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Andrea de Michaelis presents

HORIZONS

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

Melbourne Mystic Faire is January 25-26, 2020

and is the 6th Annual that we are looking forward to. 2019 was bigger and better than the previous year and it continues to grow! The people of Melbourne and surrounding areas are so excited to have us year after year! All under one roof at the beautiful **Melbourne Municipal Auditorium**. Melbourne is a wonderful, welcoming community and we can't wait to bring our event back to this fabulous setting. If you're interested in exhibiting, download your application at the website www.mysticfares.com

VENDORS/READERS

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

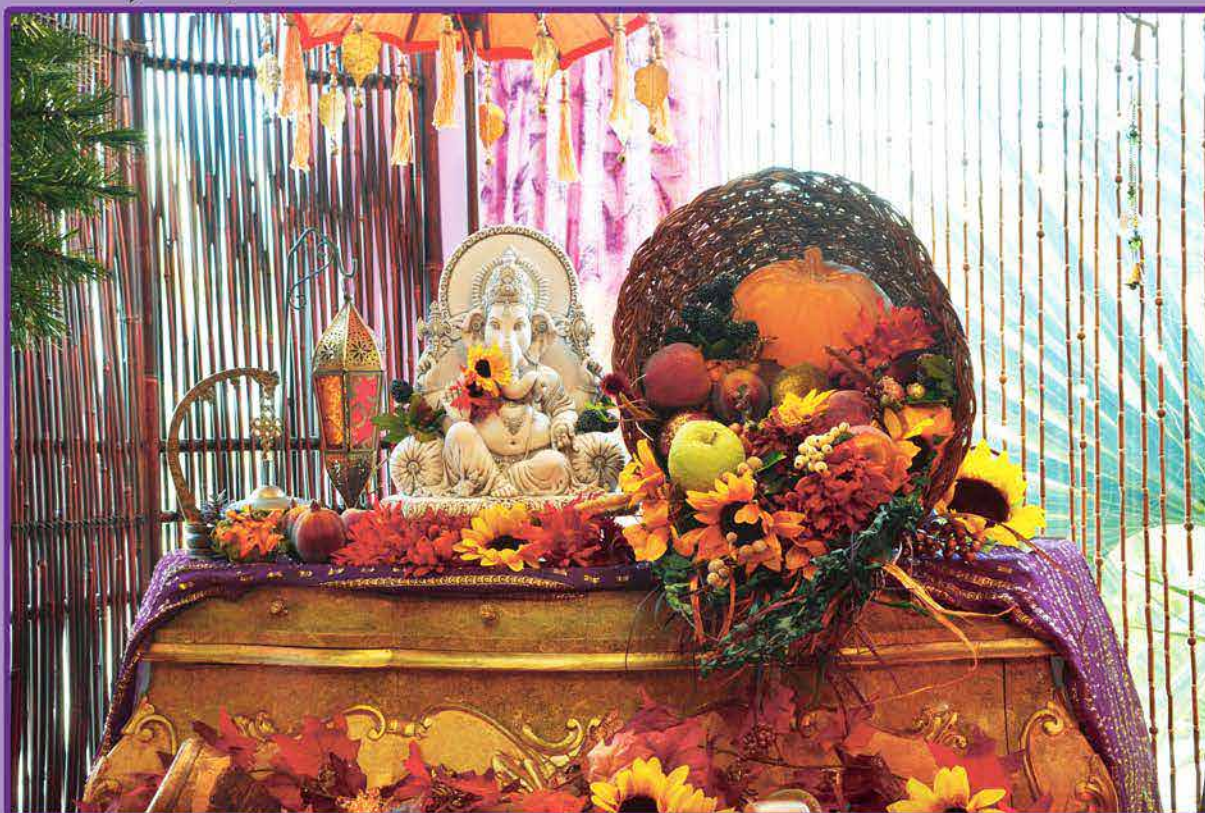


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SUNDAY Services
9:30 and 11:00am
Sunday school at 11:00am
Child care both services

Sunday, November 3rd 10:15am
INSTALLATION AND CELEBRATION SERVICE
Guest Speaker: Rev. Charline Manuel



Join us for this very special occasion as Author, Speaker, and Board Consultant, Rev. Charline Manuel delivers the message. She is passionate about developing and harnessing the positive attributes that support individuals in living a high-quality life, personally and professionally. We will have one service on this particular Sunday at 10:15am

during which, Rev. Manuel will lead the congregation in an installation ceremony for Rev. Valarie Parson and for the Board of Trustees.

