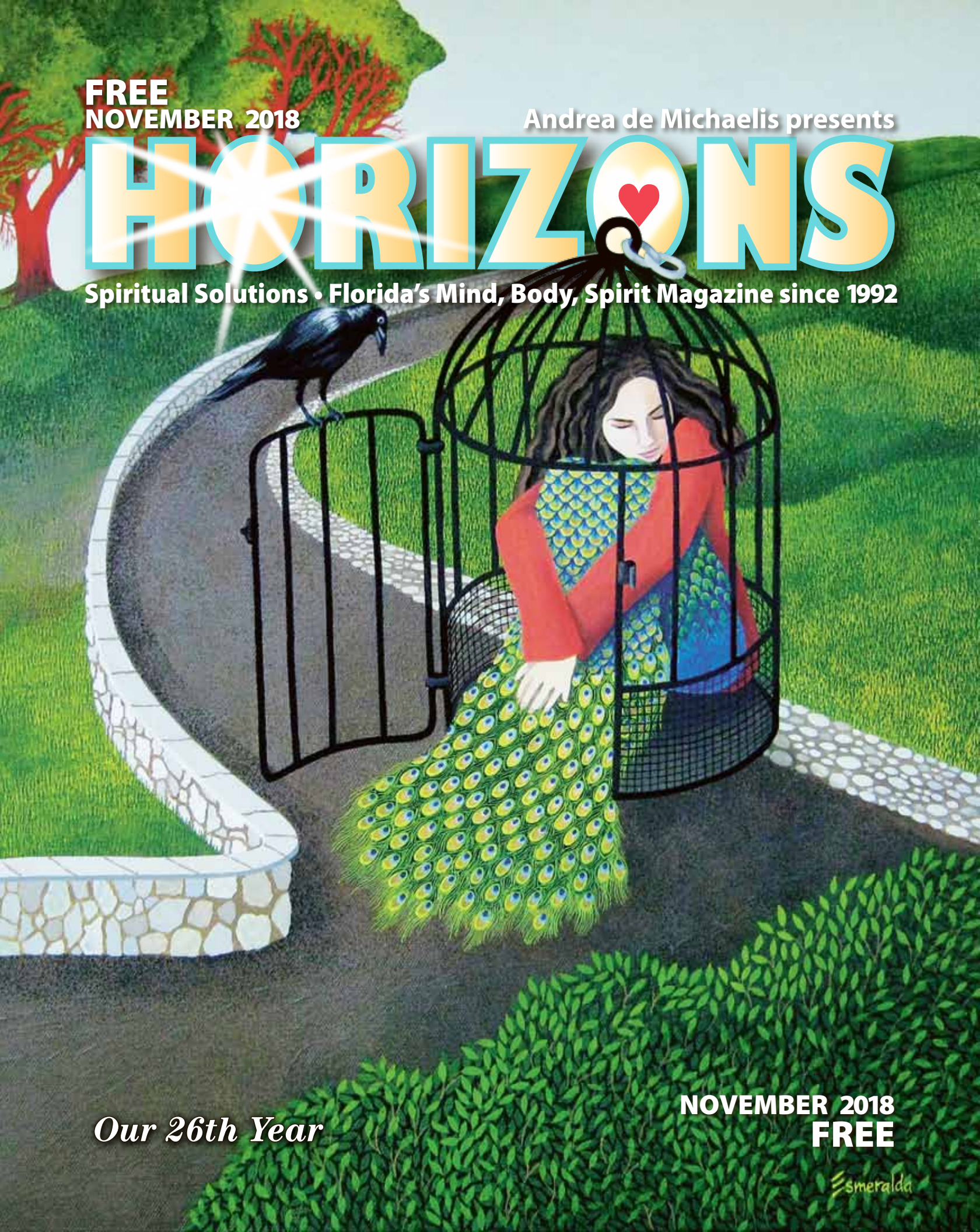


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Amethyst is great for changing any situation. Use it when you are having trouble with friends, or any difficult situation. The truth is that you can always change your life. It starts with changing your thoughts and your perception of reality. Focus on gratitude and use amethyst for mindfulness when you repetitively misunderstand others or are being misunderstood.

Take the time to contemplate what you want your life to be like and to feel like. With amethyst in hand or nearby, put your attention on the needed changes. Focus all of your awareness on what it will take to get those changes to happen. Then, do it! Imagine the color purple flowing around you as you reinvent your life experiences. Use amethyst to think clearly and intelligently, access your intuition, answers you need, and balance your mind.

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**Thursday, November 1st 6:30pm
A Hallowed Evening: Celebrating Love
with Maggie Rosche**

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.

**Tuesdays, Nov. 6th and Nov. 13th,
10:00-11:45 am
Stress Less Workshop with
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.

**Tuesday, Nov. 6@9:45am (5 weeks)
New Class: The 12 Super powers of
Christmas with 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.

Sunday November 11th 1:00pm

How to Talk Across the Political Divide – a Better Angels workshop

Facilitators: Paul Witte Organizers: Beth Head and Julie Mallis Turner

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 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. Initial workshops may be limited in size; however, we plan to conduct other workshops early next year. 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 Beth at revbeth@unityofmelbourne.com for additional information or to register. To learn more about Better Angels visit <https://www.better-angels.org>.

Monday November 12th 7:00pm 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.

Sunday November 18th 12:30-1:30pm EFT TAPPING CIRCLE

Facilitators: Julie Jacky, Certified EFT Practitioner

In each session Julie will take you on a deep dive journey to uncover your hidden beliefs, thoughts, feelings, and emotions that are keeping you stuck and no longer serving you -- once you have discovered what is holding you back, then as a group we will tap together on each other's stuff and release it. There is great POWER in coming together and tapping as a group -- each person will experience shifts and leave feeling calm and at ease.

*If you have not tapped before please show up 15 minutes early (at 12:15 PM) to learn the tapping points and experience the constricted breathing exercise

Wednesday Nov. 21st 6:30pm Thanksgiving Eve Service

Join us as we pause before the holiday season to let go of expectations, to be grateful for our blessings and to share sacred space and time with our spiritual family with music, meditation, communion and celebration.

Sunday, December 2nd 1:00pm

The "Conversation" – Taking Charge of End-of-Life Care

Facilitator: Maggie Rosche

Join us after Sunday service and brunch for a thoughtful exploration of medical, social, and spiritual issues related to the dying process to ensure conscious participation in our "last song." Informational videos by Angelo Volandes & Barbara Karnes. Call Maggie for more information at 321-917-2993.



ONGOING EVENTS

**First Sunday of Month – Children's Church at the 2nd service
First Sunday of the Month - Reiki Healing Service after
both Sunday Service**

**Third Sunday of Month – EFT Tapping Circle after 2nd service
Noon Prayer Service Tuesdays and Thursdays
Tuesdays – Course In Miracles 7:00pm
Wednesdays – Melbourne LGBT AA 6:30pm**

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THE GREATEST OPTICAL ILLUSION IS SEPARATION

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Andrea de Michaelis

On the Cover (page 31)

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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.

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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.



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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 NOVEMBER 2018 HORIZONS MAGAZINE. Finally the temps have dropped and it's cooler in the early mornings. Something about the crisp cool air makes me want to get moving and be outside in it. I used to spend a lot more time in my yard, walking the trails, sitting at the firepit. Then I let myself get derailed for a few years when a troubled friend began showing up uninvited. A former neighbor, he knew my habit of meandering in my woods at all hours. He doesn't recognize boundaries, so he'd walk right in and not say anything until I saw him. Uncool.

Then he moved a mile away and I'd see him walking **Emerson Road** 3 blocks over, looking buzzed. Each time, I'd stay inside for a few days after, just in case. It became habit to stop hanging in the yard, not knowing when he'd show up or was even there, unseen. Whenever I went outside I'd wonder if he was lurking like the old days. I got used to living back inside the house and missed the joy of being outside at all hours. A self imposed exile since I couldn't get it out of my thoughts.

