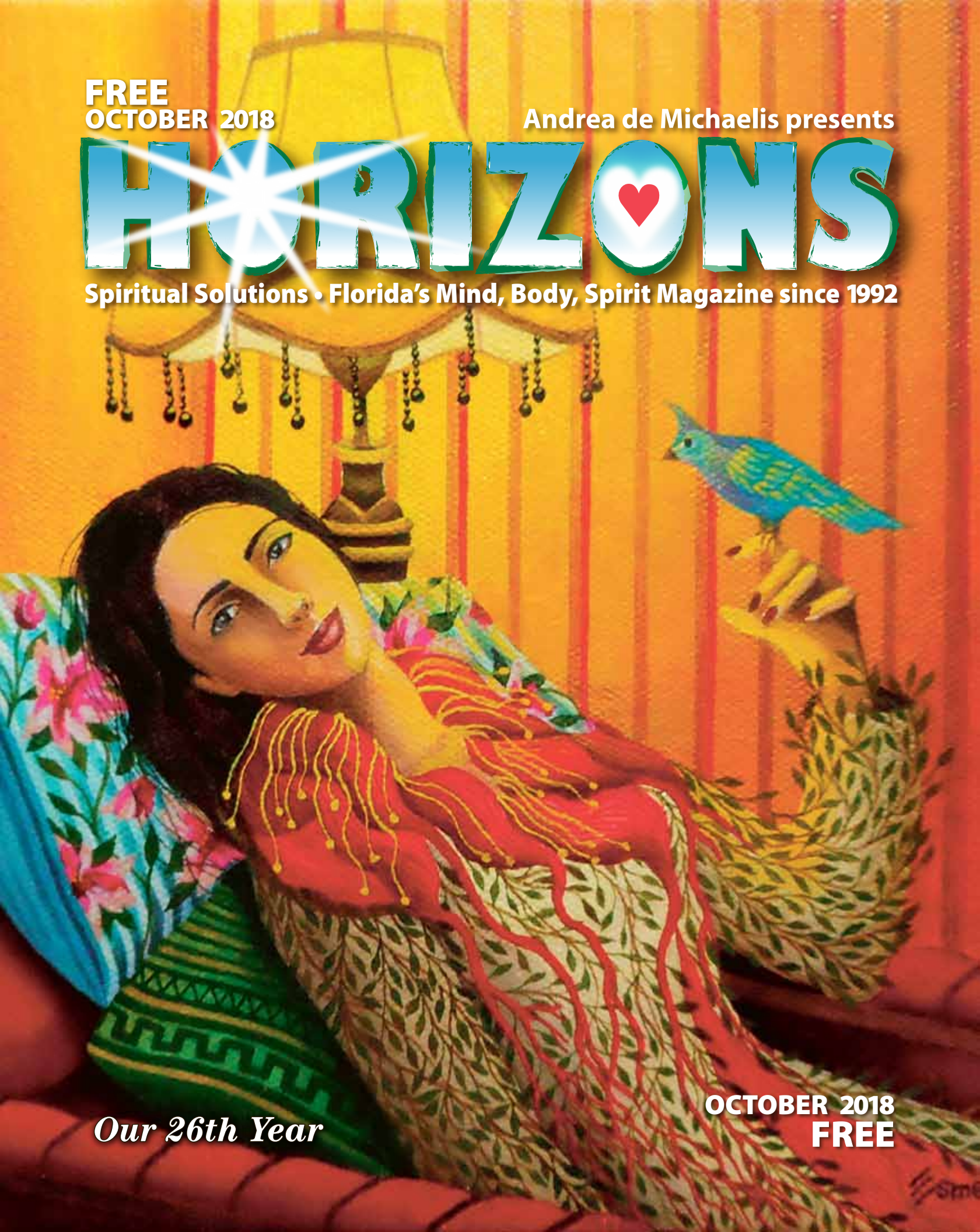


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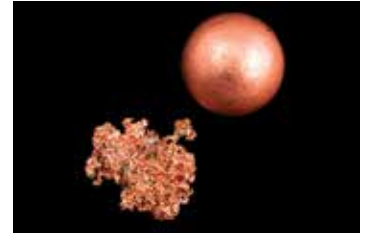


THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards; Color Your Life with Crystals; Chakra Balancing Crystal Alignment CD; The Essential Guide to Aromatherapy and Vibrational Healing and The Archangels & Gemstone Guardians Cards. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden – the conscious living store of the Palm Beaches. www.MargaretAnnLembo.com TheCrystalGarden.com

COPPER – A CONDUIT FOR GOODNESS, PROSPERITY, AND LOVE

What kind of bandwidth are you working with? Are you receiving a clear signal and comprehensible messages from others and the Universe? Every it is good to clear your channel and allow wisdom to flow through you. **Copper**, a metallic element, is usually found in rounded masses without crystal form. The energy of this metal is aligned astrologically with the zodiac sign of **Scorpio**. The historic nature of this metal, combined with its colorful variations when exposed to the elements and its thermal and electrical conductive qualities, increases your ability to tap into the cosmos to garner wisdom and information that can be applied to your spiritual. Allow it to activate your ability to attract wealth and abundance. Use its electrically conductive qualities to draw in that which you desire.



Copper opens your heart despite aggravating or demeaning situations that took place in the past, enabling you to gaze into the sacred mirror to find the lustrous beauty within yourself. It carries the vibration of the colors blue and green which lends energy toward calmness and inner peace. It is responsible for the blue and green coloring of copper sulfides such as chalcocopyrite and peacock copper, copper carbonates such malachite and azurite, and other copper-containing minerals like diopside, chrysocolla and turquoise.

Copper provides a clear conduit for messages and inspiration. This metal is beneficial when working on an invention, formula, or any project that requires a download of insight to complete the task at hand. It is beneficial for writers, musicians, and inventors who feel stumped or stagnant. Match these positive thoughts with copper and allow blessings to flow into your life:

AFFIRMATION: *I am a conduit for goodness, prosperity, and love. I am open to receive inspiration, wealth, and good health! My power is immeasurable. I easily transform anger and frustration through conscious release and awareness.*



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Thursdays October 4th - October 25th 9:30-11:30am OVERVIEW: HEBREW SCRIPTURES
Facilitator: Paul Esche

Come to this class to learn the stories of the Old Testament – who wrote them and how they were written. Paul will also be teaching this class at Unity of Vero Beach on Thursday evenings from 6:30-8:30pm.



Monday October 8th 7pm
SOUND HEALING
Facilitators: Vashti Saint Germain and James Trufan

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

Tuesdays, October 9th – November 13th
10:00-11:45 am
Stress Less Workshop

Facilitator: Dr. Christina Gillman

Change your life with practice of Meditation, Breathing Methods, Mindfulness, Journaling, EFT Tapping and Sharing in a supportive group. Moving from Panic to Peace is Possible during a hurricane, elections or personal crises once we learn these skills. Past workshop members have said; "Don't know what I'd do without it. It calms you down." "Very helpful and just at the right time." Dr. Chris earned a Doctorate in Counseling at Boston University, worked 25 years as a Psychologist, taught at Universities and has facilitated many workshops.



Sunday, October 15 6:30pm
Daniel Nahmod In Concert

Los Angeles-based Singer/Songwriter and Humanitarian DANIEL NAHMOD (www.DanielNahmod.com, pronounced Nay-mod,) has performed his profound, heart-opening original music for over one million people in 45 U.S.

states and Canada since beginning his music career in 1999... Selling 90,000 CDs to date and receiving literally thousands of standing ovations along the way. 15 of his songs have been recorded by over 50 artists in the past few years, and are performed all over the world on a weekly basis. Recent media appearances of Daniel's music include NBC, FOX, CNN, PBS, and E! MTV, History, IFC, Bravo, and movie theaters across the United States.