Sunday, November 10th, 9:30am and 11:00am
4 FREEDOMS Speaker: Rev. Randy Fillmore

Rev. Randy takes a Unity spin on the ideas and concepts proposed by President Roosevelt and made famous by Norman Rockwell, the 4 Freedoms. The 4 Freedoms are the Freedom from Want, the Freedom of Speech, the Freedom of Religion, and the Freedom from Fear. These concepts lend themselves to updating to today's language and ideas.

Sunday, November 17th, 9:30am and 11:00am
THE POWER OF ELIMINATION Rev. Valarie Parson

Did you know that it takes more energy to hold on to something than it takes to let it go? Holding on requires muscle, whether physical, mental, or emotional. Letting go involves relaxation in every one of those areas. Can you imagine emitting and energy sphere that is completely relaxed because you have engaged your power of eliminating what is no longer needed? Join us Sunday morning!

Sunday, November 24, 9:30am and 11:00am
GRATITUDE Speaker: Rev. Valarie Parson

It's time to prepare our vibration and energy for the final weeks of 2019. We give thanks and honor to our souls for this journey, for every lesson learned, for every powerful step we have taken in the direction of love and light. Gratitude is the first step in "Seven Steps for Successful Life Transitions" based on the writing of Jane Hart, founder of The Center for Enlightenment. We will step from Gratitude to Surrender from now through the end of this year. You don't want to miss this soul's preparation for the year 2020!

Wednesday, November 27th, 6:30pm
THANKSGIVING EVE SERVICE

THE ALL SUFFICIENCY OF GOD with Maggie Rosche, LUT

Before the family and the feasting, you are invited to a celebrate thanksgiving as the blessing which Eric Butterworth tells us "views all things from an awareness of the 'all-sufficiency of God.'" We will focus on the prayer of Jesus traditionally known as the Lord's Prayer which presents us with a set of powerful affirmations about the Truth of our being, the "all sufficiency of God," and how to align with that Truth in a contemplative Taize format

Wednesdays, November 6th – November 20th, 6:30pm
and Tuesdays November 5th – November 26th, 9:45am
LIVING AS THE FLOW: INTRO TO CONTEMPLATIVE PRACTICE
The Everyday Practice of Conscious Living Maggie Rosche, LUT

This is a group experience designed to be a Unity Principle #5 intensive for "Living the Truth You Know", connecting Unity Truth principles to everyday life. We will explore "conscious living," as in our mission to "inspire spiritual growth through conscious living." This means seeing and living from the temple or holy place within you, from the template of Christ consciousness as modeled by Jesus and other masters. We will pay attention to contemplative spiritual practices which enhance awareness of and access to Christ consciousness as it manifests in us and all created.

ONGOING CLASSES

Monday, November 11th, 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.

Friday, November 15th, 7:00pm

DRUMMING FOR UNITY

Facilitators: Ellen Schipul and Fed Goodnight

ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course in Miracles 7:00pm

Wednesdays – Melbourne LGBT AA 6:30pm

As One, we celebrate a spiritually awakened world www.unityofmelbourne.com

**The greatest
optical illusion
is separation**

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Andrea de Michaelis

On the Cover (page 31)

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

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



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

HORIZONS MAGAZINE is 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@gmail.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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HORIZONS MAGAZINE

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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

****Publisher's note:** We use many names for God, including The Universe, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use. [Andrea de Michaelis](#)



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

WELCOME TO THE NOVEMBER 2019 EDITION OF HORIZONS MAGAZINE. Last month was spent mostly lying around recuperating from a successful surgery. Glad to report I'm good as new! Everything went better than expected, the surgeon called my entire scenario "fortuitous." Something that had given me pain and hindered my mobility is fixed now. I'm still waiting to see how much will be covered by insurance, fingers crossed. My out of pocket may be less than \$3,000. Thanks everyone who donated!

WHEN IT RAINS, IT POURS

My experience is when I begin to "correct" and "fix" things, I begin seeing a lot more to correct and fix. As the first cool weather of the season came on, I realized my window screens are now officially shot. It's my own fault, I've let the cats come in and out thru torn screens and repaired them myself thru the years but they were a big lumpy mess. In recent years, there have been misquitos even when the temps are cool. I reached the point where I HAD to get them fixed before I could open all the windows for the cool season. I did a shout out on Facebook and one local friend responded. A week later

I had sturdy, tight and brand new clean screens for less than I expected to pay. Score!