I GET TO BREATHE A SIGH OF RELIEF

Last month I breathed a deep sigh of relief. I learned he was in custody again. A family member reported him missing, alerting the authorities that he'd not met a deadline for registration. Sex offenders must register a change of address within 48 hours. He moved months ago and never changed his address. *I helped him after his last incarceration and stressed that if he does nothing else in his life, he has to stay registered or he'll go back to prison, that his main job for the rest of his life is to stay legal.* He had other priorities.

FOR PEACE OF MIND, YOU HAVE TO BE RESPONSIBLE.

How can I say I'm 100% responsible for what I attract into my life? Because I am 100% responsible for the thoughts I choose to continue to focus upon, and continuing a line of thought is what leads me to choices which determine my life experiences.

No one should have to live in fear in their own home. But I was the one making it a prison by the thoughts I chose to think and the fears I allowed to surface and gave attention to. I wasn't aware I still held so much tension in my mind and body about it. When I learned he'd been picked up and was being held without bond, I felt a giant energy whoosh relaxing me. Then I took a 12 hour nap and I woke up with more energy than I've had in a long time. I immediately went outside into the cool air and wandered the property in the dark for a long while, celebrating my newfound freedom.

...continued on page 27...



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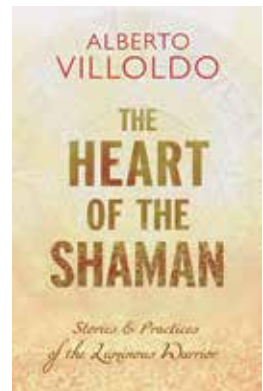
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THE HEART OF THE SHAMAN

Alberto Villoldo, Ph.D., is a medical anthropologist who comes from a long line of Earth-keepers 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/>



As an adolescent, I rebelled against Christian dogma. I felt that it lulled me into an even deeper slumber instead of helping me wake up. I grew tired of asking God to keep me safe from the bullies at school, using that special formula every Catholic boy knows of making the sign of the cross three times over my chest. I became tired of praying to my angels that I would wake up the following morning alive, repeating the prayer “and if I shall die before I wake, I pray the Lord my soul to take.” And I longed deeply for the love of God or the love of another, anyone really, who could see me and love me just as I was.

Recently a group of well-intentioned missionaries knocked on the door of our home to ask me if I believed in Jesus. “Of course I believe in Jesus,” I replied.

They then asked me if I believed that Jesus was the Son of God. “Of course,” I said. I then explained that I was raised Catholic and had recently gone to holy communion with my mother and eaten the wafer that becomes the body of Christ during the Eucharist, and had felt my entire body become the Christ and a deep sense of peace come over me.

This seemed to disturb them quite a bit and they promptly took their leave.

After becoming disenchanted by Christianity as a young man, I studied Buddhism. I discovered that it seemed to have gone the route of the intellect, with many texts in many libraries to argue a simple truth about the experience of meditation. After years of finding meditation uncomfortable and maddening, I learned to enjoy it. Yet still I found myself searching for something sacred. I was hunting for a treasure I could not explain.

I began studying shamanism as an anthropologist, and discovered that it also grapples with the core questions about love, security, and survival after death.

The shamans do not practice prayer as we know it. They do not meditate. Instead they go on vision quests and practice journeying. They go into nature and fast, drinking only water. After a few days of not eating, once they have burned through all the sugars in their system, they slip into that state between sleeping and waking, where reality ceases to be objective and becomes fluid. In this realm time seems to stop, to warp and fold onto itself, just as it does when we are dreaming.

You could be at the foot of a mountain one moment, and next magically on a beach, the warm sand beneath your feet. An ordinary person might experience this as a mild hallucination induced by starvation. But shamans retain their awareness and focus in these states, so they can meet masters devoid of physical form who offer their wisdom to them. These beings are made of light, since their nature is identical to that of the Primordial Light, and they offer their boundless generosity to anyone seeking help. The closest image we have of these beings is that of the angels we read about in the Bible—numinous, translucent, heavenly.

In my vision quests in the Amazon, I learned to enter these dreamlike states and within them felt more awake and alive than I did in my ordinary life. I recognized how in the past I sought love partners who made me feel safe and did not challenge me. How terrified I was of death and how that was the reason why I went into the jungle on journeys that were death defying (at least, in the eyes of my friends, who are a sensible group on the whole).

...continued on page 27



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TRUST -- IN OPTIMISM THERE IS MAGIC

"We're asking you to trust in the Well-being. In optimism there is magic. In pessimism there is nothing. In positive expectation there is thrill and success. In pessimism or awareness of what is not wanted, there is nothing. What you're wanting to do is redefine your relationship with the Stream.

We do not ask you to look at something that is black and call it white. We do not ask you to see something that is not as you want it to be and pretend that it is.

What we ask you to do is practice moving your gaze.
Practice changing your perspective.
Practice talking to different people.
Practice going to new places.

Practice sifting through the data for the things that feel like you want to feel and using those things to cause you to feel a familiar place. In other words, we want you to feel familiar in your joy. Familiar in your positive expectation, familiar in your knowing that all is well, because this Universe will knock itself out giving you evidence of that Well-being once you find that place."

GETTING INTO THE RECEIVING MODE

The thing about alignment with Source is you'll never become complacent about it because in that connection you're always cued up for readiness for the next realization. However you get there - through meditation, through appreciation, through a conversation like the ones we've had today - however you get into that satisfying **Receiving Mode**, in the **Receiving Mode** life will never become complacent because what the **Receiving Mode** is is the receiving of the next step and the next step and the next step and the next step toward the full manifestation of everything in the world that you want, everything in the Universe that you want, everything in life that you want.

These are the words that we want you to sort of live by: "I want to be continuously surprised and delighted by my focus which allows all of that Nonphysical guidance and direction and assistance and so forth; to be surprised and delighted." And the reason that that's possible is because you've put the contents of your Vortex there so incrementally that you don't even really know what's there. And while it's a vibrational culmination, you really don't have any way of knowing how it will play out.

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But you think you do, you think it'll play out as a partner, as a lover, as a car, as a pile of money — you have your sights set on these physical manifestations —but what most don't realize is the reason that you set your sights on those physical manifestations is because the essence within them is so satisfying to you.

...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

Fighting Inflammation With Herbs

Inflammation is one way the body reacts when it feels there is a threat from an injury, illness, poor lifestyle or dietary choices. When we experience an injury or illness, the body responds by releasing white-blood-cells and anti-inflammatory chemicals to correct the situation. If we ignore inflammation and let it go untreated for long periods of time, it can lead to bigger degenerative conditions like arthritis, IBS, or cardiovascular. **Pain, heat, swelling, redness and loss of function are symptoms of inflammation.** When these things happen, your body responds with cyclo-oxygenase 2(CoX2) turning arachidonic acid (a stored fat) into prostaglandins inflaming the area causing pain. **When you take an anti-inflammatory medication** like **aspirin, NSAIDS or ibuprofen** you temporarily turn off CoX2 and block the pain. **In the plant world there are many herbs that can be used to combat inflammation**, lessening inflammation by controlling production of prostaglandins. **Turmeric** has been used for thousands of years for inflammation, infections and digestive disorders. Its anti-inflammatory and pain-relieving properties come from curcuminoids and other beneficial compounds which work together to block the pro-inflammatory molecules. Studies have found this herb works equal to NSAID's and ibuprofen. **White Willow** is another herb historically used for the reduction of pain and inflammation. It contains salicin the active component of aspirin. Studies have found that **Ginger** and **Cayenne** fight inflammation by blocking the production of prostaglandins and the enzyme CoX2. **German** researchers found the acids in **Boswellia** can deter inflammation by suppressing the enzymes that lead to pain and chronic inflammation disorders in the body such as arthritis, digestive disorders, colitis, Chrons or respiratory conditions like asthma. The phenolic compounds and piperine in **Black Pepper** are what give it the ability to reduce inflammation. It can be used along with **Turmeric** for extra benefit, but for some it can increase stomach upset. Two familiar spices **Fennel** and **Clove** also possess anti-inflammatory properties which can be beneficial for many areas in the body. Besides being anti-inflammatory they are also analgesic and antispasmodic which also provide relief from pain. **Licorice** (not the candy) contains natural analgesic and anesthetic constituents working like cortisone medications. Just be aware that for some **Licorice** can raise blood pressure. **Burdock** and **Dandelion** fight inflammation by encouraging the liver to remove toxic inflammatory debris from the body. They also contain essential fatty acids, sterols, tannins and other compounds that suppress inflammation. These are just a few examples of herbs that help reduce inflammation, there are more that can be used alone or in combination to specifically meet your needs.