Monday, October 15th
9:00am – Thursday,
October 18th Noon
Southeast Region Unity
Conference: Awakening
to a New Paradigm

Join Unity people from all over the Southeast Region as we share the music of Daniel Nahmod, various workshops to enhance our lives and great fun and fellowship. For more information <http://www.seunityministries.org/se-regional-conference>



Thursday, November

1st 6:30pm A Hallowed Evening: Celebrating Love

Join us on All Saint's Day for a "Holy Evening" general memorial honoring departed loved ones and life's losses with readings, song, silence, ritual and meditation. At this contemplative service you are invited to bring a picture or memento and, if so moved, speak a brief tribute.

Thursday, November 6th 9:45am or Wednesday, November 7th 6:30pm New Class: The 12 Super powers of Christmas
Facilitator: Maggie Rosche

Make understanding the 12 gifts of your Christ/ Super-Hero nature part of a holiday metaphysical make-over. In this class we'll take an "up close and personal" look at the higher powers which are the "image and likeness" of God in us through prayer, practice, song, silence and conversation.

This will be an experience of both affirming our Christ Consciousness and allowing it to be born as us in the midst of holiday (and everyday) blessings and challenges. As our working knowledge of Truth Principles deepens, the 12 Powers become vehicles for manifestation of an authentic life, creating in us a "renewed mind," harmonious relationships, and a new earth.

The class can be taken for personal growth or for SEE credit and will be offered in both Tuesday morning and Wednesday evening sessions. Four student minimum per class. A love offering will be taken.

ONGOING EVENTS

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

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Melbourne LGBT AA 6:30pm

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

THE GREATEST OPTICAL ILLUSION IS SEPARATION

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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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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher 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 2018

HORIZONS MAGAZINE. The weather is finally cooling off. It's amazing how much easier things get when it's not oppressively hot and humid. Even my cats, they are finally getting along out of the blue. *Well, maybe not out of the blue. It's taken a year.* Finally, after a year of **Tuxedo Sam** being on the scene, **Ben** is back sleeping in my bed. I thought it would be a hassle since for the past year I've separated them when **Sam** would get too rambunctious, wanting to play while **Ben** wants to snooze. I realized I was mostly driving myself crazy trying to police them and protect **Ben**. *All I needed to do was let them sort it out themselves and they did.* Now **Sam** comes in before sundown, giving **Ben** a chance to meander around the driveway and into the house without being dive bombed. When **Ben** comes in, **Sam** goes back out for a few hours. Usually snoozing on the back porch, **Sam** comes back in before I go to bed. **Ben** sleeps on one pillow and **Sam** on the other, me in the middle. It's like they suddenly decided at the same time to get along as soon as I decided to let them duke it out.

NOT HELPING IS OFTEN THE BEST HELP

I realize I've done that with many friends in my lifetime as well. Trying to protect one from the other, trying to mediate. I find there is so much unsaid, so much they don't share that only the other party knows, that with rare exception it's best to let them handle it themselves. Step out of it and watch.

IT EMPOWERS FRIENDS TO TELL THEM NO

I've learned that often when I stop trying to stand up for someone who appears unable to do so on their own, they get their act together and get the job done. Imagine that.

THE MOST HELPFUL THING I CAN DO FOR YOU IS HELP YOU KEEP YOUR DOLLAR KARMA CLEAN

I've learned one of the most helpful things I can do for friends and clients is help them keep their dollar karma clean. I do this by having them pay on time and helping them realize they have access to much more personal power (and that includes dollars) than they have right now. The big way they get evidence of that is by incurring no debt and making dollars happen when dollars need to happen. *And if the dollars are not happening where you are, then you go where the dollars are.* *You would not stay where there is no air, why would you stay where there are no dollars?* You can either continue to earn the amount that is convenient for you to go after, or you can decide what you want, go for it and get it done. It may take patience and it MAY HAPPEN OVERNIGHT, because it happens in the moment of your realization and you're in charge of when that happens.

...continued on page 27...

BETTER ANGELS SKILLS WORKSHOP: How to Talk Across the Political Divide

WHAT: There's a lot of stress these days among family members and friends who are divided politically, and the current polarized public conversation doesn't help. *Please join us for a Better Angels Skills Workshop* to learn skills for having respectful conversations that clarify differences, search for common ground, and affirm the importance of the relationship.

After a presentation, you will have an opportunity to practice conversation skills. You will practice in a pair with someone of your same political persuasion- red or blue. "Reds" lean conservative and tend to vote Republican. "Blues" lean liberal and tend to vote Democratic. If you fall somewhere in the middle, you will be asked to choose a perspective for purpose of practicing the skills.

The goal of these conversations is not to change minds. It is to change hearts. It is to understand and to humanize. It is to lower the volume so that we may better hear one another and better speak with one another and better be heard by one another.

WHO CAN COME? Anyone interested in having better conversations with individuals on the other side of the political divide. We are, however, limiting this initial workshop to 25-30. We plan to conduct other workshops early next year.

FACILITATOR/ORGANIZER: Paul Witte/ Beth Head or Julie Mallis Turner

WHEN: Sunday, Nov. 11th 1:00 p.m. Workshop will end by 4 pm

WHERE: Unity of Melbourne, 2401 N. Harbor City Blvd
Melbourne, FL 32935

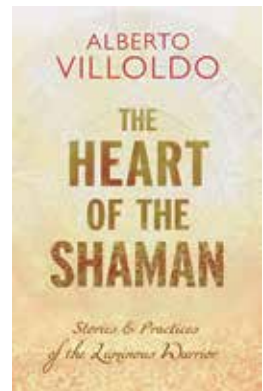
INTERESTED? Contact Paul at pwitte@cfl.rr.com or 321-243-0161 or 321-431-0637 or Julie at mallisturner@yahoo.com or 321-266-2786 or Beth at revbeth@unityofmelbourne.com for info.





UNCOVER THE DAYDREAMS HOLDING YOU BACK

Alberto Villoldo, Ph.D., is a medical anthropologist who comes from a long line of Earthkeepers from the Amazon and the Andes. The author of numerous best-selling books, Dr. Villoldo currently directs The Four Winds Society in Park City, UT, where he trains people in the practice of energy medicine and soul retrieval. <https://thefourwinds.com/>



One way to think of a sacred dream is as a story that brings meaning and direction to your life. This story is like a map with trails that can lead you on an epic journey to a worthwhile destination. If your map has you hiking along a parched desert, you can come up with a better narrative that takes you through a shady forest or a fruit orchard. On the desert trail we hurry along, encouraged by the hot sand beneath our feet. On the path through the shady forest we sometimes forget our destination.

There are gifts and trappings to whichever road we take in life. But we want to be able to choose the story that is right for us, and not always the well-beaten path selected for us by fate or by society or caste. I love the part in *Alice in Wonderland* where the **Cheshire Cat** essentially tells *Alice*, "If you don't know where you are going, just about any road will take you there!"

This is what happens when you do not have your own story—you end up at the same boring destination as everyone else. A sacred dream is always bigger than you are and it has a destination that is mysterious. So be sure that you select a great dream, for your story will inevitably take you there. When I work with a client, I ask them to write a fairy tale that begins "Once upon a time . . ." and that includes a prince or princess, a warrior (or warriorress), and a dragon. The psychologist **Carl Jung** said that the unconscious speaks through dreams and fairy tales.

This story offers me a window into my client's unconscious maps and the challenges they will find as they travel along the trails defined by their story. Sometimes my client's story will fail the test of destiny. The story is too small, and the horizon it sets is too close and cramped, or the map it provides is too fuzzy and it's hard to get their bearings. I know then that this story is not part of a sacred dream and will in all likelihood soon turn into a nightmare, as in the story that follows.

