their own right and even harder to take on when you're recovering from a disaster.

WHEN SHOULD I SEEK PROFESSIONAL HELP?

If you notice persistent feelings of distress or hopelessness and you feel like you are barely able to get through your daily responsibilities and activities, consult with a licensed mental health professional such as a psychologist. Psychologists are trained to help people address emotional reactions to disaster such as disbelief, stress, anxiety and grief and make a plan for moving forward. To find a psychologist in your area, visit APA's Psychologist Locator.

Thanks to psychologists Kevin Rowell, PhD, and Rebecca Thomley, PsyD, for their assistance with this article. www.apa.org

ABRAHAM-HICKS



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

ABRAHAM ON HEALING

Healing is a word that we don't even like, that is absolutely inaccurate, and has nothing to do with what is really happening. Healing is nothing more than allowing the natural state of wellness, but the word healing distorts it because it gives the attention to what is wrong. All of you are many more times healthy than you are ill, even those of you who have been diagnosed as terminally ill. You are many times more well than you are ill.

There is not such a thing as healing. We would say there is such thing as acknowledging your wellbeing, or acknowledging the lack of it. Acknowledging the well-being brings about wellness, acknowledging the lack of it brings about illness. It is as simple as that. Wherever you have your attention is what your body is doing.

Your society for the most part has you looking at illness and guarding against it, with doctors offering free check-ups just to come and probe a little, just to see if they cannot find just the slightest little clue of something, something to get you back in there for a second time and the third time and the fourth time; something to get your thoughts focused upon something, some sort of seed of doubt to plant within you. And we say, why would you want to look for something you don't want to find?

We encourage you to look for your wellness. Are there wellness clinics? Are there places that you go and talk about how good it is? Are there places where you go and talk about how good it feels to be in your skin? Are there places that take naps together, and when they awaken they all bask in the spirit of well-being and feel the comfort of the mattress beneath, and breathe in the air and feel of that? Or are most of these clinics illness clinics?

THE ESSENCE OF EVERYTHING THAT YOU WANT IS FULLY ACTIVE IN YOUR VORTEX

So, what we wanna convince you about today is that the essence of everything that you want is fully active in your vortex.

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

CELIAC DISEASE (GLUTEN INTOLERANCE)

About 2 million Americans are troubled by Celiac Disease (CD). Once considered a malabsorption condition of early childhood, now is recognized as a common auto immune condition also known as "Gluten Intolerance." When people with CD eat foods with gluten (the major protein in many grains including wheat and wheat flour products) their immune system sees it as an invader and creates a defense against it, this causes inflammation within the intestines which then leads to malabsorption. Even though the person might be eating what is believed to be nutritious food they are suffering from malnutrition because the inflammation is blocking the absorption of nutrients. Symptoms of CD seem to be different from person to person and because symptoms overlap with other conditions such as, *fibromyalgia, anemia, lupus, arthritis, dermatitis herpetiformis, Chrons, spastic colon, scleroderma or osteoporosis* CD can be misdiagnosed or missed altogether. For infants and children CD shows up as delayed growth, neurological or behavioral problems. For adult's symptoms may be reoccurring abdominal pain with or without bloating, constipation, diarrhea. *There may be problems with chronic sinusitis, headaches, fatigue, weakness or eczema, osteoporosis or bone pain.* Taking a natural approach to CD involves following a gluten free diet which allows the gut to heal. Since even the smallest amount of gluten can affect the intestines try to avoid all foods containing gluten including wheat, barley, rye, spelt, semolina, which can be found in breads, pastries and cereals. Read labels carefully, foods like soup, candies, cold cuts, soy sauce and mayo, medications, vitamins, make-up or glue on envelopes are known to contain gluten. fortunately it's not as hard as you might think since more and more companies are becoming aware of *Gluten Intolerance*. Along with dietary changes you may also want to use supplements and herbs to bring health and balance back to the intestines. *Vitamins A, E, C, K, zinc and folate* help protect the cellular lining of the gut. *Omega-3-fatty-acids ease inflammation of the intestines and foods with sulfur (garlic, onions, eggs, fish) can help heal the intestines. Digestive enzymes help the body breakdown nutrients so they can better be absorbed; and probiotics help maintain the integrity of the intestines. Herbs like Slippery Elm, Marshmallow, Aloe and Licorice* contain mucilaginous properties that form a protective coating on mucus membranes of the intestines allowing it to heal. *Paprika, Goldenseal, Echinacea and Ginger* heal damaged tissue caused by irritation and inflammation which is the underlying cause of CD. *Antimicrobial, antibacterial, antiviral and antifungal herbs such as Garlic, Olive leaf, Goldenseal, Echinacea* speed up the healing process by boosting the immune system within the digestive system making it stronger speeding up the healing process. And herbs like Dandelion root and Yellowdock help detoxify the body through the liver helping to further nourish the body. Addressing these allows the intestines to heal quicker so proper absorption can begin again.



MINDFULNESS WITH EVERY STEP

Writer Sophia Quzi practices Raj Yoga and teaches mindful meditation. She is an Ayurveda massage therapist and training to be an Ayurvedic Nutrition Consultant and Practitioner. "I have always had a heart full of grace and compassion toward all that is." Find her on Facebook

I DON'T FIT IN A NEAT LITTLE BOX


Whenever I am at a gathering and I hear discussions between men and women about world politics, material wealth, clothes, jewelery, fashion, gossip and so on, within seconds I know that I don't fit in to that environment. I've done a lot of work over the years to align my life and work with my truth, passions and purpose. I've made major shifts, had hard conversations, and have pushed myself in ways that stretched me to tears.

So when these moments come where I find my self in one of these steroid type groups, where people are nicely dressed, despite the fact that for a moment the world feels suffocating, isolating, and overwhelmingly foreign, I feel gratitude. Gratitude for the never ending jabs that bring me closer to my own truth and my whole self. Jabs that say, *sweetie this isn't right for you. This isn't where you belong. This isn't really who you are.* Jabs that prompt me to make changes so that, albeit slowly but surely, I start to show up more fully and completely in my life. I came here not to fit in but to stand out. Why waste time trying to plug into a power source that needs recharging itself. I don't fit in, and that's okay. In fact, that's exactly as it should be.

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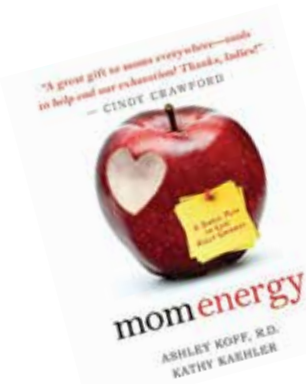
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A SIMPLE PLAN TO LIVE FULLY CHARGED

Excerpt from Mom Energy; A Simple Plan to Live Fully Charged by Ashley Koff, RD, and Kathy Kaehler.

Studying sleep provides alarming insights into the power of sleep in the support of health and energy. Sleep can dictate whether you can fight off infections, and how well you can cope with stress. We've already covered how sleep deprivation creates an imbalance of hormones that control your appetite and how your body burns energy. That's just the tip of the proverbial iceberg when it comes to associations between sleep and well-being.

Sleep is not a state of inactivity. Much to the contrary, a lot goes on during sleep at the cellular level to ensure that we can live another day. A night of poor sleep or no sleep at all won't kill you, but prolonged sleep deprivation can have unintended consequences, also putting you at high risk for an accident.