SETH ON RELATIONSHIP OF MIND AND BODY:

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

"Without some illnesses, the body could not endure. The body must be in a state of constant change, making decisions far too fast for you to follow, adjusting hormonal levels, maintaining balances between all of its systems; not only in relationship to itself - the body - but to all environment that is also in constant change. At biological levels the body often produces its own "preventative medicine," or "inoculations," by seeking out, for example, new or foreign substances in its environment [that are] due to nature, science or technology; it assimilates such properties in small doses, coming down with an "illness" which, left alone, would soon vanish as the body utilized what it could [of it], or socialized "a seeming invader.""

"The person might feel indisposed, but in such ways the body assimilates and uses properties that would otherwise be called alien ones. It immunizes itself through such methods. The body, however, exists with the mind to contend with - and the mind produces an inner environment of concepts.

The cells that compose the body do not try to make sense of the cultural world. They rely upon your interpretation, therefore, for the existence of threats of a non-biological nature. So they depend upon your assessment."

"If that assessment correlates with biological ones, you have a good working relationship with the body. It can react swiftly and clearly. When you sense threat or danger for which the body can find no biological correlation, even as through cellular communication it scans the environment physically, then it must rely upon your assessment and react to danger conditions. The body will, therefore react to imagined dangers to some degree, as well as to those that are biologically pertinent. Its defense system often becomes overexerted as a result."

"The body is, therefore, quite well equipped to deal with its physical stance in the physical world, and its defense systems are unerring in that respect. Your conscious mind, however, directs your temporal perception and interprets that perception, organizing it into mental patterns. The body, again, must depend upon those interpretations. The biological basis of all life is a loving, divine, and cooperative one, and presupposes a safe physical stance from which any member of any species feels actively free to seek out its needs and communicate with others of its kind."

Seth (Jane Roberts) "The Individual And The Nature Of Mass Events", Chapter 1, The Natural Body And Its Defenses, Part One, The Events of "Nature," Epidemics and Natural Disasters, Session 804

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HOW THE LAW OF ATTRACTION ACTUALLY WORKS

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

You are what you think. Most people don't realize how powerful thoughts are and how each thought has its own unique energy signature. You're a magnetic energy being – so that when you have a thought – it's immediately lodged in your magnetic field, which is more commonly known as your aura.

When that thought remains in this field for any length of time, it often radiates out to be absorbed into the Universe. It's easy to imagine what's likely to happen to someone who constantly fears certain things will happen in their life. They're consciously thinking about it, dwelling on it, obsessing on it, feeding their precious energy into it. The net result is that they end up sending that stream of fear-based thought out into

the universe. It's like they're holding up a sign above their head with a giant arrow saying: "Hey, come to me!" So, it usually does. Then you'll hear them say: "I knew this was going to happen!" It's not rocket science to see that we attract what we think.

It's All About The Frequency

You've heard the saying: like attracts like - well it's really more about frequency attracting the same frequency. Everything is made up of energy, which includes you and me. Since we're energy, it's probable that we will tune into and attract the same frequency that we resonate. So it goes without saying that ... If you're afraid - you'll attract fear; if you're kind - you'll attract kindness; when you're grateful - you'll attract prosperity. As we think, we begin to feel ... as we feel, we vibrate ... when we vibrate, we start to attract. So just remember ... you'll attract exactly what you're resonating.

I was always aware of how thoughts create reality, even in my teenage years. I remember to this day when a friend said: "John, nice guys finish last." Even today, I refuse to believe that statement. The majority of people live their lives by the rules and conditions that were imposed upon them by their parents, society, media, government, religion, and other influential people. Such rules, behavioral patterns, and conditions are instilled into us while we are young and impressionable. My family's all time favorite saying while I was growing up was: "We never have any luck!" So, I grew up believing that luck didn't come my way. Fortunately for me, I learned to reprogram that thought!


Check In With Your Thoughts Throughout The Day

This week, try and become more aware of how and what you're thinking. A great way of doing this is to ask yourself: "How are my thoughts today?" You might be very surprised that they reflect exactly how your day is actually going.

I encourage you to study, investigate, and read more on the power of thought. One of the most important things to acknowledge in this life is the power of thought and the law of attraction. It's worth remembering that you're always certain to find what you're thinking or looking for.



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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, he found himself spiraling down to a dark and scary place. 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.](#)

A little science behind what to do when you have anxiety. Knowing what's happening and what to do about it helps dissipate the panic.

Here's Jamie Coulston's TOP TEN TIPS FOR ANXIETY AND NERVE SENSITISATION

1: Tell yourself it's going to be ok, there's no real danger. It all starts with how we talk to ourselves. We are in the fight flight and freeze response, we have been pumped with adrenaline and cortisol, parts of our brain are now searching our mind and environment for answers, they need to know what's happening. We need to reassure them by giving them a safe answer that doesn't match the horrendous feelings we are having.

For example, as if we are excited about something, like if we were just told that we had won a million dollars, there's a good chance our legs would go weak and we would be filled with very similar feelings and sensations. We need to reframe what is happening to us.

The chemical and biological process of excitement and anxiety produce very similar feelings. It's up to us and our conscious mind to guide /trick the brain and body as to what is happening. Whether it starts in our body or our brain, at some point the conscious mind has to play its part and take back control.

The brain and body are only doing their job correctly, they're responding to the incoming messages of survival, the fight flight and freeze response. It's just that they are more sensitive right now.

2: Breathe calmly, deeply and evenly. The breath is the remote control to the body. Breathe in for 5 out for 10 with your lips together like your blowing through a straw, and then hold for 5, do this until you get control back over your body....and you will, I promise. I breathe in for 7 hold for 2 out for as long as I can, and just repeat until I feel good. This puts my body into the parasympathetic system, rest and digest, the opposite of the sympathetic fight flight and freeze.

3: Think about people or things you love. Love is our most powerful emotion and can release oxytocin into our body. Use your imagination in a positive way and replace fear with love. Simple but very effective.

4: Accept what's happening by connecting with all of your five senses. What can I hear, see, smell, touch and taste?. Name them with plenty of detail. This will remind the body of its purpose and what role it's playing in the situation. Accept what is happening to you, just the same as you accept all your senses. The more we accept that this is happening the sooner it will pass.

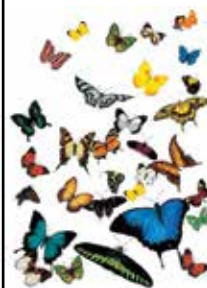
5: Don't think into the future or back to the past, stay in the present. The only real things that can ever happen to us is in the present moment, anything else is only going on in our head, It's NOT real, the brain finds it difficult to distinguish the difference between imagination and reality, so it's important for the brain and body to feel safe in the present moment. Stay in the now.