I met **Roger**, a man in his early 60s, shortly after he was divorced from his wife of many years. A successful engineer and entrepreneur, **Roger** was searching for the next adventure his life might take him on. He came to me for guidance, for a compass and map that would let him explore the next chapter of his journey creatively.

Here is what Roger wrote: Once upon a time there was a young prince who traveled through the countryside until he found a castle with a very large tower. He noticed that at the top of the tower there was a beautiful princess who was only allowed to step out once a day onto the deck of the tower, which was her prison. The princess immediately fell in love with the prince and he became determined to rescue her.

But the castle was guarded by a fierce dragon chained to the base of the tower. The prince called on his faithful servant and asked him to go to the castle and test to see if the dragon was friendly. He was to measure the length of the dragon's chain and the distance to the nearest tall tree.

...continued on page 27

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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 ATTRACTING POSITIVE THINGS INTO OUR EXPERIENCE:

You only have to understand a few things. You only have to be able to apply the laws in one wee area of your life in order for you to then be able to apply them in all areas of your life. And the easiest way to do it without understanding anything - you don't have to know about Law of Attraction, all you have to know is that it feels better to think good things about others. You don't have to understand the laws of Deliberate Creation, all you have to know is that you feel better when you feel better, and then pay attention to the sorts of thoughts that feel bad and the sorts of thoughts that feel good, and develop some new habits. That is all.

If you said nothing to your sister, or to your son, or to your former mate, other than, "I think you are wonderful, and I think we're all trying to find our way of being wonderful. I know inside each of us there is a wonderful being, and I want to see it in you, and I want to see it in me," and whether you speak it to their face or just speak it in your mind, they get the message, and you benefit, and so do they, from such a message.


Carry that book of positive aspects around with you and put it in obvious places so that you are inspired to pick it up and look through it often, for, as you look for the positive aspects in your experience, it is by law - a law that you don't need to know, a law that you don't have to understand, but a law that exists nevertheless - it is by law that you must begin to attract positive things into your experience.

ABRAHAM ON POINTING YOUR BOAT IN THE RIGHT DIRECTION:


Sometimes when you think you're talking about how much you want something, what you're really doing is talking about how bad you feel in not getting it.

And so what you want to do is not worry so much about the subject at hand, and be aware of the feeling in your belly, and when you don't feel good, do everything in your power to make the knot go away. Do everything in your power to just release the tension.

Many of you have this idea and it's erroneous, it's not fact based, it isn't accurate, it has nothing to do with the knowledge you had when you came forth, and it defies all the laws of the universe, but still many of you hold on to it... and that



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is that, 'I've got to control the conditions of my life somehow in order to be a deliberate creator.' And what we are wanting you to understand is that you have no business whatsoever attempting to control even one condition of your life. What you're wanting to control is your position in the stream. The stream will take care of the conditions.

This process of turning in the stream may very well be about asking the questions to which you know the positive good feeling answer. And so the key to turning in the stream is asking the questions that you know will turn you. If you let your intent be to turn in the stream, we think you'll ask different questions than if your intent is to turn your boat and row all the way to what you want.

...continued on page 28...



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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

Herbs for Lung Health

Our lungs take in allergens like pollen, animal dander, dust and mold, irritants like smoke, air pollution or perfumes and other airborne chemicals; and filters them out before they enter the bloodstream. To remove these irritants the respiratory system responds with reflex actions such as postnasal drip, coughing and sneezing. However, overtime continual exposure to these substances can lead to chronic inflammation in the lungs causing chronic bronchitis, asthma, emphysema, pulmonary or cystic fibrosis. It is also interesting to note that lung problems can also occur after emotional or traumatic experiences which affect the adrenal glands. For some people chest infections occur shortly after a period of grief, sorrow or depression. Even the over-use of some medications can keep the lungs from functioning properly.

Nutritional deficiencies can be part of the problem especially magnesium deficiencies according to the Journal of American Medical Association many asthmatics showed significant improvement to their condition when magnesium was introduced. This is because magnesium helps reduce the histamine response and helps relax smooth muscles opening the bronchial tubes reducing spasms. Omega-3 fatty acids and flax vitamins B6, A, E, C and zinc also play an important role in the health of the lungs.

Herbs do well with many lung problems. Herbs are beneficial because they help to strengthen the whole respiratory system, so the triggers have less of an impact to the lungs. If you already have a history of lung weakness using general lung tonic herbs may reduce some of the symptoms. Holy Basil acts as an expectorant and helps when there is shortness of breath or bronchial spasms. Cube Berries are an excellent long-term respiratory herb acting as a lung and adrenal tonic. Elderberry acts as an antiviral, specifically to the lungs plus, it helps remove mucous from the lungs. Another herb that does this is Mullein; it works better in combination with other herbs. Elecampane acts as a lung tonic, it is warming to a wet cough, it increases expectoration, it soothes irritated tissue and it works like an antibiotic and antimicrobial to the lungs. Other herbs that can do this are Garlic and Osha. Some other herbs that encourage expectoration of mucous are Coltsfoot, Fenugreek and Sesame seeds. Antitussive herbs like Coltsfoot, Horehound and Wild Cherry help reduce coughing, especially when the cough is so persistent that the person needs rest. These should only be used when the person has been coughing for long periods of time and needs to get some rest from the coughing. Demulcent herbs like Licorice, Marshmallow, Slippery Elm and Mullein help to coat and soothe irritated tissue preventing an inflamed throat due to excessive coughing. Bronchodilators like Elecampane and Ginger help open the bronchiole by relaxing the muscles in the bronchiole tubes making it easier to breathe. Herbs have many actions within the respiratory system. Matching these actions to the condition and the specific symptoms makes them more effective.



SETH ON THE ROLE OF LANGUAGE

Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. www.sethlearningcenter.org

Verbalization is not a basic method of communication for "higher" forms of consciousness, nor is it for lower forms of consciousness. It is only at your particular intermediate state that verbalization as such is so important. It is a main basis for your species.

Because of its importance at your particular stage, it is an excellent method for our purposes. In many other systems of reality, verbalization is never adopted, for it is in many ways restrictive.

In some systems, colors are used as a prime method of communication. They are sent out telepathically, each gradation of such variety that you cannot now imagine it. These intricate color communications follow the almost endless emotional shadings possible.

It is difficult to verbalize this concept. They have to begin with more spectrums than those with which you are familiar. They live in an entirely different sense universe.

As you, for example, attempt to blend colors to give an effect, they telepathically send out a continual stream of ever-changing colors. Such a concept as a sentence would be meaningless to them, and yet pattern is involved in the colors so that the shape and form of a color also has meaning.

The analogy may be a poor one in that it says so little, and yet it will be helpful in giving you the idea.

Instead of nouns, for example, you would have the shape of the ever-moving pattern.

Instead of a verb the pulsation of the color, or rather of its transmission.

Instead of a time sequence of tenses, which they would not need, you have the intensities and depths of colors.

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 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.



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4 TIPS FOR BASIC ANIMAL COMMUNICATION

How To Speak To Your Pets in Their Language

John Holland is a psychic medium, spiritual teacher, author, radio host and a best seller author of: Power of the Soul, Psychic Navigator, Born Knowing, The Psychic Tarot Oracle Deck, The Spirit Whisperer - Chronicles of a Medium, The Psychic Tarot For The Heart and The Spirit Messages - The Daily Guidance Oracle Deck.
Visit www.johnholland.com

Whether they have fins, feathers or fur, two legs or four – animals touch our lives as well as our hearts and our souls. They love us unconditionally, teach us to play, but most importantly, show us how to live in the now.