There's something to be said for looking refreshed and feeling smarter upon waking from a good night's sleep or a nap. Seemingly magical events happen when you're sleeping that just cannot happen during wakeful hours, and which help keep you stay energized and quick-witted. Proof of sleep's profound role in our lives also has been demonstrated over and over again in laboratory and clinical studies. It keeps you sharp, creative, and able to process information in an instant. Losing as few as one and a half hours for just one night reduces daytime alertness by about a third. And among the many side effects of poor sleep habits are hypertension, confusion, memory loss, the inability to learn new things, weight gain, obesity, cardiovascular disease, and depression.

One underappreciated aspect to sleep that is especially influential to our sense of well-being is its control of our hormonal cycles. Everyone has a biological, internal clock called a **circadian rhythm**. It's the pattern of repeated activity associated with the environmental cycles of day and night—rhythms that repeat roughly every 24 hours. Examples include the sleep-wake cycle, the ebb and flow of hormones, the rise and fall of body temperature, and other subtle rhythms that mesh with the 24-hour solar day. When your rhythm is not in synch with the 24-hour solar day, you will feel it. Anyone who has traveled across time zones and felt off for a few days can understand.

So much of our **circadian rhythm** revolves around our sleep habits. A healthy day-night cycle is tied into our normal hormonal secretion patterns, from those associated with our eating patterns to those that relate to stress and cellular re-

covery. **Cortisol**, for example, should be highest in the morning and progressively decrease throughout the day, with the lowest levels occurring after 11 P.M. With low evening cortisol levels, **melatonin** levels rise. This is the hormone that tells you it's time to sleep; it helps regulate your 24-hour circadian rhythm, alerting your brain that it's dark outside. Once released, it slows body function, lowers blood pressure and, in turn, core body temperature so you're prepared to sleep. Higher **melatonin** levels will allow for more deep sleep, which helps maintain healthy levels of growth hormone, thyroid hormone, and sex hormones. All good things for keeping up appearances and energy levels.

WHY YOU NEED TO GO DEEP

Lots of hormones are associated with sleep, some of which rely on sleep to get released. As soon as you hit deep sleep, about 20 to 30 minutes after you first close your eyes, and then a couple more times throughout the night in your sleep cycle, your pituitary gland at the base of your brain releases high levels of growth hormone (GH)—the most it's going to secrete in 24 hours. Growth hormone does more than just stimulate growth and cell reproduction; it also refreshes cells, restores skin's elasticity, and enhances the movement of amino acids through cell membranes. Growth hormone aids in your ability to maintain an ideal weight, too, effectively telling your cells to back off on using carbs for energy and use fat instead. Without adequate sleep, GH stays locked up in the pituitary, which negatively affects your proportions of fat to muscle. Over time, low GH levels are associated with high fat and low lean muscle.

Growth hormone affects almost every cell in the body, renewing the skin and bones, regenerating the heart, liver, lungs, and kidneys, bringing back organ and tissue function to more youthful levels. Growth hormone also revitalizes the immune system, lowers the risk factors of heart attack and stroke, improves oxygen uptake, and even helps prevent osteoporosis.

SLEEP ON THIS: The trouble with running up sleep shortages day after day is that it's very hard to make up the loss unless you're going on vacation. What's more, when sleep is skimpy, your cortisol levels don't drop as much as they're supposed to at night, and growth hormone doesn't rise as much as it should, which can undermine muscle strength. Remember, you need a daily dose of growth hormone, which gets secreted during deep sleep, to refresh your cells and prepare you for the next day. It not only stimulates cellular growth and reproduction, but it also has strong anti-inflammatory, antifat, and anticortisol effects—all good things for energy (not to mention weight maintenance!).

...continued on page 13...

THE MAGIC NUMBER

It's a myth that there's a magic number of hours the body requires to sleep. Everyone has a different sleep need. The eight-hour rule is general, but not necessarily the ideal number for you. Most people need seven to nine hours, and chances are you know what your number is. If you feel like a drag after a six-hour night, then clearly you need to aim for more sleep. Think of the last time you went on vacation and slept like a baby for more hours a night than usual. That is probably your perfect number. Poor sleep catches up to most of us, and it's practically impossible to make up a sleep loss because life keeps moving forward and demanding more of us. Despite what many people attempt to do, shifting your sleep habits on the weekends to catch up can sabotage a healthy circadian rhythm.

Not surprisingly, stress and staying up too late are the two big culprits to poor sleep, which is why it's important to establish healthy sleep habits that make for a restful night's sleep regardless of factors such as age and underlying medical conditions that can disrupt sleep. The goal is to minimize those factors' effects on us so we can welcome peaceful sleep.

12 PATHS TO PERFECT SLEEP

1. Get on a schedule. Go to bed and wake up at the same time seven days a week, weekends included. Try not to fall into a cycle of burning the midnight oil on Sunday night in preparation for Monday, letting your sleep debt pile up for the week and then attempt to catch up on sleep over the weekend. It won't work. Stick to the same schedule seven days a week. Your body and energy levels will love it.
2. Unplug to recharge. Set aside at least 30 minutes before bedtime to unwind and prepare for sleep. Avoid stimulating activities (e.g., work, cleaning, being on the computer, watching TV dramas that get your adrenaline running). Try soaking in a warm bath or engaging in some light stretching. Once you're in bed, do some light reading and push any anxieties aside.
3. Don't let your To Do list or worries take control. Early in the evening—say, right after dinner—write out tasks you have yet to complete that week (not tonight!) and prioritize them realistically. Add any particular worries you might have. If these notes begin to talk to you when you're trying to go to sleep, tell yourself it's time to focus on sleep. Everything will be okay. You're tired and will have a productive day tomorrow. You're relaxed and at peace. The body needs to sleep and is ready for it.
4. Create a restful refuge. Reserve the bedroom for sleep (and sex) only. Remove distracting electronics and gadgets and keep it clean, cool, and dark.
5. Nix the fix and cut the caffeine. Stop drinking caffeinated beverages about eight hours before bedtime. Due to caffeine's half-life (how long it takes for caffeine to lose half of its punch in your body), you'll need all that time to let your body process all the caffeine so it won't infringe upon restful sleep.
6. Don't sweat it. Watch out if you exercise within three hours of bedtime. For some people, exercise can be stimulating to the point it affects getting to bed on time and falling asleep easily. This is when tracking your sleep experiences and what you do beforehand can help you to pinpoint your own unique culprits to restless sleep. If your body's reaction to exercise is stealing your sleep, then shift your exercise to earlier in the day.
7. Limit your libations. Be cautious about alcohol intake in the evening hours. If you use a glass of wine as a way to unwind after the kids have gone to bed, which is how many moms decompress at the end of the day, be mindful of how that glass (or two) could be influencing the quality of your sleep. You might want to test out avoiding this routine and see if it changes how refreshed you feel the next day.
8. Ditch digestive distractions. Keep in mind that heavy foods too close to bedtime can upset your sleep as much as they upset your stomach. The best bedtime snack is nothing. Eating provides energy and that runs counter to prepping the body for rest. If you need to take a medication or if you are breastfeeding and up during the night, then maybe a liquid such as plain coconut water will satisfy you. This requires no extra digestive work; it's a diluted amount of carbohydrates that also provides potassium for hydration, which will help the body with recovery. To balance it out, you could have 10 to 15 nuts with it.
9. Focus on relaxing. Try valerian herbal tea or a chamomile blend before bedtime. Take your magnesium supplement in the evening hours to help relax muscles for better sleep and regularity.
10. Practice aromatherapy. Keep a sachet of lavender by your bed and take a whiff before hitting the pillow. Lavender has known sleep-inducing effects. Other aromas widely considered to be relaxing are rose, vanilla, and lemongrass—different ones work for different people. For you, maybe lavender is stimulating and rose is not. Scented lotions can also be effective.
11. Take a d-e-e-p breath...and release. On your back with your eyes closed and your body stretched out, hands by your side, palms facing up, begin to squeeze and release your muscles, starting with your head and face and working down to your toes. Breathe in deeply and slowly, telling yourself I will fall asleep. I am going to sleep.
12. Get out of the bedroom. We all think that if we lie in bed long enough, sleep will come. Instead, our minds tend to get busier and our muscles tenser as we stress over being awake. Give it a rest. If you can't get to sleep within 20 minutes, slip out of bed and go to a safe haven—a place that's comfy, has dim lighting, and no distractions. Just sit comfortably. Or do your breathing exercises. Or read. No e-mail, TV, or other electronics though. The point is to give your mind-body a respite from trying so hard to nod off. After 20 minutes or so, go back to bed and see what happens when you're more relaxed. Repeat once or twice if necessary.