6: Find humour in what's happening. If the brain and body think it's serious, they will react accordingly, so trick them into a different state. If we're singing or humming, the brain and body's response will be.... that we're not in that much danger if we're bringing attention to ourselves, and humming, singing or laughter releases feel GOOD chemicals.

7: Don't fight it. What we resist persists. Accepted it as being just a protection mechanism. Say yes to it. A thought passes through our minds within seconds, but the chemical reactions and emotions that are secreted can last up to two minutes unless we keep fuelling them... Try to let it pass as naturally as you can, without getting too involved. It will pass and when it does, remember that feeling when it passed.

...continued on page 21...

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FROM THE HEART



Alan Cohen is the author of many popular books, including the bestselling *The Tao Made Easy*. Become a certified professional life coach through Alan's transformational Life Coach Training beginning February 1, 2019. For more info visit www.alancohen.com.

WHAT ARE THE CHANCES?

Do you believe that the universe operates at random, or is there a higher intelligence that orchestrates encounters, events, and a stream of destiny? After observing many uncanny synchronicities, I have a firm belief that, despite appearances of haphazardness, a brilliant and loving hand guides us to our right place at the right time for the right purpose.

Sonia, a woman from Paris, attended my Life Coach Training retreat at a remote area in Hawaii. During the program she chatted with another student, Andie, who told her that years ago she had participated in a six-month French language immersion program in Paris. "I stayed with a woman named Marie St. Ives," Andie recounted. Sonia's eyes bulged. "That is the woman I purchased my apartment from." After confirming details, it became clear that Andie had once stayed in the very apartment Sonia now owned. What are the chances?

At another time I went out to dinner with my friend Bruce, at a tiny restaurant in a small town in Maui. The restaurant was crowded that night, so patrons had to sit close to each other on picnic benches. Bruce and I got to reminiscing about our high school days. "The most meaningful thing I did in high school was a trip to Africa I took with some other students. We toured around some of the safari parks and got to interface with the natives." Bruce then described some details of the trip.

At that moment a woman sitting next to me on the picnic bench leaned over and said, "Excuse me for interrupting. I couldn't help but overhear your story about your trip to Africa. I was on that trip with you." After comparing notes,

both agreed that they shared the same adventure with a small group of Oregon high school students. Now, 20 years later, they were seated at the same table in an out-of-the-way restaurant in Maui. Bruce and I just "happened" to bring up that subject. A week later the woman sent me an email with a photo of her and Bruce standing outside the tour bus in an African plain. What are the chances?

A Course in Miracles tells us, "Chance plays no part in God's plan." Every person you encounter, from the family you are born into, to the person with whom you share a brief elevator ride, to the customer service agent who takes your phone call, to the clients in your business, to your spouse, to your children, all come to you as friends and teachers on your spiritual path. Some empower you with love, and other challenge you. In all cases there is a gift for you. When you recognize the gift, extract it, appreciate it, and use it, your journey become far lighter and you accelerate your spiritual advancement and deepen your soul reward.

Wayne Dyer offered the analogy of entering a junk yard and finding a fully-intact Boeing 747 airplane. "After examining the plane and recognizing the perfect integration of all of its elements and systems, would you conclude that all of the intricate pieces came together at random, or would you have to believe that some vast intelligence orchestrated the manufacture of this highly complex yet meticulously functional system?"

The engineering of a 747 is a mere pittance in comparison to the engineering of the universe. I love to garden in a papaya orchard I started from seeds. It is utterly amazing to me that I can take a tiny papaya seed about 1/10 inch in diameter, plant it and nurture it, and it grows into a tall tree producing hundreds of delicious papayas over its lifetime. I look around the orchard of 25 trees and see an abundance of gorgeous, sweet, nutritional fruit. Who set up that system? No human being invented a papaya and imbued in it the genetic genius to reproduce itself forever and feed many people and animals. We can cooperate with the system and cultivate papaya, but we did not initiate it. God did.

In my book *The Tao Made Easy* I underscore and celebrate that the universe is functioning meticulously and there is indeed a plan that works when we tap into it. We do not have to invent the plan. It is already well in place. We just have to cooperate with it. Many new age and new thought teachers state, "**you create your own reality.**" What you do create is your experience of reality. When you align with reality, you thrive in every way. When you think and act outside universal truth, you grow miserable and wonder what you are doing here. Our role is not to create reality. It is to find it and ride it like a surfer rides a wave.

While we aren't always aware of the brilliance of the universe, occasionally we have an encounter that gives us a peek into the unspeakably massive 747 we are all riding. Those moments are cause for faith. We can have confidence that we are known and loved, and we can relax and can enjoy the ride.

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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's an overabundance of Mermaid artwork and decorations available at the markets; I've always loved mermaids but it's getting so commercialized it really cheapens their magnificence. There must be a reason for the upsurge in Mermaid paraphernalia?

Dearest,

Everyone knows the beauty of the mermaid, they have etched themselves on our consciousness so that we may give them more consideration. The time is now to listen to the messages of the **Merpeople (Sea People)**. I have been in tune with their messages for many years now. The **Mermaids and Sirens** have noted mass pollution of the global oceans. Their urgent message to humanity is to **clean up the oceans. Stop the toxic dumping**. Science has methods to clean the ocean waters and they need to put these into action. Earth is a water world that humans know little about. Science knows more about deep space than the undiscovered life and the multidimensional portals of our deep seas. We kill the ocean at our own peril, because the ocean sustains mankind.



DEAR WHITEDOVE,

As my Grandfather was dying from a long-term illness, we knew his end was near so our family held a vigil, not wanting him to die alone. During the last two days, he spoke of his mother in a dream like way. Telling us that she is so beautiful; that he saw her last night and she'll be back for another visit. We went along with him and just held his hand and spoke lovingly when he was awake. When he passed, he was weak but he looked at the ceiling and said with a smile **"I'm coming"**. Do you think that his mother came to get him?

Dearest,

It's been highly documented that the dying have **Deathbed Visions**. Usually they have visions of Heaven, angels or their loved ones who have transitioned before them. You see, when we come into this world we are given an unseen support team of **Guardian Angels and Spirit Guides** to help us along our journey. At the time of death, they also help escort us to the other side. But sometimes a soul needs a little more coaxing, so they are given exactly what is needed to comfort the



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dying and help ease them away from their failing body. Many times a loved one from **Heaven** will assist in the transition to entice them over such as your **Grandmother**.

Then there are those who are given glimpses of Heaven and beautiful scenes from the afterlife. Some see radiant gardens or gleaming oceans. All of these otherworldly visions transform the dying person's attitude to one of wonder and an overwhelming sense of peace. They usually die shortly after.

Your family was blessed to witness your **Grandfather's** transition and this beautiful and very natural experience. I hope that it eases your mind and helped your family know that the transition that we call death is nothing to fear.

DEAR WHITEDOVE,

I've had some phobias since I was a kid and they seemed to intensify as I have gotten older. A friend suggested that doing some **Regression Therapy** might help since working with a psychiatrist didn't. I'm on the fence. Do think this is a legitimate form of therapy that can help with phobias?

Dearest,

Regression therapy is based on the belief in reincarnation and that a soul can carry over physical, mental or spiritual issues from our previous lives. There are two types of regression counsellors. **Past Life Therapy** is used by psychotherapists who hypnotize patients to access deep rooted issues buried in the unconscious mind. Success is dependent on the skill of the therapist, the depth of the hypnosis and the ability of the patient to be hypnotized.

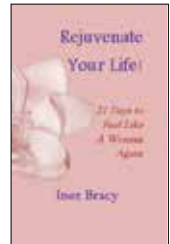
Then there are advanced **Spiritual Mediums** who can access the **Akashic records** to give an oral type of therapy called **Past Life Readings**. This is dependent on the ability of the Medium to access the records to get to the root of the issue, then to counsel the client about their issues.