A SPIRITUAL FORCE BINDS US TO OUR BELOVED PET

We may be uniquely distinctive and individual souls, but there's a commonality that binds us all together - a spiritual force. The same energy that makes up the stars in the sky, the same energy which courses through the Universe, is in each and every one of us ... and that includes animals. As sentient beings, we're all connected. Animals have a way of knowing if we're sad, happy, tense, frustrated, or even sick. Many times when a person is not feeling well you'll often see their beloved pet at their side or curled up on the bed. Animals know! They'll intuitively tune into our energy and act accordingly to whatever they're receiving as well as perceiving.


TELEPATHIC COMMUNICATION

Since animals can't speak to us in human language and we can't speak theirs, communication has to be done telepathically. This happens for humans as well. For example: All too often, when a couple has been together for a while, you'll find either partner continually finishing each other's sentences, or they know what the other one is thinking. Another example is when you suddenly think about someone who you haven't heard from in ages. The phone rings and sure enough, it's the person you were just thinking about. These are just a few of the more common examples of what's known as telepathy.

Since we're all connected by the universal power of energy and love, it's feasible that we should be able to communicate with our animal friends. Animals are masters at telepathic communication and have an amazing ability to communicate with each other as well as us. Too many people think animals are inferior to us, that they lack the emotional and spiritual capacity that we possess. As a medium and pet owner, I know for a fact that this is not true.

...continued on page 21

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DON'T FUEL IT, COOL IT

MANAGING POST TRAUMATIC STRESS

Jamie Coulston is a family man, a former boxer and a jeweler by trade. After his older sister Tracy died from cancer, his world turned upside down. The person who had always helped him through life was no longer there, just when he needed her most. He found himself spiraling down to a dark and scary place. But because of his fighting background, he knew he couldn't stay down for too long. This is when he started to put together his top 10 tips. He has now made friends with anxiety and depression and see them as great indicators as to when he's not thinking healthy. [On Facebook, go to his group Don't Fuel It, Cool It.](#)

DON'T FUEL IT, COOL IT. WHAT DOES THAT MEAN???

When we get angry, we get angry about being angry. When we get anxious, we get anxious about being anxious. When we are sad, we get sad about being sad and so on.

Becoming more aware of what part we play in the unraveling of our lives, and taking responsibility for how we fuel our emotions, our thoughts feelings and actions, and working on our emotional responses and actions, can only help improve our journey.

If we stop fuelling and adding to the fires, then, if and when the time comes or if it's happening now, we can better manage the fires that can become so unbearable and destructive in our lives.

We can learn when to take a step back and assess the blaze, giving ourselves time to gather ourselves, to then decide what would be the best action to take.

We can see clearer if we are away from the smoke, feeling less suffocated, giving ourselves time to breathe, we can still feel the heat, but not be hurt by it or hurt others so much, giving ourselves a better chance of hearing any cries for help from others caught in it too.

A thought secretes a chemical reaction into our body which lasts between 90 seconds and 2 minutes. If we act wisely it will pass through us. But if we add to it, then it lasts as long as we allow it to. We can't change what has happened to us but we can choose to build layers of suffering, or healing. I'm learning as I go, I'm a work in progress. I'm learning that we can changing the circuitry of our brain, rewire our reactions and correct our conditions responses to reconnect with ourselves. Learning that our emotions are designed as a mechanism of guidance to change our lives for the better. Learning to accepted, values, celebrated and enjoyed ourselves for who we really are.


I set up the [Facebook group Don't Fuel It, Cool It](#) at a point in my life where I needed to not only share what I'd learned and help others with it, but also to feel less alone, lost and

overwhelmed by the fires burning in my own life. Which unfortunately still burn quite furiously at times!


Experiencing what good it has done for me, and seeing how it has helped others. Watching how some of you have found each other and offered your own help and support has been uplifting and inspiring, reassuring me that it was worth setting up and sharing. Confirming that balancing my passion with what I now believe is my purpose is what I'm meant to be doing. Together we can tackle any oncoming Infernos!

We create the world around us with our minds, we build relationships by sharing our emotions and we fulfil our lives by giving our support, understanding, compassion, kindness and love.

Don't fuel it, cool it.




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FROM THE HEART



Alan Cohen is the author of many popular inspirational books, including the forthcoming *The Tao Made Easy: Timeless Wisdom to Navigate a Changing World*. Join Alan in Hawaii December 2-7 for Transformer Training to develop your skills and/or career as a teacher, healer, or leader. For more info visit www.alancohen.com.

Get Up and Leave

I recently spoke on a Sunday morning in a hotel ballroom. Afterward, a fellow told me, "On my way here, I mistakenly went to another hotel where another church was holding a service. As I sat down, the preacher was blasting the audience with a hellfire and damnation sermon. He kept ranting about how sinful we all are and how we are all going to hell unless we toe the line. The more I listened, the more awful I felt. It didn't take me long to figure out I was in the wrong service; his speech was definitely not the one I came to hear. So I politely left and found my way here, where I felt a lot better listening to your talk on the power of love."

You cannot afford to hang out in a place that keeps you smaller than you are. How many uninspiring church services, circular-reasoning board meetings, dates from hell, and soul-numbing conversations have you painfully endured because you believed you had to stay, while your inner being was screaming at you to move on? **If something is right for you, it feels rewarding. If it is a mismatch to your spirit, it feels stifling.** Trying to convince yourself otherwise will only prolong your agony and delay your joy. Yet joy is the only thing you cannot afford to postpone.

If you are currently watching a bad movie in the form of a relationship, job, or bodily condition, leave before it gets worse. I am not suggesting that you run away. I am suggesting that you **do whatever you need to do to make it better.** Ideally you can create shifts that take you to a new level within the relationship or job. Your pain may be calling for an attitudinal upgrade rather than a departure. Whether your situation is asking for an advance or an exit, you cannot afford to settle for less than what you really want. **Werner Erhard** suggested, "Live as if your life depends upon it." It does.

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Behind every "no" you utter lives a greater "yes." Saying no to working overtime is saying yes to quality time with yourself or your family. Letting go of a relationship that deadens you, opens the door to one that enlivens you (maybe with the same person!). Turning down an invitation to break your integrity is to affirm that your values will work for you if you trust them.

The universe is trying to give you what you want, but you have to make space for it. To put this principle to work on your behalf, recognize that there is no private good. What is truly good for you will serve and support others. If something is not working for you, it cannot be working for others. When you give yourself permission to succeed, you give others permission to fulfill their destiny, too.

The night before a **Hawaiian** seminar, I had a thrilling dream that I was swimming with dolphins. The next morning I sat in a perfunctory meeting, bored. All I could think about was going to the beach. At the first opportunity, I excused myself and headed for the ocean. As soon as I arrived, a large pod of spinner dolphins swam into the bay. I dashed into the surf and spent a long time cavorting with these amazing creatures. It is said that once you have looked directly into the eye of a dolphin or whale, you are never the same. I agree. I am so glad I followed my intuition to step away from a limiting situation to taste a higher dimension.

On the eve of my being ordained as a minister in a **Hawaiian** spiritual church, I invited my eight-year-old goddaughter to the ceremony. "What's an ordination?" she asked. When I explained, she answered, "I don't think I'll be there. I'll be bored."

I had to laugh; her honesty was disarming. How many weddings, bar mitzvahs, and luncheons have I attended which, if I were honest, I might have declined, confessing, "I don't think I'll be there. I'll be bored." Now I'm not suggesting you utter those words or be rude or unkind. I am suggesting that you have a right place in life, and when you are in it, you are being extremely kind. **Your friends' gatherings are important, but if they are not meaningful to you, why go and be a downer to people who are there to have fun?** Either go with a whole heart, or don't go at all. **Paramahansa Yogananda** taught, "Manners without sincerity are like a beautiful but dead woman."