FROM THE HEART



Alan Cohen is the author of *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Join Alan and friends in Hawaii, Feb 26-March 2 for a rare retreat, Unplugged. Put your devices aside for a few days, liberate yourself from technology, and reconnect with yourself and your life. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

GETTING SOBER

I recently learned of the death of a musician I admire. Ruud was a trombonist in André Rieu's orchestra. Besides being a talented musician, he was something of a comic spark plug, performing clever antics in skits the orchestra wove into their performances. I enjoyed watching Ruud on YouTube for years. He died suddenly at a relatively young age.

I was surprised at how moved I was at the news of Ruud's passing. I found the incident sobering. We usually use the word "sober" as the antithesis of being drunk. When an event sobers us, it dashes cold water on our face to extricate us from the drunkenness of the meaningless activities we often engage in. We are awakened from the addictive behaviors we use to distract ourselves from our pain. The list of our addictions, hard and soft, is substantial: Drinking, drugging, email, Internet, smartphone, gaming, anxious eating, overworking, compulsive shopping, disconnected sex, neurotic cleaning, mindless babbling, arguing, continual drama, and on and on and on—all tricks we play on ourselves to stay hypnotized by emptiness. We each have our preferred escape.

Then something happens that forces us to face ourselves and our lives. A death, divorce, accident, business setback, health issue, legal problem, or weather disaster. Some crisis or emergency. Then we have to think about what is really important, what our priorities are. Such challenges are painful, they are also liberating. They jolt us to dig into our soul rather than hang at the shallow surface of our lives. When we go through such difficulties, we resist and curse them. After we graduate from the lessons they bring us, we find deep gratitude.

None of us knows how long we or our loved ones will be here. It could be a very long time or a short time. Some people disappear quickly, without notice. For that reason we must appreciate the people and gifts in our lives while we have them. Don't take anyone or any situation for granted. Bless it while you have it. Tell your close ones that you love them. Thank them for the good they bring you. Imagine that you might not see each person after this encounter. What would you say if you knew this would be your last meeting?

Hopefully you will have lots more time with your loved ones. Just don't wait until they are gone or almost gone to express your heart to them. Likewise, don't wait until you find your soulmate, lose 20 pounds, get your ideal job, make your first million, or attain nirvana before you appreciate who you are. Now is your big moment to fall in love with yourself. Right where you are. As you are.

In Arthur Miller's play *After the Fall*, a character says, "I dreamed I had a child, and even in the dream I saw that it was my life, and it was an idiot, and I ran away. But it always crept into my lap again, clutched at my clothes. Until I thought, if I could kiss it, whatever in it was my own, perhaps I could sleep. And I bent over the broken face, and it was horrible. . .but I kissed it. I think that one must finally take one's life into one's arms."

We all have traits in ourselves, our relationships, and our lives that we believe are unlovable. But if we can find beauty and goodness in ourselves and others, even with those traits, we find release that does not come as long as we use judgment to separate ourselves from healing.

We are now heading toward the holiday season, which brings unique joys and challenges. Family issues arise and unhealed relationships get in our face. Perhaps you had a loss or a relationship end during the past year. The season conjures countless distractions—shopping, parties, social obligations, travel, lavish food, financial issues, and many other temptations to stay foggy. Yet we also have many opportunities to get sober, to get clear on our values and the kind of relationships and activities that are truly meaningful to us.

In my town during the holidays the police set up road-blocks to check for drunk drivers. Likewise, it might not be a bad idea for each of us to check in with ourselves occasionally to see if we are staying sober, remembering what is real in the face of illusions to the contrary. *A Course in Miracles* tells us that we have set up the world as a place to hide from ourselves, each other, and love. The Course also tells us that we have many invitations each day to cross the border between illusion and truth, connect, and live in ways befitting the noble, magnificent spiritual beings we are.

When André Rieu learned that his beloved trombonist of 22 years had died in the midst of the orchestra's tour, he cancelled the remainder of the tour—a bold move when many thousands of fans were waiting and millions of dollars were on the table. But André decided it was more important to honor the orchestra's fallen brother and be there for Ruud's family. He reminds us that every moment of life is an invitation to get sober.

André Rieu and his orchestra will be in the U.S. for a rare tour this Oct and Nov. He is one of the great souls on our planet at this time. He has changed my life, and I heartily recommend you see him. You will love his program and be glad you went! Visit andrerieu.com

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Visit www.MichelleWhitedove.com

Dear Whitedove, My father has been lingering for months towards death. Why do some souls linger when they could go to Heaven?

Dearest, Before we come into this life, we preview our next incarnation. With God, and our heavenly support team we look at different scenarios and we decide on the path that will lead us to spiritual growth. What type of family, what nationality, what advantages or perceived disadvantages that will be the right circumstances for the soul to learn and grow. This is why we each face obstacles and tragedies during our lifetime because they give us opportunity to overcome and grow. As each soul comes close to death on their Earthly timeline, there is a heavenly evaluation of the soul's evolution. Then, it is decided if the soul has completed their contract or soul's purpose, if there will be an extension or if it's time to go home. This is why each soul has more than one death date. Most of us have knowingly come close to death at some point - a near miss of a car accident, a health emergency or some other occurrence. Your father is lingering because he is afraid of what awaits him. He was not a loving human and now that he is coming to the end - - he is thinking about his relationships and how he has

conducted himself. He is mean spirited and even now has misplaced animosity. Even though he was not a good father, this is your opportunity to get closure. Say what needs to be said. Tell him how you feel in a non-confrontational way. Now might be the time for you to work towards forgiveness. Please know that your rough childhood, made you into the strong resilient woman that you are today. Follow your intuition, step up and be the bigger person; you don't want to have any regrets.

Dear Michelle, I couldn't wait to have my first baby with my wife, as two gay women, you told me that we could conceive and we did! He is 2 years old now and the preschool teacher said that she feels that he is slightly autistic. We were flabbergasted. He is a little quirky but I don't want him to be labeled. He is growing quickly so I am waiting until he gets older to ask a doctor. I've enclosed a photo for your expert opinion.

Dearest, Since when are teachers able to diagnose children? Many doctors don't even diagnose autism correctly. Your son is an **Indigo Child**. These are special children, enlightened more so than previous generations. They don't act or think exactly like other children. Many are very introspective from a very young age. Some won't walk or talk as soon as expected, but there is nothing physically or mentally wrong. They understand completely, they just process information differently.