So yes, it is a very legitimate form of therapy and in most cases after a couple of sessions the client/patient has come to an understanding of the past events that have rolled-over to effect this incarnation. Once a person understands the underlying and age-old cause of their issues, they begin to fade away and have less power.



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>



LIVE WITH INTEGRITY

Integrity is a quality that keeps you morally and ethically sound. Once you live with integrity, dishonesty in any form will simply not be in your life.


You are the most important person with whom to practice integrity. Make a pact that you will honor your word to yourself and others. Be known by the fact that you honor your word.

This will be more difficult for some people because of previous habitual behaviors and continued attitudes. Practicing integrity requires change, which is uncomfortable.

Change itself requires viewing life in a different way—so called —stepping out of your box. Change causes tension, as the new desired system bumps up against or attempts to eliminate the old system. We humans generally don't see our own boxes, which makes it difficult to see how to step outside of it.

The box represents your everyday life—the things you do, the people you associate with, the activities where you spend your time. Having butterflies in your stomach is actually a physical feeling to gauge that you are on the right track in making change.

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Living consistently with integrity may seem a small change, but the result is potentially huge. It takes courage to be this honest with yourself. If something is not right for you, hurts someone else, or is inauthentic, it is the exact place to start practicing integrity. And as you get rid of non-integrity, it will get easier over time.

EXERCISES

Ask three people whom you respect the following questions—**how do you see me?** and — **what do I need to know?** Encourage them to be open and honest because this is info to help guide your personal change process. When they share their thoughts with you, remain objective and distill the significant information into what is meaningful for you. If you have a — **ping** reaction, it is definitely something for you to look at and determine what changes you need to make to live in integrity.

Consider any relationships that are no longer in your life. Was a lack of integrity a factor in losing that relationship? Could you have handled anything better in that relationship? If yes, turn that into a learning opportunity for current and future relationships.

...continued on page 31



Rev. Andy Conyer



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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

Soulsongs #53 - Solution Process

If there is any area of my life with which I'm dissatisfied, the solution process will be similar to this:

1) I stop dwelling on the situation. To the extent possible, I let it go for now. I think about something else, for staying mentally mired in a problem blocks positive change. If I have trouble with this step, a light snap of a rubber band around my wrist can help me "flip off" the problem-thinking.

2) I focus on all that's going right for me. I might have a pesky problem with one or two areas of my body, for instance, but I can give thanks for all the systems that are working properly. Pretty amazing stuff when I pause to ponder!

3) I relax, have fun, and enjoy life to the fullest. Contrary to what I might have believed in the past, good things do not come to me as a result of a grim, stoic, force-it-to-happen attitude. Rather, I magnetize good things when I'm in touch with my joyful, light-hearted true nature. The more often that I can "get in that place" and the longer I can stay there, the more quickly problems are miraculously resolved.

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Soulsongs #225 - How Can I Help?

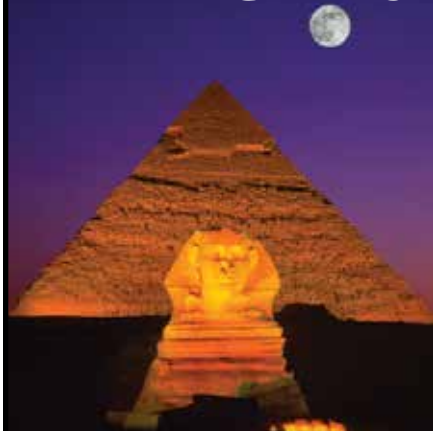
As astounding as it may seem, every thought that I think is eternal. For thoughts are energy, and energy lasts forever. The greatest gift that I can give to humanity is the same as the greatest gift I can give to myself: happy thoughts and joyful feelings. When I feel good, I release good to the planet. Automatically. Easily. Just like that.

While I may not know how my inner peace and joy impact the world, I can be certain that it combines with others' good-feeling thoughts to help where good is needed and ready to be received.

Today I watch for opportunities to feel happy: a neighbor's greeting, a proud parent with a stroller, a cool song on the radio, a compliment, a goal achieved, a cuddly pet. I relax more, stress less, and find ways to pursue what I love.

I do it for myself. I do it for others. My happiness is a blessing sent forth to the world.

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CALENDAR OF EVENTS

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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

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

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

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, nsbcuuc.org, 386-308-8080

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

Fridays 4-5pm at Aquarian Dreams, 414 N. Miramar Ave (AIA) in Indialantic call 321-729-9495



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COME SEE ME November 17, 2018 at the Natural Parenting Fair
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NOTES from the Universe

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

Did you know, that whenever you feel love, you literally begin to glow? You probably did.

But did you know that the glowing is actually made up of zillions of minute sparkles? And that these sparkles receive as much energy as they create? And that because of this energy exchange you completely stop aging and look younger? Abundance is immediately drawn to you? Healing powers fill you? Muscles are strengthened, pounds are shed, and your vision improves? Lingering questions are answered? New friends are summoned? Old friends are poked? Problems are solved? And maple syrup tastes more maple-y?

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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

I grew up in a broken home. But not because my parents divorced. It was broken long before, when the love turned to hate.

When they finally divorced, there was actually more room to breathe. All the energy that went into managing the brokenness, could be channeled into healing.

It's time we re-framed the shaming term, "broken home." It is riddled with assumption and judgement. And it neglects the fact that many single-parents held their families together beautifully. And that many (seemingly) intact families, are deeply broken.

Because a home is not broken when parents separate or divorce. A home is broken when there is an absence of love. If there is love, nothing's broken.

Growing up, I found it difficult to distinguish control from concern, because my parents were so controlling. It took me many years to realize that someone can be expressing their views on how I am living- not because they want to dictate my path- but because they care about my well-being. What allowed me to reach that stage was a willingness to do the deeper work around my early life experiences. When I resisted that, I actually kept myself locked inside of my reactivity, perpetually confusing projection with reality. I couldn't see the love, because love had always been associated with control.

That's the thing about our resistance to looking back. It ensures that we still live back there. We may imagine that it empowers the aggressors to unpack those memories. But it doesn't. It empowers us. The more work we do to claim and confront our childhood, the more liberated from it we become.



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8 WAYS TO AVOID NEGATIVITY AT WORK

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>

One of the greatest challenges people in the workplace face is avoiding bad vibes. Nothing can turn an enthusiastic mood around more quickly or throw a wet blanket on the creative fires on the job than a solid dose of downer energy from someone you work with. In fact, it should be viewed as the number one work hazard to avoid at all costs.

Just as toxic radiation is poison to our health, negative energy is also disastrous to human beings. Don't be misled into thinking that because bad vibes are invisible or hard to identify at their source that they're any less deadly to your creative genius than poisonous gas—they aren't. And don't be conned into believing that denying or ignoring negativity will protect you from its deadly effects either—it won't.

HOW BAD VIBES AFFECT YOU

Bad vibes weigh you down, irritate your nervous system, depress your mood, leave you doubting your self-worth, distract you, and make you defensive. And if you must ward off all that craziness, there will be little energy left over to actually do your job, let alone do it well. My book, *Tune In*, can help you understand how to listen to your intuition and recognize the vibes that you feel so you can avoid negativity and live a more rewarding life.

The other day I walked past the TV as it was airing the five o'clock news. Seeing dozens of people from a local government office being taken out on stretchers by emergency workers, I anxiously asked my husband what had happened. Jokingly, he said, "The boss was in a bad mood and gave everyone a psychic attack. It took out the entire department."

Jokes or not, "psychic attacks" (my personal expression for the effects of being derailed by negative or bad vibes) are real and debilitating. And they're the main reason people quit their jobs, more so even than not making enough money. The good news is that you can protect yourself against negativity in the workplace. The even better news is if you're really creative, you can actually do something to stop it.