The only thing more important than being good is being real. Authenticity is kinder than resignation without conviction. Truth leads to good faster than good leads to truth. Ultimately truth is good, but you have to live it from the inside out.

The **Book of Genesis** tells us that **God** instructed **Abraham**, "Leave the land you know and go forth!" **At key times in our life, each of us must let go of the familiar to claim the possible. If you find yourself in a situation that is sapping your life force, the only thing more impolite than leaving, is staying.** Honoring your inner guidance will set forth a chain motion of healing that will stun you in its wisdom and magnificence. There is a place inside you that knows where you belong. Respect it, and your life will be a testimony to joy and service.

ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends www.MichelleWhitedove.com

Dear Whitedove, There is so much chaos in the world right now. Not sure what is fake news and what is legitimate! How can we tell?

Dearest,

Yes it is true, with today's high tech abilities, much of the news is manufactured based on agendas. So Now Is The Time to work on your intuition. This is a time for people to say to **Great Spirit** "turn up the volume, turn my intuition up", because intuition is your spiritual GPS, your direction, let your intuition guide you.

Work on developing your personal relationship with **God**, get prayerful, be grateful and count your blessings on a daily basis. Then listen for guidance. Divine guidance will take you right where you need to be, gracefully and as painlessly as possible. It's that simple.

You can also pay more attention to what feels right. When people say, "I'm not getting good vibes" that is a spiritual red flag. Or when you meet someone for the first time and after a brief conversation you feel a loving kinship as if you've known them for a lifetime. Now I'm not talking about weighing a situation or judgment. I'm talking about your gut reaction and your first intuition which is an unexplainable knowing.

We are born empaths, we have the ability to feel others, babies and toddlers are very in-tune. Adults may move away from being full-blown empathetic and may only receive hunches or a gut feeling.

This works with what is going on in the world too. Be open to receive guidance by getting your emotions, intellect and political beliefs out of the way. When you look at a political leader, a potential candidate or a newsmaker focus on the human being, what sense do you get?

Are they a truth speaker or an actor reading a script? Then use discernment and wisdom to interpret your intuitive impressions. **Fake News** is rampant, but **God's** truth never changes.

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Dear Whitedove,

It almost Halloween and instead of going to a fright night haunted house full of actors and scary costumes my friends want to go to on a paranormal tour of a local insane asylum that's been closed for nearly forty years. I'm okay with ghosts, but I don't feel good about this. Is it safe?

Dearest,

There are parallel dimensions where unseen souls are present. Ghosts are Earthbound souls that turned away from the light of Heaven at their time of death, some out of fear of "judgment day" as many religions have taught.

Some souls stay out of their confusion, others are attached to a place and they choose to stay in their familiar surroundings. Most ghosts are harmless and eventually ALL souls will go towards the light and move into a higher realm of the consciousness.

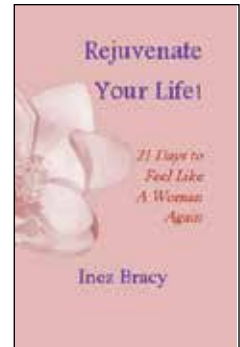
The souls that stay earthbound at a prison or asylum, personally I would not want to be in their energy. What a person is in life, they are the same as a wayward spirit. **Answer this question: In life would you approach a dangerous prisoner or a mentally unstable person and call them to you for some type of response?** I think not. Honey, ghost hunting is not a game.

...continued on page 29...



REJUVENATE YOUR LIFE

Inez Bracy is author of *Rejuvenate Your Life: 21 Days to Feel Like A Woman Again*. Inez empowers businesses and individuals to be more creative, set better goals, make better decisions, and coaches them into on turning ideas into meaningful work. This is an excerpt from her book. Visit <https://inezbracy.com>



ELIMINATE WOULD, SHOULD, COULD

"At this moment, the room you are in is full of radio waves. You know they are there, even though you can't see them. You know that if you turned on a radio and tuned in to a particular station, you could hear them. You just have to tune in to the right frequency. To get the music you want in your life, your highest success, you just have to tune in to right station and lock on." ~ James Ray, *The Science of Success*

How often have you heard or said "woulda, shoulda or coulda" and realized that it was wasted effort and energy? These are dead words. They mean nothing. Nothing can be accomplished using those words. Nothing equals zero! Using those words ensures that you continue to live your life in crisis. These words do not accomplish anything in the present. In fact, these little words have big meaning in that there is something in the past that was not done and you are living with the regret.

Living with regret is living in the past and not allowing you the opportunities for accepting the challenges of today.

Each time you lament "woulda, shoulda, coulda," you allow the present to slip into oblivion. You are losing the opportunities to enjoy life right now and continue to give yourself lament over what "woulda, coulda shoulda" been. Life is a gift to be lived in the present with an eye to the future. This is not to suggest that we ignore the past, but use the past as a learning guide for decisions made today. Use the past as if it were a rudder, not a compass.

EXERCISES

Consider what regrets are holding you back from living your best life right now. Take each one, roll it around in your mind, and test it to see if it's real.

Is there anything you can do to change it? If not, reframe it in your mind as a gift—a learning opportunity that got you here today and which will help you make different decisions in the future. Note the greater lesson in each situation in order to honor it for your future.

Honor the discoveries of each of your regrets by turning them into a positive affirmation. For example, your regret about skipping school in your youth is now: "I appreciate and value education, and will be present at every opportunity."

...continued on page 31

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

Soulson #127 Working Hard or Hardly Working?

If I labor under the assumption that the more effort I put into life, the better it must get, I pause to reconsider that now. If I think that working frantically and sacrificing my leisure time will pay off in the long run, I pause to re-evaluate. I may be misunderstanding the process through which I manifest my dreams.

There's nothing wrong with working diligently as long as I enjoy myself most of the time. Work can be fulfilling and meaningful. But the secret to creating what I want lies not in the way I work but in the way I think. My most important work actually concerns my thoughts and attitudes, rendering them ever more positive, trusting, accepting, and lined up with the good things that are already on their way to me.

Putting Herculean effort into achievement, accomplishment, or acquisition alone can leave me tired and stressed, asking, "Is this all there is?"

Putting effort into seeing life in fresh, happy new ways can leave me gratified, enthusiastic, successful, and saying with a smile, "It doesn't get much better than this."

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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.

Mondays and Thursdays SEBASTIAN 7pm, \$11 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic.1614 US Hwy 1, Sebastian. 772-480-4344

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)

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

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne 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 1-4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

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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>

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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

"Listen buddy, if one person doesn't want the relationship, then it's simply not a fit. No sense trying to figure out why they don't want it.

No sense blaming it on their commitment issues. No sense waiting around for them to realize they wanted it after all. Because it doesn't matter why they don't want it.

What matters is that you are met heart-on by a fully engaged partner. If they don't want it, then you don't want it, because you don't want to be with someone who isn't there for it fully.

That's the thing about love relationship— it's an agreement that has to be signed by both souls. If one doesn't sign, then nothing has been lost. If it's not a fit for them, it's not a fit for you either."

"But Dude, she DID want the relationship! She asked for it, and her soul signed on the dotted line! She can't just break our contract!"

"Sure she can. Maybe she just signed on for the short term, not the long haul. Look, she's got free choice. Maybe she needs to do this stage alone. Fact is, it doesn't matter how much two people love one another if they're developmentally incompatible, or if they don't have a shared willingness to become conscious. That's why we call it a relationship and not a loveship. Love alone isn't enough. If you want it to last, you have to relate to each other in ways that keep the ship afloat."