Indigo Children are sometimes called **Blue Ray Children**; they might be considered high maintenance emotionally. But I assure you they are on a special mission and well worth your love, time and devotion. They need structured activities whether its sports or the arts. As they get a bit older encourage positive outlets like yoga, hobbies or joining a civic organization that promotes humanitarian acts. I highly recommend **Montessori** or a **Waldorf** education for these very special children. They will relish in the personalize attention and the hands on activities that these schools excel in. On your son's behalf, you will recognize his high IQ and his thirst for knowledge, he is a just a late bloomer. He is more than perfect!

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This month's thoughts about things...

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

... from page 7

Local friends were talking about heading to **Orlando** since we're 12 miles from the ocean. I've learned I can't count on anyone else to make a plan for me. I gave myself anxiety over it. Whether it's someone else's anxiety I'm picking up on or my own, the fact remains that while it's with me, it's up to me to keep myself calm enough to stay attuned to inner guidance and ease through it. I know we can't count on cell phone service during the 12 hours the storm will roar overnight so I need to be prepared to keep calm and occupied during what is always a sleepless night. My experience is if I can keep myself in uplifted thought, then even if we got a direct hit from the storm and things get taken down around me, somehow I'll be ok. And just one friend saying something encouraging enough to me can ease my fear long enough to let some guidance in to put me in the right place at the right time. That's why it's a mission of mine to be that encouraging voice to others.

Disasters in the news don't shock me. I don't get in discussions about them. If I can help somewhere, I do. If I can't, I focus elsewhere and get out of the way of those who are called to that holy duty. Don't complain about it and join everyone else in the chain of pain with you. Do something to help it or focus on something happier. I planned (ha!) to spend the hurricane time painting but it turned into a night of kitten management.

In the week before the storm, I focused on practical stuff. I sent out invoices and paid bills ahead of time anticipating I'd have my mind on clean up afterward. I checked my inventory of cat food, cat litter, water, headlamps, weather radio, batteries. I assessed the freezer situation to free up space for containers of water. In case we lose power for days, ahead of the storm I place frozen foods in plastic bags that are easy to lift out to discard if need be. As it turned out, I donated my freezer full of foods to a friend who has a family and a generator to keep it all cold. I could have lost it otherwise, but it turns out we did not lose power. With more space in the freezer, I filled gallon ziplock baggies with water to have a stockpile of ice if I needed it. Back when I was a carcass eater, I had a freezer full of steaks and chops that I lost when we lost power for 8 days after Hurricane Frances in 2004. I replenished the cache just in time to lose it all a month later in Hurricane Jeanne when power was down for another 8 days. An expensive lesson.

I got the important insurance and client files in order in plastic tubs and took pics of my equipment. I suggested on Facebook that if you're driving north, you might want to ask your out of state hosts to pick up a few gallons of gas for you so you can return home. I know the more can do to be productive and keep myself in the Now moment and in a good and hopeful state of mind, the greater chance I'll be lead to safety. it hasn't failed me yet.

I find Facebook a great way to stay in touch with friends who I don't get to see in person. when I sign on, it's like stepping into a party with all my friends and we can have some good conversations. So when I saw a few friends freaking out about the upcoming storm because they'd been glued to the weather news, I was glad to be a voice of reason, sharing what others were sharing with me.

"Please share to calm unnecessary fears. Hurricane Matthew last year reminds us that a huge Category 5 with 165 winds can come ashore with only 109 winds affecting us. That can happen here, too. Hurricane Matthew was a Cat 5 and began dissipating and slowing down just before it got to us."

When they say a hurricane is 500 miles wide and 185 mph, that doesn't mean the entire storm is moving 185 mph. Example: Hurricane Irma, the eye is 60 miles in diameter. A FEW MILES OUTSIDE of that is where the 185 mph winds are. NOT all 500 miles of the entire storm." As it turned out, we only got winds of 60mph, which was fast and loud enough, as it ran up the state just west of Orlando.

HERE ARE MY FACEBOOK POSTS IN REAL TIME

I'm sharing these not simply to show you how I remained hopeful in a time of distress, but because I only got wi-fi back on yesterday and the magazine is due at the printer in 4 days.

IRMA WILL BE ANOTHER MATTHEW

I reminded on Facebook that on 9-28-16 Hurricane Matthew formed as a Category 5 with 165mph winds. Winds died to 145 as it crossed Cuba and the Bahamas. Winds fell even lower as it moved up the east coast, bringing 109 winds to Brevard County on 10-6-16. The same can happen here. We got power back pretty fast after Matthew. I'm hopeful. READ THIS AND REMEMBER it can change course at last minute and lose force. Hold the vision with me?

It helps calm me to hold a vision and I like inviting friends to hold a vision with me. it gives us all something to do together when we can't do anything else together :)

AFTER IRMA HIT THE CARIBBEAN ISLANDS

I got hopeful for Florida after glancing at the photos of the Caribbean islands the day AFTER being directly hit by Irma as a CAT 5. The photos are encouraging because even though the news says it is "complete devastation," it is NOT as there are a MANY buildings still standing or partially standing. A friend in Puerto Rico lost power and one banana tree. Be prepared, stay safe but don't believe the hype. It was after this report that I stopped listening to what the forecaster said and did my own research and came to my own conclusions.

St. Barts, St. Martin, Anguilla and the Virgin Islands were hit head-on as a CAT5 and they have far less stringent building codes than we do. So even if the worst-case scenario happens, which it looks like it will certainly NOT be, get yourself inside a boarded-up home and hang tight. Stay hopeful. Know that miracles happen every day somewhere, might as well be here.

...continued on page 26...

ABRAHAM FUN



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

SOULSONG #236 REPORTING FOR DUTY

It was my original goal, it is my overriding purpose to become as happy as I can possibly be. The happier I am, the more I allow my joyful Source to flow through me, and the more I bring to the earth the energies of peace, harmony, and unconditional love. Choosing to be happy is a tremendous gift I bestow on myself and on the world.

Right here, right now, I practice:

I choose to forgive and forget, whether someone deserves it or not.

I choose to shrug off people's faults and foibles as well as their habits of criticism and complaints.

I choose to remember just the good parts of past events.

I choose to forget all the things I did when I didn't know any better.

I choose to stay calm, relaxed, and balanced even when others are harried and driven.

I choose to make the absolute best of everything that comes my way, knowing that flexibility, appreciation, and laughter are far more than virtues - they are tickets to a fabulous tomorrow.



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CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-750-3375 with credit card info. No calendar listings taken by phone.

Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 321-725-4024 www.yogashakti.org

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

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

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak. scribe@ironoak.org 321-722-0291

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free. 321-725-4024 www.yogashakti.org

2nd Sat. every month JACKSONVILLE Psychic Fair 1 to 4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

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 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 1924 Melody Lane behind Melb Auditorium

October 5th FRUITLAND PARK, FL 7PM, Full Moon Drumming Circle, Windy Acres Farm, 1350 Miller Blvd. (466A), \$2.00 fee Information, call Barb at (352) 299-6494.

November 25, 2017 MELBOURNE/INDIALANTIC, FL "The Best of Kryon with Lee Carroll Lecture and Channelling Special appearance by Dr. Amber Wolf 10 AM to 5:00 PM Hilton Hotel on the Beach - 3003 N Highway A1A, Indialantic, FL 32903 321-777-5000 Lunch is included at the Hilton For info visit [http://kryon.com/2017/k_24\(N\).html](http://kryon.com/2017/k_24(N).html) (scroll to November) \$124 including lunch and \$99 excluding lunch. Email gary@kryon.com

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SPIRITUAL GRAFFITI

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

Excessive analysis perpetuates emotional paralysis. Knowing our issues is not the same as healing our issues. In fact, knowing is often a willful act, entirely incongruent with the experience of surrender required to heal. I have known many who could name their patterns and issues—almost like they had done a science experiment on their own consciousness— but nothing changed because they refused to come back down into their bodies and move their feelings through to transformation. It's safe up there, above the fray, witnessing the pain-body without actually engaging it. The key to the transformation of challenging patterns and wounds is to heal them from the inside out. Not to analyze them, not to watch them like an astronomer staring at a faraway planet through a telescope, but to jump right into the heart of them, encouraging their expression and release, stitching them into new possibilities with the thread of love. You want to live a holy life? **Heal your heart.**



NOTES from the Universe

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

If you were to ask me, I'd probably say that the number one cause of loneliness in time and space is not a lack of friends, but a lack of keeping busy.