HERE ARE 8 WAYS TO AVOID BAD VIBES AT WORK:

- 1. Run a "vibe check".** Recognize the quality of the energetic atmosphere at work every day. Simply testing the psychic temperature of the workplace will allow you to make the necessary adjustments to keep your own energy intact.
- 2. If you sense dissonance, take a deep breath.** Get grounded, surround yourself with positive vibes, and resolve that you won't let anything you encounter throw you off center.
- 3. Resolve to let the negativity bounce off you.** Don't take any negativity you run into personally. Commit to focusing only on your goals and intentions for the day.
- 4. Acknowledge the bad vibes.** Recognize them in some way, if only to yourself—but be discreet and subtle. You don't need to announce them to the entire office. This will only spread the negativity you want to clear.
- 5. Be kind, loving, and patient with those around you** because they need it. Focus on work, and if negative conversation arises, listen neutrally and compassionately if you can't gracefully get away.
- 6. Observe, don't absorb what's going on around you.** If you can unobtrusively escape, do so. Your feet are two of your most powerful defenses against negativity. Turn them in the opposite direction and leave.
- 7. If you can't make a run for it, surrender and accept the situation.** Give the bad-vibe dispenser (BVD) your complete attention for a full five minutes. Encourage this person to complain, gossip, attack, and whine to their heart's content.
- 8. Just listen, breathe, and stay neutral**—don't engage, resonate, or rescue. When the five minutes have passed, ask with complete sincerity if there's anything you can personally do to help right now. If you hear, "Yes, there is," and you can help, then do so. If you hear, "No, not really," then say, "I'm sorry. I really hope it works out." Then go back to work.

The most challenging thing about negativity at work is that it feels politically dangerous to acknowledge that it even exists, let alone point it out. Like the elephant in the room that everyone pretends isn't there, the person spreading bad vibes is rarely confronted by others for fear of being accused of harassment.

But denial is not protection, and neither is pretending that you don't feel anything. Although it's a noble effort, denying or ignoring negativity in the workplace is not a sound strategy for protection—after all, the bomb will still tick, taking everyone down by the minute. Until you acknowledge that there is, in fact, a problem, you can't solve it.



DON'T FUEL IT, COOL IT

...continued from page 13...

The more we say no to it the longer it will stay around. Accept the feelings and don't follow your thoughts. Let them come then let them go.

8: Keep busy. Move on from what is happening, notice the feelings, be aware of them, even be curious of them, but don't react to what is happening, try not to get too involved with feelings of frustration or anger, don't resemble or become them, just carry on doing things as best you can and keep busy.

9: Smile. This will send serotonin and dopamine into your body helping to dilute the unwanted chemical activating our reward response and giving us a happy feeling. This is one of our oldest responses, right back to when we were a baby and we received and returned our first smile (Attachment). Also, if you can think about being cuddled by someone with a lot of love, this will secrete the chemical DHEA, which is another great one for feeling good.

10: When you feel ready to move your body, move, move and move some more. Keep moving, jump up and down, dance, shake around. Moving will help to dilute the fight flight and freeze chemicals sooner dispersing them and bringing your brain and body back to a feeling of safety. The chase is over.....

Begin to start adding some healthy routines into your day this will train your brain into predictability and stability, both help with anxious over thinking by giving us a sense of structure. Food is mood. So eat and drink healthy (no caffeine or alcohol.)


EXERCISE. E-MOTION, ENERGY IN MOTION. GET THE ISSUE OUT OF THE TISSUES.

Most importantly, stop thinking and talking about anxiety! The more we focus on anything, the more it appears! Where attention goes energy flows. We have created a habit of worrying, and anxiety is at the top of our life list. We have what's call a reticular activating system, this is like our built in GPS, it's a matchmaker, matching up what it thinks is most important to us, these thought processes can become like scars in our neural network of thinking. Our self fulfilling prophecies....

It's not about trying to control our thoughts, it's about working on our responses that come after the thoughts, that's our response-ability. It's about reprogramming and rewiring our cognitive circuitry, patterns of thought, habits of thinking to respond healthier. Nothing has a real meaning to us until we give it one.

All the above is about desensitizing your nervous system and getting back to a regular way of coping with life's ups and downs. Start putting some quality time into educating yourself about you. If we can name it we can tame it. It's your story, your mind, your life. Give yourself back the choice to choose to change your story to a more helpful and healthier one. If we change our mind we change our lives.

Rev. Albert J. Bowes,
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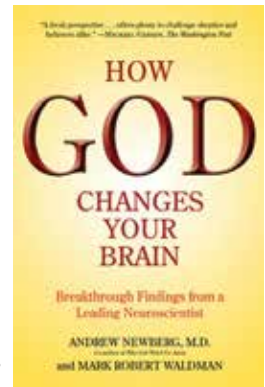
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NEUROTHEOLOGY: HOW GOD CHANGES YOUR BRAIN



Based on new evidence, neuroscientist Andrew Newberg and therapist Mark Robert Waldman offer breakthrough discoveries. Andrew Newberg, M.D., www.andrewnewberg.com is a pioneer in the field of Neurotheology which is the field that links spirituality and the brain. He is co-author with Mark Waldman of *How God Changes Your Brain* and *Born to Believe*. Mark Waldman's research on spirituality, meditation, consciousness, business values and the brain has been published in peer-reviewed journals throughout the world, and he has appeared on national tv and radio. www.markrobertwaldman.com

One of the emerging academic disciplines that many seekers are honing in on these days is the whole field of "neurotheology." Basically what is going on here is the application of scientific method to the study of God.

We know, for example, what the brain looks like when it is focused on anger. Brain scans also reveal what the brain looks like on forgiveness. The question is then, what does the brain look like on **God**?

Andrew Newberg, M.D. and **Mark Waldman** have co-authored a book entitled "**How God Changes Your Brain.**" In the first chapter they write, "We are currently studying Sikhs, Sufis, yoga practitioners, and advanced meditators to map the neurochemical changes caused by spiritual and religious practices. Our research has led us to the following conclusions:

1. Each part of the brain constructs a different perception of God.
2. Every human brain assembles its perceptions of **God** in uniquely different ways, thus giving **God** different qualities of meaning and value.
3. Fundamentalism, in and of itself, can be personally beneficial, but the prejudice generated by extreme beliefs can permanently damage your brain.
4. Contemplating a loving **God** rather than a punitive **God** reduces anxiety and depression and increases feelings of security, compassion, and love.
5. Spiritual practices, even when stripped of religious beliefs, enhance the neural functioning of the brain in ways that improve physical and emotional health.

6. Not only do prayer and spiritual practice reduce stress, but just twelve minutes of meditation per day may slow down the aging process.

7. Intense, long-term contemplation of God and other spiritual values appears to permanently change the structure of those parts of the brain that control our mood, give rise to our conscious notions of self, and shape our sensory perception on the world.

8. Intense prayer and meditation permanently change numerous structures and functions in the brain, altering your values and the way you perceive reality.

9. Contemplative practices strengthen a specific neurological circuit that generates peacefulness, social awareness, and compassion for others.

Our contemporary neuroscientists are telling us what the mystics have been telling us for millennia:

Sit . . .
Stay . . .
Be.

Looks like when you come right down to it that the best thing you could do . . . is absolutely nothing. So . . . next time you're wondering about your spiritual practice and whether or not all that prayer and meditation is really workin' for ya . . . You can take it from the saints of antiquity or the scientists of modernity . . . you bet it is.



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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

SOME FOLKS THRIVE IN A STRUCTURED SETTING

He functions well in a structured setting and he's healthier with regular meals and sleep. He wrote me when he was incarcerated 6 years ago, sharing insights for 6 months what he was learning about himself through the process. A former born again **Christian**, he can be deeply insightful. When he'd call, we'd talk about the soul lessons he was learning from his life experiences. He can be charming and uses humor to get along, so he had no problems 6 months in a SC jail. This will be prison in Florida so he gets to put what he's learned into practice.