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DAILY PRACTICE KEEPS US CONNECTED

Sonia Choquette is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher. She's the author of several best-selling books, including The New York Times bestseller *The Answer Is Simple...*, *Ask Your Guides*, *Trust Your Vibes*, and *Soul Lessons and Soul Purpose*. <http://soniachoquette.com>

Unless we maintain a daily practice of connecting with our Spirit, we won't feel its presence and support in our lives. My grace in life was learning early on how to connect with the Holy Spirit within on a daily basis. I was shown how to make it the foundation of my existence through many practices that have been so reinforced by repetition that they are now woven into the very fabric of who I am.

One of my favorite daily traditions was first introduced to me when I was a child in Catholic school. The practice was to recite the **Lord's Prayer** - the **Our Father** - out loud every morning. I started doing this in the first grade, and it's still part of my regular morning routine. This ritual immediately connects me to my Divine Source, my Creator, and leaves me feeling grounded, balanced and confident as I begin a new day.

Another daily practice is one my mother introduced to me when I was six or seven years old: before I go to sleep each night, I thank my unseen spiritual guides, ancestors, guardian angels, and all Divine helpers for the assistance, support, and blessings they bestowed upon me throughout the day.

These are just two of many practices used for connecting to Spirit that have been handed down to me by my mother; my spiritual teachers and mentors; my wise elders; and at times, by life itself. All have become a cherished part of my being. Some practices I've kept the same, doing them exactly as I was taught to, and others have evolved over the years. The constant, however, is that not a day goes by without my taking the time to anchor my awareness in Spirit, with gratitude and wonder, and ask the great Creator - the Giver of all life - to lead me in this day.

After much reflection on how I've been so lucky to have such an intimate and powerful connection with Spirit, it became obvious that it was the result of my daily focus. Each day (sometimes several times a day), I pray to, invoke, or meditate on Spirit for guidance, direction, and leadership; and then I completely surrender to its force.

With daily practices a sense of inner peace returns. When you surrender your attention to this higher force and allow it to direct your life, magic begins, synchronicity replaces struggle, doors open instead of close, all relationships improve. If you're ready to reconnect with your *kefi* - your beautiful, peaceful, holy Spirit - simply decide right now to leave the past behind and commit to the consciousness and daily practice that your transformation requires.

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Having lived by the ocean for many years, I've observed the strength and beauty of the tall palm trees that grow at the water's edge. These stately giants are able to withstand the hurricane-force winds that uproot and destroy many larger, older, and more majestic trees.

What is the palm trees' secret to staying in one piece through huge, devastating storms? They bend almost down to the ground at times, and it's that ability that allows them to survive.

The Tao invites us, too, to be resilient, elastic, and pliant when we face the powerful winds that are part of life. When destructive energy comes along, allow yourself to resist brokenness by bending.

Look for times when you can make the choice to weather a storm by allowing it to blow through without resistance. How does this work? Be willing to adapt to whatever may come your way by initially allowing yourself to experience that potentially destructive energy, much like the bending tree in the hurricane.

When criticism comes, listen. When powerful forces push you in any direction, bow rather than fight, lean rather than break, and allow yourself to be free from a rigid set of rules—in doing so, you'll be preserved and unbroken.

Keep an inner vision of the wind symbolizing difficult situations as you affirm: *I have no rigidity within me. I can bend to any wind and remain unbroken. I will use the strength of the wind to make me even stronger and better preserved.*



4 TIPS FOR COMMUNICATING WITH ANIMALS

...continued from page 12...

Here are just a few of the tips Danielle MacKinnon taught me that I want to share, and you too can use them to get even closer with your two or four legged friends. The rest of the tips and information can be found in my book *The Spirit Whisperer*.

1. When asking your pet a question, try to keep it short and simple. For example: "How are you feeling?" "What's bothering you?" "Do you like this?" Be as clear and concise as you can be because that way, they'll understand.

2. Animals like to think in pictures. If you're going out for a while, then imagine sending a picture of a clock to your animal with the time that you're expecting to return. If you're going away for a few days, then imagine how many sunsets you'll be away for. This is a new way of thinking, but once you get used to it, it will quickly become second nature, and part of your mindset.

3. When animals communicate psychically with us, it can also come in words. Mostly they "speak" only one word or in very short sentences. If you're looking to "hear" your pet psychically, don't be disappointed if you only receive "belly," "ear," or even "love walks." After all, this is how they really talk!

4. One last important tip Danielle gave me: Many animals tell her that they enjoy being animals and don't want to be treated as a human. Too many of us think they are humans in furry or fluffy coats, so once again, please respect their wishes and let them enjoy being an animal.

Give these tips a try today. You might be better at it than you think, and it can only establish a stronger bond between you and the animal. After all, that little creature has definitely come into your life for a reason. Usually, it's to teach us unconditional love and to be our teachers and healers as we all take our journey here together.

Animals help us to be so much more than we really are. They teach and allow us to reach higher than we have ever reached before to spiritual heights that we could never have imagined. All we need to do is ... let them.

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HOW TO PRACTICE TONGLLEN

Pema Chödrön teaches us “sending and taking,” an ancient Buddhist practice to awaken compassion. With each in-breath, we take in others’ pain. With each out-breath, we send them relief.

With her powerful teachings, bestselling books, and retreats attended by thousands, Pema Chödrön is today’s most popular American-born teacher of Buddhism. In *The Wisdom of No Escape*, *The Places That Scare You*, and other important books, she has helped us discover how difficulty and uncertainty can be opportunities for awakening. She serves as resident teacher at Gampo Abbey Monastery in Nova Scotia and is a student of Dzigar Kongtrul, Sakyong Mipham Rinpoche, and the late Chögyam Trungpa. For more, visit pemachodronfoundation.org.

Tonglen awakens our compassion and introduces us to a bigger view of reality.

It introduces us to the unlimited spaciousness of shunyata (emptiness). By doing the practice, we begin to connect with the open dimension of our being. Tonglen can be done for those who are ill, those who are dying or have died, or those who are in pain of any kind.

It can be done as a formal meditation practice or right on the spot at any time. If we are out walking and we see someone in pain, we can breathe in that person’s pain and send out relief to them.

Breathe in for all of us and breathe out for all of us. Use what seems like poison as medicine. Usually, we look away when we see someone suffering. Their pain brings up our fear or anger; it brings up our resistance and confusion. So we can also do tonglen for all the people just like ourselves—all those who wish to be compassionate but instead are afraid, who wish to be brave but instead are cowardly. Rather than beating ourselves up, we can use our personal stuckness as a stepping stone to understanding what people are up against all over the world.

Breathe in for all of us and breathe out for all of us. Use what seems like poison as medicine. We can use our personal suffering as the path to compassion for all beings.



WHEN YOU DO TONGLLEN AS A FORMAL MEDITATION PRACTICE, IT HAS FOUR STAGES:

1. Flash on Bodhichitta

Rest your mind for a second or two in a state of openness or stillness. This stage is traditionally called flashing on absolute bodhichitta, awakened heart-mind, or opening to basic spaciousness and clarity.

2. Begin the Visualization

Work with texture. Breathe in feelings of heat, darkness, and heaviness—a sense of claustrophobia—and breathe out feelings of coolness, brightness, and light—a sense of freshness. Breathe in completely, taking in negative energy through all the pores of your body. When you breathe out, radiate positive energy completely, through all the pores of your body. Do this until your visualization is synchronized with your in- and out-breaths.

3. Focus on a Personal Situation

Focus on any painful situation that’s real to you. Traditionally you begin by doing tonglen for someone you care about and wish to help. However, if you are stuck, you can do the practice for the pain you are feeling yourself, and simultaneously for all those who feel the same kind of suffering. For instance, if you are feeling inadequate, breathe that in for yourself and all the others in the same boat and send out confidence, adequacy, and relief in any form you wish.