I'd even go so far as to say that nine out of ten times the solution to every crisis, challenge, or problem - in relationships, careers, or otherwise - is to get busy.

Because when you get busy, you allow me to slide whatever you most need - be it material, spiritual, or a new friend; answers, ideas, or comfort - right under your big ol' nose.

**Tallyho,
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Margaret Ann Lembo is the author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Essential Guide to Aromatherapy and Vibrational Healing; the Crystal Intentions Oracle; Masters, Mystics, Saints and Gemstone Guardians Cards and more. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden — a bookstore, in southeast Florida. Find out more about Margaret Ann at www.MargaretAnnLembo.com; www.TheCrystalGarden.com; and www.AcademyoftheSpiritualArts.com or email at margaret@margaretannlembo.com

THE SPICE OF LIFE: CARNELIAN, CREATIVITY, AND CINNAMON ESSENTIAL OIL

Are you ready to be creative? You are always about to create something. It might be a delicious meal. Or perhaps you want to rearrange your living room or your desk. You are always fertile with good ideas. Pause long enough to allow the inspiration come through. Once it does, grab a piece of carnelian to help you make it come into reality with a bit of cinnamon to spice things up.

Carnelian carries the vibration of creativity to help you give birth to new projects. The orange color with its warmth and vibrancy acts as a catalyst to activate the motivation and courage to bring it into manifest reality.

Inhale **cinnamon** essential oil to unblock the energy you call “blocks.” It will help you to move beyond the perception that something is standing in the way of your goals. **Cinnamon** essential oil raises your confidence and self-esteem. Let your inspiration flow and generate your insight into manifest reality. Recognize and decide that now is a time of prosperity and purpose and that prosperity is always available to you. You are ready to step into your power and be all that you were meant

to be. You are aligned with the magnificence and the courage to show yourself in your fullest splendor!

Carnelian and **cinnamon** are perfect to improve your visualization skills. If you can imagine it, you can do it! Whatever you focus on, ardently desire, and ardently work toward has no choice but to become manifest reality! Whether you are growing your business or ready to conceive and give birth to a child, use tools as allies for your creative spirit.

USE THIS AFFIRMATION:

Creativity flows through me in a myriad of ways. I am courageous and bravely bring my ideas into actuality. My imagination is the key to my success. I envision my future and joyfully participate as it unfolds.





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MONTE FARBER'S QUANTUM AFFIRMATION



Monte Farber is, with wife, artist/designer Amy Zerner, author of many best-selling metaphysical self-help books with over 2 million copies in print in 14 languages, including Karma Cards, Enchanted Tarot, the Psychic Circle and Quantum Affirmations. His two new books are Signs & Seasons: an Astrology Cookbook and Instant Tarot. www.MonteFarber.com and www.TheEnchantedWorld.com

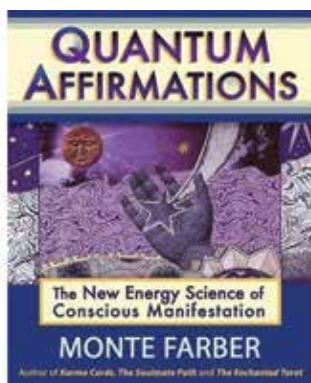
THE POWER OF INTENTION

The word intention is used in many ways. I use it to mean that what we believe strongly to be true helps to shape our experience. If we intend to break a bad habit or to set a goal to improve our lives, and we believe that it is possible, then the paths and opportunities to reach our goal will open up. We've seen this phenomenon again and again. The reverse is also true. If you believe that making a change in your life is going to be difficult or impossible to do, then it's more likely that you will experience failure.

Your patterns of negative or positive thoughts shape your reality. When you strive to be clear and confident with your intention, your goal will manifest much more easily. But when you are conflicted in your thoughts, you will manifest obstacles. What we focus on in our mind's eye is ultimately reflected back to us in our experience of reality.

Whenever you want to set a new goal for yourself, start by setting your intention with a clear affirmation and visualization. Take the time to become clear about what you want, but then simply declare it. Say to the universe, "Here is my goal. Make it so." Do not think you can tell the universe exactly how and when your goal will be achieved; you cannot.

Where we put our consciousness, we put our life energy. Put your consciousness into your intention and notice the change that happens when you do.



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This month's thoughts about things...

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

... from page 16

We're staying and it feels safe to stay. If you feel led to go, then go. My experience is resistance always has meaning. It means somewhere else is more suited to your belief system. You can either leave or revisit your belief and see if it still serves you. If friends had me freaked and I believed I was unsafe, it wouldn't matter if I was or not, I'd get elsewhere.

Positive thinking doesn't mean look at the raging storm and deny it's happening. Positive thinking means look for the rainbow, know the storm will pass and until then spend your time in happy pursuits, planning a hopeful future. Yes, even while the storm rages on around you.

Seth thru Jane Roberts on How do we face a hurricane? A handy quote is "You Make Your Own Reality", from Session 614, 'The Nature of Personal Reality'. *External experiences are going to be the result of inner beliefs and emotions. By staying calm, trusting that you'll be safe and well, the outer conditions of your personal experience will shape themselves in accordance with those inner conditions. It isn't a matter of pretending, but KNOWING the outer state reflects the inner one and trusting the outcome.*



Remember, no matter what is going on, you can have a completely different experience than friends just inches away. I think this is a very comforting photo, Galveston after Hurricane Ike, and it happens all the time after all

sorts of disasters. There are some left standing. I intend to be among those left standing. I don't mind being in the cone of uncertainty as long as I remember I'm also in the hands of God.

Wednesday 9-6-17 at 9am A friend came by to install my shutters. Mine are a little tricky because I have burglar bars that you have to place them around. We talked and agreed that the less we look at storm commentary the happier we are and the more we can enjoy the Now moment. There's no point worrying about it now AND later. But it took me about 40 years to figure that out. The good thing about an event like a hurricane is that it yanks us out of our normal modes of perception and makes us focus on something else long enough that the Universe can do its work of aligning us vibrationally with what we want next. It's like it kind of resets our priorities for us like a reset button.

Thursday 9-7-17 at 9:00AM I moved my outdoor furniture into my shed and walked around the yard bringing potted plants inside. I moved the furniture and bbq off the back porch and into the shed. I washed my recycling and refuse bins and moved them into the shed. The shed is aluminum but it's firmly anchored, and it doesn't contain anything of value if it does blow away. I put important files in plastic bins up high. Insurance files go with me. I wanted things out of the way just in case and also didn't want to spend a bunch of time moving things out of my way if I'm living there for a few days without power and running water. I have a portable solar shower. It looks like we'll get off a little easy. I'm not nervous about staying.