HELP FRIENDS REFRAME THEIR TROUBLES

Even if it's all just a made up fantasy to impress whomever he's talking to - as I later learned -- he has the capacity for vision and that is amplified when he's in a structured setting. *I told him last time that the best thing he can do when people talk about their woes is to help them reframe what happened to see it in a different light. A light that helps them learn something about themselves, offers a course correction and gives them hope for a future. Never deny someone hope, it may be all they have.*

WE ALL NEED TO FEEL A SENSE OF PURPOSE

When he began seeing himself in a teacher/mentor role while in custody last time, that gave him a purpose, Helping others gave him a mission and hope for the future. So I'm sure he'll revert back to that. He's a chameleon.

NEW LEVEL, NEW DEVIL

Every time your world changes and you reach a new level, it presents you with new "devils" to contend with. But whenever you're presented with new challenges, you are also presented with guidance to overcome them. So consider that whenever you're observing what you think is a "devil," is simply an angel taking you to a new level.

YOU DON'T WANT JUSTICE, YOU WANT MERCY

Don't be screaming for justice, when what you really want is mercy. Go ahead and play the system if you think you can get away with it but be prepared for the karmic consequences. You know deep in your own soul the truth of the matter.

It's been an eye opening month. I feel freer than I have in a long time. A good lesson in not letting people or circumstances keep me down, that I can be happy no matter what. Life is good.

Enjoy our offering this month.
Hari Om.



Andrea



HEART OF THE SHAMAN

...continued from page 8...

Then I learned that I could transform the daydreams that had held me captive for so many years and had turned into nightmares. This awareness was the real treasure.

In the **Amazon**, shamans learn to track in the invisible world of the **Primordial Light**: just as a hunter can track a jaguar through the forest, you can track the masters who can help you find the answers you seek. In a state of non-ordinary awareness, the shaman enters the lower world, which is the time-past. Here, the ancestors can help you find where you came from, or help a patient recover a soul part that they lost as a result of trauma long ago in their past.

Similarly, the shaman will enter the upper world, which is future-time. Here, the masters of tomorrow can help you discover who you are becoming, and help you perform a destiny-retrieval, to assist someone who is ill by finding a future healed state that can guide them toward health.

In the high mountains of the **Andes**, you learn to transform your nightmares through the experience of the **Primordial Light**. The **Andean** path is arduous, because the **Indios** there had to learn to transform the nightmare of the **Spanish Conquest** into a gift and an opportunity. They had to learn to forgive their enemies, the ones who had raped their mothers and grandmothers.

The **Amazon** path requires a living teacher who can help you to navigate through the realms of the ancestors and the unborn. The beings you meet along the way can help you discover the **Primordial Light** and find your sacred dream. They can help with experiences that oftentimes contradict the beliefs you have been taught.

I have a friend who is a **Buddhist** master, a **Roshi**. One **Sunday** at his monastery we sat in cross-legged meditation for an hour. After a short while, I entered a peaceful reverie, following my breath in and out of my chest. In my shamanic training, I have learned that meditation is a platform from which to explore the **Primordial Light**. As I scanned the room with my inner vision, I noticed a half dozen luminous beings along the walls of the hall. They were dressed like monks in silken robes and were joining us in meditation. Occasionally, one of them would waft to the center of the room and reach out to someone in a gesture of blessing or of healing. They seemed amused that I was observing them.

After the session, when we were alone, I mentioned this to **Roshi**, and he replied sternly, *"In Zen we do not pay attention to phenomena. We consider it a distraction."* I felt myself gently rebuffed and moved on to other topics.

...continued on page 29...



ABRAHAM-HICKS

...continued from page 9

The pile of money represents freedom, it represents autonomy, it represents perfect choices - it represents you getting to choose.

The feeling of a lover or a partner represents friendship, and what the essence of it is, is someone to play off of, someone to parlay your thoughts with.

Co-creation is really the essence that you're going for in that; the harmony that you seek is what that's all about.

So everything that you want is really for reasons that you can't really identify, but the satisfaction that you feel comes as you are moving toward these goals and feeling the satisfaction of that alignment with the Source within you.

If you can come to feel how your Inner Being feels, this is how you'll feel — You'll feel eager and ready, you'll feel tuned-in, tapped-in, turned-on and aware, you'll feel eager and satisfied with where you are and eager about what's coming, but you'll feel a thirst for the constant surprise and delight of the unknown.

But the essence of it isn't unknown because you feel secure, so that's not unknown, and you feel worthy, so that's not unknown.

So as it unfolds, you're not all of a sudden just feeling worthy, because you felt worthy before it unfolded, remember?

When you're feeling prosperity and security, you're not going to feel prosperity and security because something unfolded, because you already felt prosperity and security before it unfolded, remember?

So what are you going to feel? Surprise and delight about the way that it shows up.

But if you're looking for the event to cause the feeling of worthiness, then you're not out ahead of it far enough and it can't come.

If you're looking for the pile of money to drop into your lap so that you can feel the freedom and prosperity, then you're not going to get there because you have to be there before it comes.

Isn't that interesting?

That's so annoying - "I have to feel my prosperity before my prosperity can come."

Yes, you have to find a way to feel prosperous, and then your prosperity will surprise and delight you in so many ways of rendezvousing, in so many ideas that flow.

You have to talk yourself into feeling the essence of what you're looking for.

And once you've practiced it and you really feel it, people will say "What are you smiling about all of the time?"

"My prosperity and my lover."

"Well, I don't see either one of those in your life yet, why are you smiling about it?"

"Because I've got it."

"Well, where is it?"


"It's about to surprise and delight me in ways that I right now know not."

And they'll just say "Well, you're just crazier than I ever thought you were before."

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HEART OF THE SHAMAN

...continued from page 27...

A year later, **Roshi** accompanied me on one of my expeditions to **Machu Picchu**. I was friends with the chief archaeologist, so we had access to the citadel at night, when no tourists were there. We were accompanied by a shaman who worked with the **San Pedro** cactus, and who offered his visionary brew to us to drink.

We were also with **Don Manuel Quispe**, one of the great **An-dean** shamans. I had discovered him in a 1962 **National Geographic** magazine article in which he was interviewed as part of a feature on **Inka** villages at 16,000 feet altitude. He was one of the last known readers of the **quipu**, a **quipu-camayok**. And he remembered the stories of when time was young, of when the children of the light first came from **Lake Titicaca**, the sea on top of the world—and he became a mentor to me.

At night, **Machu Picchu** slips outside of time. When the tourists leave, the numinous dwellers of the city of light roam the citadel. With the help of visionary plant medicine like the **San Pedro**, you understand the place is inhabited. Our visit coincided with the waning moon and by that dim light we made our way to the main temple, a courtyard with three large windows on one side and no roof. As soon as we arrived, **Roshi** came to me trembling, even though the night was warm.

"This place is full of spirits," he said. "Look at the one over there, with the chest-plate, and the four spear-carrying guards to either side of him."

I turned to see **Don Manuel**, the old shaman, engaged with the one who had the golden disk on his chest. Over the years, I had become familiar with the invisible residents of **Machu Picchu** and saw them as friends who welcomed us. But it was **Roshi's** first encounter with them, and I could not help myself.

"We do not pay attention to phenomena in shamanism," I said, barely able to contain a laugh. "They are just a distraction along the path."

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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 NOVEMBER 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) Things are moving fast for you this month. Stay out of the spin zone by seeking out good advice and taking it. Jupiter delivers benefits, but this month Jupiter can excite you into unwarranted overexpansion. November is a time of closure on many levels; not really your best time for new beginnings. Set aside time to enjoy your life and work on a 'let it be' mindset.