4. Expand Your Compassion

Finally, make the taking in and sending out bigger. If you are doing tonglen for someone you love, extend it out to all those who are in the same situation. If you are doing tonglen for someone you see on television or on the street, do it for all the others in the same boat. Make it bigger than just that one person. You can do tonglen for people you consider to be your enemies—those who hurt you or hurt others. Do tonglen for them, thinking of them as having the same confusion and stuckness as your friend or yourself. Breathe in their pain and send them relief.

Tonglen can extend infinitely. As you do the practice, your compassion naturally expands over time, and so does your realization that things are not as solid as you thought, which is a glimpse of emptiness. As you do this practice, gradually at your own pace, you will be surprised to find yourself more and more able to be there for others, even in what used to seem like impossible situations.



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

TROUBLES COME TO PASS, NOT TO STAY

Troubles don't come to stay, troubles come to pass. Unless you keep bringing them back to mind. You may not have control over what thoughts come to mind, but you have complete control over what thoughts you allow yourself to think repeatedly, over and over and over and over and over and over.

IT TAKES JUST A MOMENT TO ANSWER A QUESTION

A Facebook friend wrote "Tell me something and if you're right I'll have a reading." Don't play test the psychic. You wouldn't go to a doctor and say "tell me what's wrong before I tell you my symptoms." You wouldn't tell a plumber "fix stuff but I'm not gonna tell you where the leaks are."

ANDREA'S THOUGHTS ON THAT: If it's someone new, I feel like it just takes a moment to tell them a few words that are evidencial and meaningful to them specifically. A psychic can do this.

A friend's sister asked me a month ago if I had time to do a reading for her and I did not. But I wanted to give her something to tide her over. I sent out the usual thought 'give me something to give her and also something hopeful.' I got the immediate answer and asked "Is an out-of-state work opportunity happening?" It was. "It feels like it will be a very successful move and an easy transition," I told her. The entire conversation took less than 2 minutes. If you want to amp up your own spidey sense, all it takes is practice, practice, practice.

I FOUND WHERE THE YELLOW JACKET NEST MOVED

Remember the yellow jacket nest of last year? I found where it moved to! Last month I got bit by a dozen yellow jackets as I moved a lawn chair at the base of a pine tree disturbing the nest hidden beneath the pine needles. They got me good. A week later I developed a bout of serum sickness that left me feeling flu-like for another 10 days. I'm glad I've got a strong immune system so whenever I get something, it moves thru me quickly.

BEING HOPEFUL DURING A HURRICANE

I got a little heck from a friend who thought I was diminishing the importance of hurricane preparation when I'd say to be hopeful about the storm. *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, remembering what's good, planning a hopeful future.*

Enjoy our offering this month.
Hari Om.

Andrea



UNCOVER THE DAYDREAMS HOLDING YOU BACK

...continued from page 8...

When the servant returned, he reported that the dragon indeed was very fierce and that the length of the chain was 30 paces. The prince ordered his servant to secure a rope 30 paces long, and to tie it to the trunk of the tall tree after making a noose at one end. He then collected a bag of jewels from his father and returned to the castle to rescue the princess.

He dangled the shining jewels before the dragon, and as we all know, dragons are very curious creatures. The beast fell for the trick, and as he drew near the sparkling jewels his head got caught in the noose. With the dragon no longer blocking his way, the prince called the princess to jump from the tower. He caught her in his arms. He was surprised that she was light as a feather. He helped her onto the back of his horse, and they rode to his father's castle. His father was very happy to meet his future daughter-in-law, he arranged a sumptuous wedding for them, and they lived happily ever after in his father's castle.

When Roger read his story, I was immediately struck by the gifts and traps that it announced. This seemed to be a love story, yet it was devoid of love.

The prince was more concerned with the engineering details that went into trapping the dragon and rescuing the princess than in getting to know her. This approach would not bode well for his next relationship. And while it is perfectly valid for a young man to make sure that his father approves of his bride-to-be, a mature man would want to make sure he ended up with a bride he wanted to spend the rest of his life with. This might not necessarily be someone everyone approved of.

You also want to make sure you offer your jewels to your beloved, and that you do not spend all your treasures in having to rescue her from jail. I pointed out to Roger that he would have a lot of educating to do with his new bride, who had been imprisoned for the better part of her life. Did he really think he could be happy with a woman who had been locked up all of her youth and probably had very few social skills?

I asked Roger how the prince knew that the princess wanted out of the tower. And even if she did want to escape, how could he possibly know that she wanted to live with him forever, even if she was grateful for his rescuing her? As it turns out, princesses often have minds of their own, a character trait sometimes overlooked in traditional fairy tales.

Roger's story described a road to disaster. This would be a very short-lived dream of love. It would quickly turn into a nightmare, and it would leave him without a sense of who he was at this stage in his life and where he was going next.



ABRAHAM-HICKS

...continued from page 9

Abraham on Why A Lot of People Have Scarcity Consciousness

You're not trucking in resources from other planets, there's not a pipeline from someplace else that is causing the expansion of your economy or your reality. You are creating it from the vibration from your mind. You are creating it from the very beingness of that which you are. You are creators in the way that this Earth has come into existence and is spinning in its orbit in perfect proximity to other planets. In other words, you are creators of genius importance and you don't even know it.

A lot of people have scarcity consciousness and it comes from not understanding the expansiveness that is you. And it is really a very shortsighted perspective.

And by that we mean it's looking at this pie or this pile that surrounds you, and noticing that if you take a slice, then there is one less slice for someone else to have.

But when you step back, when you allow yourself to tap into that broader perspective, then you realize there's always another pie, and another and another and another; you reach this place where you realize that there is not waste and there is no shortage, because this time-space reality is fertile with the seeds of the more that you have been asking for.

So scarcity is not about not enough manifestation, it's about vibrational mismatches that disallow you from receiving the abundance that you have asked for.

Scarcity is only experienced by those who misunderstand creation, and who are looking at conditions and trying to figure things out from that vantage point. When you accept that you

are vibrational, and you begin looking at the world through those vibrational eyes, then you realize that all things are regenerated.

Instead of talking about a condition or a pile of food or a pie, let's talk about clarity; let's talk about clarity as the prize you are seeking. As you are discovering your own clarity, you realize that you don't deprive anyone else of clarity. When you're happy, you don't deprive anyone else of happy. The Universe yields to you all that you can allow yourself to receive on all subjects. There are no new anythings being trucked in from other planets; there's not a pipeline of anything. There is just a regeneration of all things; a rejuvenation, a replenishment of all things.

So let's take the subject of vitality or clarity, that subject of alignment, and feel for a moment what it like to be tuned in and feeling all of that. Let's say, for example, that you're standing in a place of somewhat clarity, and someone comes to you and they need something from you, and you want to uplift them as best you can. So you give service in the best way that you can, and they feel some relief from the service that you have given them.


But then there is another, and another, and another, and another, so, because you are determined to be the source through their wellbeing flows, you don't replenish yourself, and, instead, you're doing your best to give them whatever nurturing that they need, but you don't replenish yourself. In time, you are depleted; there is nothing more for you to give. But if you are understanding that you have the ability to stay in that state of replenishment, then you realize that there is no ending to the vitality and the clarity that is yours.

-All things are like that. There's no ending to the Abundance that this time-space reality will produce and will provide, but you have to be in vibrational sync with it in order to allow yourself to be the conscious receiver of it. Is it easier for you to think about accomplishing clarity than it is about accomplishing a condition? And so is it easier for you to think about alignment for the world than it is feeding the world? And yet it doesn't take many who are in alignment for the world to be fed.