Friday 9-8-17 at 9:00PM I glanced at the mainstream weather news for the first time in maybe a year and what a bunch of scary hype. No wonder folks are panicking. That's why I stick to the **National Hurricane Center** site at nhc.noaa.gov/ and now **James Spann** on FB and at alabamawx.com, as well as **Eric Berger** at arstechnica.com/science/. Irma has slowed from 16mph to 12 mph and now going west. Pressure up to 930 (yay, rising is good.) She'll pass over us early **Sunday** -- we can't know what time until she landfalls. Then we can figure the miles she is from landfall to where we are, divided by her speed. When she begins passing over land, that will slow her down. We may have winds of just 85 I hear. If you're boarded up, stay optimistic, you're safer than you think.

Saturday 9-9-17 The man texted at 3am to see if I wanted to go to **Walmart**, our daily pre-hurricane ritual but I was snoozing. Then he was snoozing when I went at 7am. The **Malabar Walmart** was fully stocked. I've been making ice like crazy in case we lose power, and will put some in different large and small ice chests so we don't have to open the fridge to often. Like the almond milk for morning cereal can go in a small ice chest with the cheese slices.

BLESSED BY 2 ANGELS IN WALMART PARKING LOT

Leaving **Walmart** I got into a chat with another shopper and she told me not to be worried about this hurricane, we had one like it last year! *I know, right??!!* We spoke for a few minutes, her husband worried because it's his first, yet she knows it will be fine so she does her best to keep him calm. I said "**we do our best to stay prepared and stay prayed up.**" Her eyes lit up and she asked if I would join her in a prayer. **ABsolutely!** Another woman walked up and said, "**I know a prayer circle when I see one, I could use a prayer, may I join?**" My heart filled to bursting with the blessing I got from these two. As the storm got closer, I knew that the more I could keep myself relaxed yet informed, the better attuned I'd stay to inner guidance which would then lead me to being in the right place at the right time. That's one reason I wanted to share my commentary at each **Hurricane Center Advisory**.

If I got excited about wind speed dying down or barometric pressure going up, I wanted readers to know so they could get excited about it, too. If I know a storm will change course at new moon when the moon crosses the equator, I want readers to know it also.

continued on page 28...



ABRAHAM-HICKS

...continued from page 9

But we also want you to understand, it's not just the essence of it that's fully active. It's the path. It's the full blown path. It's the understanding of everyone who will help you along the way in the full receiving of what you want. It's all there for you.

But just because you can't see it does not mean it isn't there. It's in that vibrational state that you are not yet keen to hear.

It's like your dog can hear things you can't hear? But you don't say, 'Stop faking.' 'I know you're not hearing anything, so put those ears down.' 'You can't smell that either. Stop pretending. Stop pretending that you have a different reality than I do.'

You don't say that, do you, because you accept that your dog does have a different reality than you do. Has a different ability to hear, and see, and smell, and taste.

The beasts of your planet are much more in alignment with their inner beings, and therefore they're having a much fuller physical experience than you often are allowing yourself.

And so, if you can accept that there is a vibrational frequency that you can get better and better and better at tuning yourself to, then the fun begins. Because so often you think that the fun is, 'Oh just give it to me and then I'll have fun. When I have all the money I need, then I'll start having fun.' Or, 'When I get that job, then I'll have fun.' Or, 'When I find that mate, then I'll have fun.'

And we say, 'You can't get there from there.' You've gotta be ready to be ready, to be ready, to be ready, to be ready. And what you're going to discover, if you can hear us clearly today - or maybe what you've already discovered because your life has already shown it to you - is that it is as satisfying to be ready for this as it is to be ready for this. When you really get it that it's the process.

You've been saying it as humans for a long time: That the joy is in the journey. But few of you really meant it. What you meant is, 'I'll put up with the crappy, happy journey if it'll get me what I want.' That's what you really meant. And then you said, 'But hurry up.'

But after a while, when you begin to accept that life is continuing to cause you to put more things into your vortex, and more things in your vortex are reaching maturation, and that those that are ready for you to be received if provided you're in the receiving mode, you'll begin getting the impulses and oh boy, does it feel good as it becomes.

You'll reach the place where a day will be full of rendezvous after rendezvous, after rendezvous, after rendezvous, after rendezvous. You will feel like there is a concierge in the sky



orchestrating every wonderful thing that happens to you. And, in fact, it is just that way.

It is our desire to help you to realize how close to the receiving mode that you're in, and to maybe help you soften resistance on some points that are stuck in your vibrational craw, that are keeping you from being the receiver of what you want.

We love it when you find understanding. We like it so much when you deliberately tune to the frequency of who you are, because then you allow your inner being, who's always flowing to you and through you, to be realized by you.

You can't block us. We're still flowing to you and through you. But if you don't know it, it's not good for you. Still good for us...but it's not good for you. Still good for us...but not good for you. And when you are in the receiving mode - when you receive that clear thought, that clear thought that we're thinking. That clear knowing that we are holding. When you allow yourself that, then the satisfaction that you feel is your indicator of our alignment. Because your emotions - and satisfaction is certainly an emotion that we're gonna be focusing on here today.

When you realize that your emotions are your indicator of how much of your inner being you are allowing yourself to realize in this moment. How much of the fullness of who you are you're allowing yourself to recognize...

The better you feel the more open to your wholeness that you are. The worse you feel the more pinched off you are.

And you can give every excuse in the world, and you can find excuses that are even believable by the masses around you. You can explain why you hate that person, and how much you hate that person, and how justified you are in hating that person, and a whole lot of others will agree with you.

But your inner being won't.

And your inner being is the only relationship that matters to you... Because your alignment with your inner being is your gateway to the fullness of who you are.

And living happily ever after is all about that, and only that.

It's gonna be a good day. A particularly good day. Yes.



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 26

The more excited they were in a hopeful direction, the better attuned they'd stay to inner guidance which would lead them to be in the right place at the right time as well.

That's why I make it a mission to give out the info I do when we're all going through some stress together. We were all placed here alongside each other to help each other so reframing the news to highlight the positive aspects, the silver lining is how I choose to help.

Saturday 9-9-17 2:00PM NHC advisory 42A: Winds down to 125 (yay), now a Cat3 moving West she has slowed to 9 mph, and pressure has risen (yay) to 940. As of right now, we should be getting stormy weather by 8 or 10 a.m. Sunday so that would be a good time to get to where you're going to ride it out.

Saturday 9-9-17 5:00PM IRMA update, NHC Advisory #43. Irma slowed to a CAT 3 as she passed Cuba. Winds 125 (down from 130) at 2:00pm, moving WNW at 9mph (down from 12 mph.) The pressure is 933 (down from 937.) So as Irma crosses the Keys - 330 miles south of us -- what does it mean for us here in Melbourne? It means we may begin feeling winds of up to 74mph by noon. So, we're still looking good for a safe passage.

MORE STUFF TO SCARE US WITH -- IGNORE THE HYPE

One fake news report claimed **Florida Power & Light** would turn power off to keep from damaging the equipment. Not true! FPL said that isn't the case and that it plans to continue providing power before, during and after the storm. *"To be clear, FPL has no plans to shut down power to its customers. In fact, we have adequate power to continue serving all customers. After the storm hits, our crews will begin working to restore power as soon as conditions are safe."*

9-9-17 at 9:00PM I just finished putting up the shutters I leave for last, I love these translucent ones since they let the light thru. I used to screw plywood to my wood siding which really protects the windows but leaves the rooms cave dark when the power is out. I sealed up the cat door from the hallway and from the exterior wall so no wind blows into it. I ran dishwasher and laundry and got everything prepped in case we're without power and water for a bit. I always miss the a/c but I need electricity to work on the magazine. Invariably the neighbor across the street gets power right away and I'm able to run extension cords to get work done (and have a fan!) Life is good, I have no complaints whatsoever.