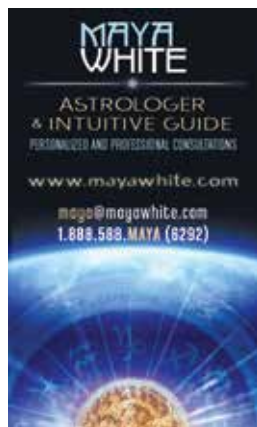
Taurus - (April 19 - May 19) I know it feels awkward for you now; it's because your ruling planet Venus is retrograde in Libra, the other sign of her rulership. It kind of feels like Venus is going out on you because she found somebody she loves more. Well, Venus starts to get her act together on Nov 16th, but it's the same day that Mercury stations retrograde. Your answer is: remain calm. A blend of productivity and patience is your magical elixir to ride out this month.

Gemini - (May 20 - June 20) It's hard to unwind when you've been going full steam ahead, and you may be feeling at loose ends after such an intense summer. Mercury retrograde in Sagittarius after the 17th can add frustration, or, it can give you a good reason to shift gears and slow down. November is a good month to straighten out relationships. There are two sides to every story, and Mercury is offering a chance to tell yours, and to listen to what the other person has to say.

Cancer - (June 21 - July 21) It's essential that you practice self-care this month. Be conscious to counter balance the perfect storm of opposition that comes with the Full moon of Nov 23. Others complain of loneliness, yet it seems you cannot do enough to keep them company; they ask for your help, yet don't try to meet you halfway. Schedule time that is free of obligation or responsibilities so you can spend time with the person you want to be with, not those you have to serve.

Leo - (July 22 - August 22) The Scorpio New moon of November 7th lands squarely in the middle of your 4th house, the home and family sector. This may initiate a change of address for yourself or a family member. Keep yourself in the 'fluid' zone and go with the flow; you knew that this was coming. Mercury retrograde Nov 17 - Dec 6 keeps things frustrating in terms of your next step, but there is a great solution available to you. Ask, pray, and stay focused in gratitude.

Virgo - (August 23 - September 21) You are surrounded by many mysteries now, but your mission is to make sense of it all. And, just when you think you have the answer, a new factor enters the equation. Take time for a time-out. Solitude and focus is where you find the answers you seek. This includes immersion in Sun and water to refuel your Light body. Refinement of your health and other practical aspects of your life will address those nagging questions.



Libra - (September 22 - October 22) Everything's good, but do you wonder about that nagging feeling? Lilith, the Dark Moon goddess is busy in your 4th house of core, gut, emotions; and, Lilith conjuncts Pluto for the Full moon of Nov 23. These two are somewhat like birds of a feather, but each wants to gain the upper hand. You may get blamed for something you didn't do, leaving you uneasy and waiting for the other shoe to drop. Lilith is the ultimate rebel what she really wants is for you to be her friend. Let the facts come out, reveal the truth.

Scorpio - (October 23 - November 21) Insight is your best friend this month. Your mind is sharp, and you can make great headway in your understanding of how the world works. There are simply some facts that you must get a handle on in order to have your life work more smoothly. Let go of your preconceived notions and judgements, and allow others to feed you new info. The benefit is that old, tired subjects are made new and more interesting. This is your season of revival.

Sagittarius - (November 22 - December 20) Finally Jupiter, your ruling planet enters your sign on Nov 8th. What a welcome homecoming! Often when a planet changes signs, there is a cosmic sigh of relief and I'll bet you feel it immediately. Colors look brighter, people are nicer, and you just feel happier. Pay attention to the whispers of your intuition this month. You are entering a cycle of new beginnings, but there is a closing phase to be acknowledged.

Capricorn - (December 21 - January 18) You're so strong, but allow for vulnerability this month. Vesta joined with Pluto in Capricorn has a profound impact on you. Vesta is the most sacred of all goddesses; she keeps the devotional fire of your innermost heart burning brightly. And, your heart will open when you least expect it. The memories that come flooding to you are presented for final and ultimate purification and transformation. All is forgiven; you are truly free.

Aquarius - (January 19 - February 17) The gateway to Infinite Wisdom is opened for you. Uranus has moved into your info sector, it's time to believe in your dreams, visions. Communicate with your subconscious mind and tune with the different layers of mind, including Universal consciousness. You are here to tear down walls, but the biggest obstacle will be your own stubbornness. Open your eyes, heart, mind.

Pisces - (February 18 - March 19) This month shines a new Light on your career and public sector. This month delivers a second start, a chance to reinvigorate a part of you that may be suffering from boredom as the Sun conjunct Jupiter on Nov 26th triggers both inspiration and opportunity. Plus, Mars enters your sign on the 15th, adding some energy to the mix. Go with your instincts now - take action before you talk yourself out of it. This is all real, Pisces; there is something new for you.

COVER ART

TRUST

by Esmeralda Raven Aponte



Trust, 20"x20", gouache on canvas.

'Trust' is about having had our trust compromised at some point in our life. These experiences can be very painful and can scare you to trust again. But trust is one of those things that we can't just skip over. It's a crucial ingredient in our relationships; I believe it to be the foundation. Without it, it's really difficult to settle in and just love.

Trusting is a decision you must make knowing that there aren't any guarantees and that it is not about

finding the perfect, trustworthy person. It is about working through hurt when it arises.

If we relate to trust through this perspective, then trusting becomes much easier and empowers us to be a little less fearful.

If we trust ourselves first and foremost, it allows us to deal with the mistakes of others with a little more grace and ease.

When you do, you will be able to offer trust to others too, and it will serve as the foundation for many long-lasting, loving relationships to firmly build upon.

'Trust' uses symbolism to express these viewpoints. The woman in the cage protecting herself from hurt yet the cage door is wide open offering the choice to trust again. The raven is her suitor patiently waiting for her. The red trees are symbolic to the veins in our heart breathing like a living tree. The path represents her choices. We all need to choose a path to walk on to be able to experience living.

Esmeralda Raven Aponte is an Australian born, Sydney based surreal 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

If you find yourself telling little white lies, or bending the truth, for ANY reason, look at the real reason without blaming the other person. Is it about them—or you?

Have you done everything you said you would with your day?

Broken promises to yourself are the most damaging because they set up self-sabotage patterns. And how can you keep your integrity with others when you aren't able to keep it with the most important person, yourself?

While reflecting tonight, review the information you received from these exercises. Journal how being congruent with integrity could and/or has already impacted your life, and what changes you are making for living your best life with integrity.

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As hopeless as any situation feels,
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Louise Hay

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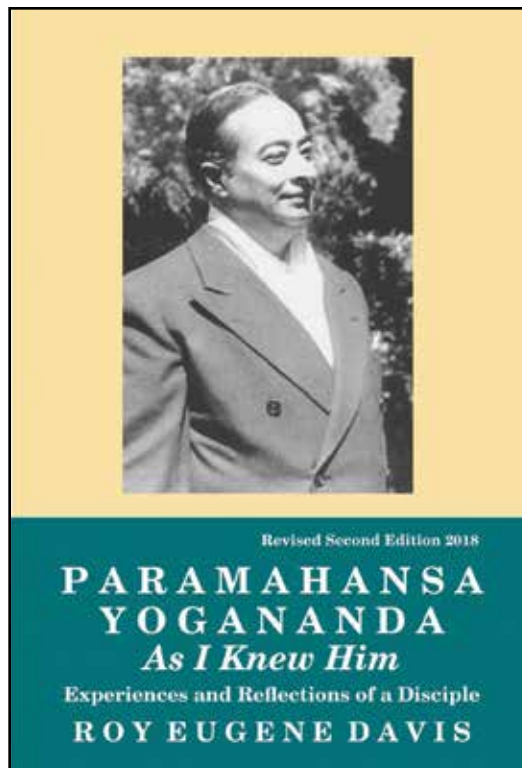
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Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951. He has taught these spiritual growth processes in the Kriya Yoga tradition for more than 65 years in North and South America, Europe, Japan, West Africa, and India. His books are distributed in several languages in many countries.



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