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DEAR WHITEDOVE

...continued from page 15...

Dear Michelle,

I deal with two really miserable people in my life. Nothing makes them happy. They are overly critical. One is a relative and when we went on vacation she made a long list of every detail that she was unhappy about. She complained about everything! She nitpicked and complained to the hotel manager, hotel maids, restaurant wait staff and cab driver, too.

In reality, it was a good trip that could have been a wonderful trip if I wasn't subjected to all of her constant whining! Why are people so miserable?

Dearest,

When people are truly unhappy, it's because one key element is missing from their lives. The lack of feeling loved unconditionally. The solution is as basic as that... unconditional love transcends all things, it fills us up. Humans crave love.

But people don't know the difference between unconditional love and love that is based on conditions: you give me this, then you will receive love.

Unconditional love means you take the good, the bad, the ugly and yes, its inconvenient sometimes. You won't always see eye-to-eye, unconditional love is true love, and it is a conscious decision.



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So to break this pattern in your family, you are going to have to love harder! Accept their faults but ask them to work on them. Forgiveness is part of the equation. You have to show love even when it's undeserved. Your consistency will create change. Remember love is an action word - so if you practice you will succeed. We come here to earth to learn how to give love and to learn how to receive love. So get to work and Love Without Limits.

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

HOROSCOPES

OCTOBER 2018

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

Aries - (March 20 - April 18) Now that Mars has gotten his act straightened out, your energy flows much more evenly. It's time to pick up where you left off before Mars stationed retrograde. This month is smooth sailing for you. Stand firm when a power struggle comes up on or around October 12th - you may have to give into your partner's demands, but you can do it in a way that leaves you a winner.

Taurus - (April 19 - May 19) Venus goes retrograde October 5th, and this will definitely impact you even into next month. Get comfortable with working behind the scenes, have patience because Mercury goes retrograde on the same day (Nov 16) that Venus stations direct!! Get a deck of cards and learn to read them well. Venus delivers people with situations from your past who want your time, money, and energy.

Gemini - (May 20 - June 20) Unexpected benefits arrive by the end of the month. The gains come through personal and professional partnerships, so it pays you to get out a bit and socialize. Mercury, your ruling planet is very busy, and this will make the month fly by. If you have any critical tasks related to bookkeeping, billing, or even web site maintenance - do it NOW before Mercury retrograde next month disrupts your communication network.

Cancer - (June 21 - July 21) It likely feels like a long haul for you. All year the Moon's karmic north node has been winding through Leo, and late next month it enters your sign. Think of this as the wheel of fate, or the hands of time. That one thing you've been waiting for is slowly moving into position. Enjoy this month as a special time. October is for balance and understanding. Make a special day to love your Mother on the 26th when Venus dances between the Sun and the Earth.

Leo - (July 22 - August 22) You have stunned so many as you continue to live life on your own terms. The family has a way of overwhelming your energies, but this time you've maintained. It's time to hold on to your sovereignty, Leo. Venus retrograde after October 6th tries to wind you back into commitments at home; and you may even succumb for a short time. But, you've changed; and now you are free.

Virgo - (August 23 - September 21) The secret ace for your sign this month is Pallas Athena, the goddess of peace and wisdom. Pallas is also a grand mentor in taking care of practical matters; she teaches us how to take excellent care of ourselves. Let her speak to you about health. You can make great strides now, but only with your well-being intact. The colors blue, purple, and the stone Lapis Lazuli are associated with Pallas Athena; invite these into your life, and be healed.



Libra - (September 22 - October 22) Put on your Libran air element thinking cap now because Venus retrograde will deliver some surprises. Karma need not be a negative thing; it can be good, too. But, karma is the word to frame this month. You want to be very clear in evaluating both people and events. Some people try to influence you through guilt, others through flattery. Your mission is to be true to yourself.

Scorpio - (October 23 - November 21) Think of Venus retrograde in your sign as a chance for a second harvest. A gleaner is someone who goes back and collects assets (food, money) that have been previously overlooked. This is not to say that you cannot move forward successfully, but there is a caution to move slowly and minimize risk. Stick to what you know, do not loan or borrow money, and keep a tight rein on spending. And, relationships; wait and see is the way to go.

Sagittarius - (November 22 - December 20) October is the last month with Jupiter in Scorpio - at least for another 12 years. With your ruling planet still wandering through that solar 12th house space, it's time to count your blessings. Take stock of all those good things in your life - the things that you so often take for granted. Get some rest, because the pace is going to increase exponentially next month.

Capricorn - (December 21 - January 18) You may feel a bit lonely this month with Vesta and Saturn joined in your sign. Vesta is also known as the goddess of the sacred flame, and her symbol looks like a solo candle - standing alone. She Lights your desire for spirituality, so, while the other signs are out playing, it's your time for more serious activities. Contemplation and exploring the deeper meaning of life grant you the satisfaction you seek, Capricorn.

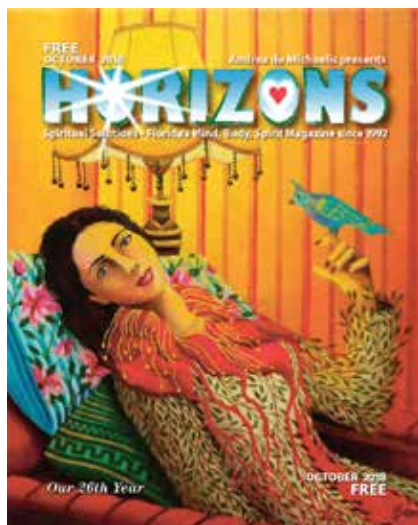
Aquarius - (January 19 - February 17) You may find that people baffle you, and that you mystify others. The problem this month is that both Mars and the Dark Moon Lilith are visiting your sign. Lilith stirs up all kinds of antagonism, even if you didn't do anything. People are looking for a place to hide their 'stuff', and some of them want to choose you. The best way to deal with Lilith is to take her head on - 'not my problem' is a powerful mantra.

Pisces - (February 18 - March 19) Chiron slips back into your sign until March of 2019, and this may initially open up an old wound. But know that it's for full and permanent healing. Maintain your guard on the 26th when things get intense. Be honest, and you may even have to stand up for yourself! You have love coming your way, Pisces, something of splendor; you just have to know that you deserve it.

COVER ART

COMPANION

by Esmeralda Raven Aponte



Companion. 8"x8",
gouache on canvas.

My painting Companion is about our relationship with loving pets. Animals play an important role in many people's lives. They are valued as companions and can certainly affect the quality of our lives. It is companionship that is beneficial to our health. Some studies have found that people who have a pet have healthier

hearts, stay home sick less often, make fewer visits to the doctor, get more exercise, and are less depressed. Pets may improve heart health by lowering blood pressure and regulating the heart rate during stressful situations. Whether it is pet ownership that gives us cause to exercise, offers an antidote for loneliness, and gives us loving companions to care for, we recognize that animals can influence not just our happiness but also our health.

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

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



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



REJUVENATE YOUR LIFE

... from page 16

You may want to post these affirmations in your environment so you can visually reinforce your new knowingness.

Eliminate these words from your thought patterns.

Place a rubber band around your wrist for the day. Each time you find yourself thinking or saying, "woulda, shoulda, coulda," snap the rubber band and say "cancel, cancel."

Then replace that thought with a positive affirmation.

"This is where I am supposed to be in my life at this time."

This ensures that you are living consciously your best life in the moment.

Before going to sleep tonight, reflect on your day. Did the rubber band help to keep you on track? Do you understand the lessons from your past in a new way?

Write your feelings and thoughts about the day and how your new attitude affected the events of the day.

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