THE DAY BEFORE HURRICANE IRMA STRUCK

Sunday 9-10-17 As of the 5:00 AM NHC Advisory 44A, it's moving west of us 9mph now. We'll begin getting storm force winds probably noon so be inside before then. The storm should be past us here in **Melbourne/Palm Bay** by Monday afternoon de-

pending on Irma's wind speed. Make no mistake, Irma is a very large and dangerous storm but we're stronger than we think we are, we may be more prepared than we think we are and we're doing a lot better than we think we are. I make these updates because I like to know the location and storm specs without hearing inflammatory commentary. If I watch it, the sound is off. When I can see it for myself without listening to someone else's opinion, it gives me the time and space to contemplate what it might mean for me. When I halt everyone else's comments, it allows my mind to relax enough so I can hear my inner guidance. When I can release resistance and follow inner guidance, I always end up in the right place at the right time. You, too.

GOOD NEWS FOR MELBOURNE/PALM BAY

815AM Sunday 9-10-17 In their report for **Orlando** (an hour NW of Melbourne), it shows we can expect 40mph+ wind gusts this morning thru Monday. We can expect 75mph+ wind gusts this afternoon thru Monday morning. We're getting off way lighter than we thought we would. We may not even lose power. So the outlook is positive for our area, we're still looking good for an easy passage. Plan to be inside by 10am Sunday, you'll be there until Irma passes us Monday.

I'm glad I stayed. For us here, this should be a ... breeze. We should be getting some 74mph+ winds and rains by noon here in **Melbourne/Palm Bay**, it could be later or sooner depending on Irma's speed. Get where you're going and settle in. Keep your phones charged. Shower and wash your hair. Do the dishes, the laundry in case there are a few days without power. Report in, let us know how you're making the time pass. We're all in this together.

Local friends follow **WFTV Chief Meteorologist Tom Terry**, he predicted **Matthew** going west off our coast a new hours before it did. *Utility workers are on standby to deploy to each area as soon as Irma passes thru. You'll see the convoys of their vehicles from all other states and they'll flood into each area and get you restored in short order. Wave to them when you see them on the road, they are our heroes! This storm can also dissipate at any moment, it happens all the time. STAY HOPEFUL.* This is a good time to remind yourself of your best storm experiences instead of the worst.

6:30PM Sunday 9-10-17 IT'S STARTING

Winds of 28mph. **Florida Today** says peak winds will be 50-60 mph with 80-100 mph gusts. **Irma** is coming straight north towards west **Orlando** around 2-3AM so that's probably, when we'll see the highest winds. On FB, I saw posts of power outages and also power being restored in record time.

8:00PM Sunday 9-10-17 Winds of 42, gusts to 62 and it sounds like it. Facebook friends all over my area were losing power and having it come back on pretty quick.

9-11-17 I tracked the storm overnight, saw that the **Hemingway House** and all kitties and caretakers made it through unscathed after **Irma** crossed over the **Keys**.

...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

BENNY MAKES A DARING ESCAPE

By 5am, winds outside had died down to 34 mph so it was almost past us. I opened one of the doors to look outside and **Benny** ran out. I freaked and ran outside after him. I realized these winds would not be a danger for him as I walked two lots over to retrieve him from under the neighbor's car.



When it was morning, we unshuttered and checked out the neighborhood: no flooding, no damage, we did not lose power. I drove to my rental at **Holiday Park** mobile community 2 miles away. I saw only 3 units badly damaged. My tenant there had a panel of porch screen and a vertical blind come apart. Lucky once again. She had no damage from **Hurricane Matthew** last year. After **Hurricanes Frances** and **Jeanne** in 2004, the two homes behind hers were totalled. My unit had a few dings in the siding. *I can only believe we are lucky or that it works when we pray over these homes. Either way, we win.*



WHY DO SOME ESCAPE DAMAGE AND OTHERS DON'T? THIS "KILLER CAT6 HURRICANE" DIDN'T EVEN MOVE MY CHAIRS

I'd posted on Facebook, "Okay this 'killer category 6 hurricane' that they scared us all with? The morning after the storm as I checked my yard, I saw I did not move 4 plastic Adirondack chairs that I had in the firepit area of the west woods. They were all still in place, not even tipped over. Some FB friends were quick to remind me that not everyone did so well, some had a lot of

destruction and some died. I am not diminishing in any way what someone else experienced. I had friends in other neighborhoods who got hit. My objection is to the hyper language the media feels they have to use to manipulate people. I do understand that a lot of people sustained damage. I do understand that a lot of people are only motivated to action when they're scared into it.

LOOKING FOR THE GOOD ATTUNES ME TO INNER GUIDANCE

I have made it a lifetime mission to train my mind to look for the good in each situation, because I have learned that 'optimistic practice' allows me to stay more closely attuned to inner guidance, which in turn allows me to attract synchronistically positive outcomes and situations.

AN EXAMPLE: A FB friend wrote, "Many friends have significant loss and damage to their homes and weeks / months of hardship to face. If they do have insurance, it will take an act of Congress to get the insurance companies to honor their commitments and do the right thing." *I find thoughts like that are not looking for the good in the situation, so how can you receive the best result if you anticipate the worst?* My experience with insurance claims in the past is that when I keep good records and keep my insurance files with me in any disaster so I can get the insurer pics and descriptions immediately, the payout is quick and fair. *It is just a different way of looking at a situation.* I had problems in the past with a claim that took a long time to process, mostly because I didn't have photos and descriptions. The good memory of that one was that they finally did pay.

I SHARE MY EXPERIENCES TO SHOW YOU THERE'S ANOTHER WAY OF THINKING/BEING IN THIS WORLD

I like to details of my experiences and what I think about my experiences so that people can see there's another way of being and living and thinking. I'm always hopeful that whatever direction isomthing takes, I will be led to handle it well.

IS ONE PERSON BLESSED AND ANOTHER CURSED?

A Facebook friend posted asking if one person is blessed does that mean another is cursed, example if a disaster hits one house and leaves the one next door intact. *I don't think one has to do with the other.*

I think what we experience is as a result of our vibrational resonance. Who knows what all goes into determining vibrational resonance? Seemingly mean and bitchy people can seem lucky while someone kind-hearted and generous can experience sorrows, so we know it has nothing to do with outward appearance. Certainly our daily pattern of thought, optimistic and pessimistic, helps determine vibrational resonance /frequency.

I think of vibrational resonance as *what station am I tuned to on the radio dial?* And it changes moment by moment and thought by thought and there are things like past momentum (and perhaps karma) that factor into it as well. *Vibrational resonance plays a part in determining who's in harm's way and who escapes by the seat of their pants but that's not to say that any luck or misfortune is the "fault" of the individual. It could be the default setting of someone who hasn't yet discovered they can train their mind toward more hopeful expectation and thus change their future experience. I don't know if it has to do with anything but I always expect and believe there will be a positive outcome to situations and so far that has been my experience.*

I was just thinking of that this evening as I walked through the yard and noticed that so many of my **Turk's Cap** bushes still have flowers. Wow. Some of my neighbors after **Hurricane Irma** don't even have bushes anymore. Enjoy our offering this month. Hari Om.



Andrea



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 2017

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 2017.

Aries - (March 20 - April 18) Relationships move front and center with the Aries full moon of October 5th in your sign and Sun in Libra. You can put things together the hard way, or the easy way by keeping this one secret in mind. Success in personal and professional partnerships is first facilitated by your efforts; but then, surrender to the spirit of joie de vivre. Offer something fun and unexpected; watch the fireworks.

Taurus - (April 19 - May 19) How are you coming along on your renewal project? I know, circumstances get in the way, but utilize these words for inspiration and development of your best and highest vision. The Universe is knocking on your door now. Those who answer will be offered entry into the University of Endless Possibilities. You can have it all; but, you must first excel in self-love and acceptance.

Gemini - (May 20 - June 19) Although you're often noted as the happy wander type, circumstances keep you focused on the home this month. It's temporary, so don't panic or feel that your wings have been clipped. Use this time wisely to establish work habits and even health routines. Remember, you're at the beginning of a great new journey, so your effort to set up a solid foundation is time well spent.

Cancer - (June 20 - July 21) Every year when the Sun travels through Libra, it's your time for making choices. Some things cannot be postponed, and this is your season to carve out new pathways. Your sign is noted for taking action, so it's a matter of resolve. This month will be less chaotic so you have space to reflect. You are dealing with the stress of decision making, but you must also find time for yourself and your significant other; time to just 'BE' and have some fun.

Leo - (July 22 - August 21) Activate your fire power and set yourself free. It's time to take care of that nagging detail that you've been dragging around for so long. You're shifting into a 'Big Picture' lifestyle now, but first, you must take care of 'little picture' tasks because these unfinished chores will weigh you down like an anchor. You have marvelous changes on the horizon; tidy up now so that you can truly fly free in the future.

Virgo - (August 22 - Sept 21) The month begins with both Venus and Mars in your sign, and even by month's end when they've moved into Libra, you bask in the glow of passionate possibilities. It's an excellent time to meet a significant partner. If you're in a relationship - you benefit from the spark that the two planetary lovers add. Love and romance are highlighted; make the best of this special time.



Libra - (Sept 22 - Oct 21) This is a 'make it or break it' month for relationships. The problem is that Venus, your planetary ruler, is all over the place energetically. On the 8th, Venus square Saturn prompts a serious discussion. And, on the 27th, Venus square Pluto brings up issues around jealousy and/ inadequacy. Your best days are the 14th, 18th, and the 29th. No matter what happens, you're promised a fortunate outcome as the Sun conjuncts Jupiter on the 26th.

Scorpio - (Oct 22 - Nov 20) Finally, Jupiter steps out from the shadows and moves into your sign October 10. Jupiter has more authority in Scorpio, and benefits you. As you embark on this new 12 year cycle, set it up right by getting priorities straight. You want to come out trim and powerful, not just fat and happy; (this applies to your finances as well as your body). Congratulations are in order, show the world who you really are.

Sagittarius - (Nov 21- Dec 19) Jupiter, your ruling planet and friend, finally moves into Scorpio on October 10th. This action initiates a new way of getting things done. Less effort yields more results with Jupiter in your 12th house, which is also a realm of the Guardian Angels. Support comes from hidden sources when you least expect it. Your luck factor is activated!

Capricorn - (Dec 20 - January 18) Your hard work pays off now. Being a Saturn ruled sign; you often delay satisfaction on your hard won gains. Surely, there's merit in this slow and steady climb, but take heart in knowing that this month has some nice gifts. Things come easy now, provided you get out of the way and accept the offer. You have a secret admirer who likes your style and is willing to lend the support you need.

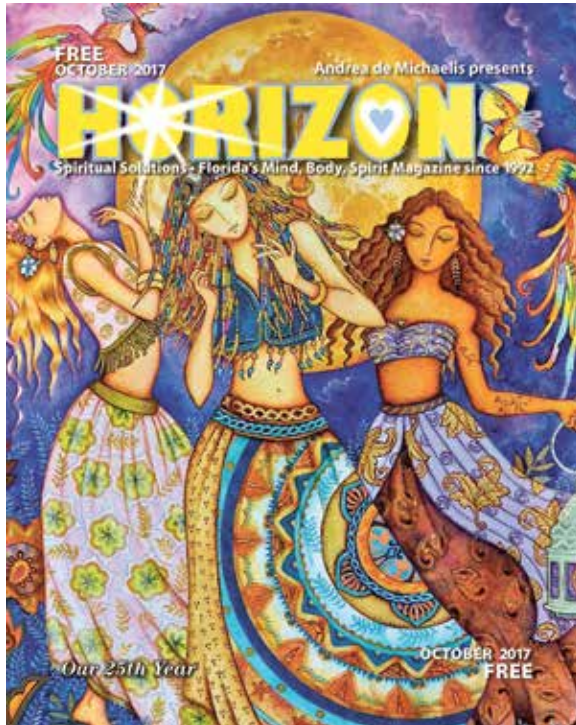
Aquarius - (January 19 - February 17) It's time to figure out a workable way to get your message to a broader audience. There are so many options available to you now; focus on what you have to offer, and don't get hung up in the method of delivery. And, it's time to understand that there is a reason for all that you've experienced. You have a unique insight that can make a real difference in the lives of many people.

Pisces - (February 18 - March 19) Stay in tune with the Light. With the Sun in Libra, It's going to be easy for you to feel cranky and out of sorts, but focus on the positive. The first half of the month, Venus and Mars are shining on each other in a beautiful way, and their unique chemistry makes everything shine just a little bit brighter. And, after the 10th, Jupiter moves into your simpatico water sign of Scorpio.

COVER ART

MOON DANCE

by Holly Sierra



MOON DANCE

For quite some time memories of tantalizing evenings in my youth, Beltane Fire Dances and evocative music from the past have banded together, urging me towards the creation of this painting.

In the tradition of 'King Harvest' and Van Morrison's 'Moon Dance' this painting captures the joyful celebration of summer nights, twinkling stars, good friends, free spirits and merriment amongst the fireflies!

ABOUT THE ARTIST

Holly Sierra's illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. Aside from a penchant for detail, the defining aspect of her work is her ability to combine her brand of realism with folk art and decorative fantasy elements.



Were you to wander inside, you'd find Holly's studio full of tributes to her interests ~ The Green Man, A Myriad of Gorgeous Goddesses, Indian Tapestries, Sun Faces, Icons, Ancient Runes, Mosaics, African and Asian masks, A Medicine Wheel, Southwestern Artifacts, Celtic Castings, Incense Ablaze and hundreds of BOOKS! Books on everything from the ancient world to elaborate herb gardens. As well, one might hear the melancholy strains of an old Irish Love song or Loreena McKennitt's music playing softly in the background.

Holly Sierra now makes her home in colorful **Sedona, Arizona** and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap... Sedona is nestled amidst a geological wonderland. Multi-hued stone formations rise upwards from the high desert floor creating a vivid, mesmerizing setting that changes hourly with the light.

Regarded by **Native Americans** as sacred, **Sedona** continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers.

Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with Chrysalis Tarot Decks, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, help keep her company. See her work at

<https://www.etsy.com/shop/HollySierraArt>

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

When we think that the
world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti



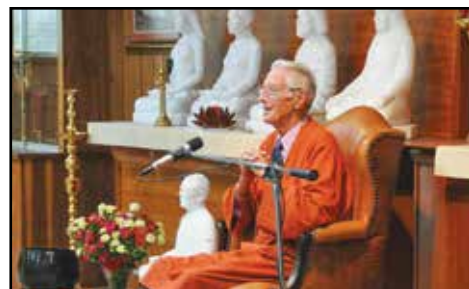
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Our spiritual director, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, has taught for more than sixty-five years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.



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***An Enlivening Power is Nurturing Our Universe
and We Can Learn to Cooperate With It***