I washed the windows while I had the screens out, so once they were back in, it was an entire NEW OUT LOOK. I could tell a giant difference, looking at them and looking THRU them. *I wonder what other obvious things I'm blind to that are just as easy and inexpensive a fix as the screens were? What else am I so used to that I don't really even see it anymore?*

OH, RIGHT, THE KITCHEN

A year ago I noticed some water damage behind the dishwasher. The left sink leaked so I figured it was related to that. This week I had to replace the 35 year old counters for water damage. Speaking of finding new things to correct and fix, I've also had to replace the sink! Yay! I can't gripe about what it costs, it needed to be done. That should fix the leak problem as well. Fingers crossed.

DON'T FORGET THE FLOOR

While we're in the kitchen, you can't miss the floor. Well, I WAS on a mission to find things to correct and fix. I did some peel and stick tiles in the kitchen, bathrooms and my rental in 2012 and they are a nightmare. They come up, they slide, I will never use them again. A friend had a length of vinyl flooring the perfect size and he installed it for me. My original counters were rust colored, the new are white. The old peel n stick tiles were dark brown, the new vinyl is white. It looks like a whole new kitchen. So while I've had a flurry of activity of dollars going OUT, it was all for necessary UPgrades, my body AND my home. I have no complaints whatsoever. Enjoy our offering this month.
Hari Om.

Andrea



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Reading gives us someplace to go when we have to stay where we are

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DISSOLVE THE HIDDEN BLOCKS THAT KEEP YOU STUCK

Mastin Kipp is founder of www.TheDailyLove.com (TDL), the Website, daily email and Twitter account that's merging pop culture with inspiration. He is the number one best-selling author of *Claim Your Power* and *Daily Love: growing Into Grace*. He has been featured on the Emmy Award show, *Super Soul Sunday*, and recognized as a "thought leader for the next generation" by Oprah Winfrey. Learn more at mastinkipp.com.

You Always Have a Choice Between What is Easy and What will Lead to Your Dreams. In every person's life, they will come to a hallway, perhaps many hallways where they will be presented with a simple choice. Will they take the first door on the left, the door that leads to ease, comfort, and safety?

Or will they take the second door, the door on the right that exposes them to danger at every corner but allows them to live their lives fully and completely?

When you take the first door, you make the decision to play safe to avoid doing the uncomfortable things that will drive you towards your dreams, and eventually, you become so bitter and jealous of other's success that you begin to sabotage yourself and your goals.

When you take door number two, you take a bold step into uncertainty. And it's terrifying. But it's also worth it.

WHAT'S REALLY GOING ON?

If you have found yourself stuck in a rut, unable to break free of the habits and tendencies that have kept your life where it is today, then you need to take a step back and ask yourself, "What's really going on?"

Peel back the layers of the onion and look beneath the surface. Maybe you are terrible at relationships and no matter how many beautiful women you bring into your life, they all seem to leave faster than they show up.

Are you really terrible at relationships or is there something in your past, some sort of unresolved trauma or experience that is causing you to subconsciously sabotage yourself?

Is there a deeper reason for the struggles that you are experiencing? A common one that I see with many men is the problem of laziness and procrastination. I know so many men who are powerful, excited and motivated about life, but when it comes time to actually go to work, they drag their feet and fail to accomplish even the most basic tasks.

Are they lazy? Maybe. But I think the real problem is that their subconscious is telling them that there is an incongruence. Maybe they are working a job they aren't passionate about, maybe they are in a business they don't really love, or selling a product they don't truly believe in. Whatever the case may be, you will never be able to fix your biggest problems until you understand the root of the problems themselves. What's really going on?

DON'T JUST USE YOUR PAIN... TRANSCEND IT

Your pain is a powerful motivating force, but it must be used for good. I see so many men who are burnt out and struggling simply because they've spent the past decade of their lives fueled by pain. Pain is often the spark that can start a fire in your life. But if you aren't careful, it can also be the fire that consumes and burns your life to the ground. Therefore, we must learn to transcend our pain and trauma. Use it to ignite the fire you need to make bold moves and step forward in life and then... Let it go.

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ABRAHAM-HICKS



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

ABRAHAM ON JEALOUSY

A feeling of jealousy is: something is activated within you -- an awareness of something that you want. But, in the awareness of what you want, what is activated -- from your perspective -- is the awareness of not having what you want.

Jealous is just an amplified awareness of something wanted, while you are standing in a place of believing that either you don't have it or you can't maintain it. It's that feeling that someone's gonna go away. The only thing that fills that void of insecurity is security. And what security is IS Alignment. And we don't want to hurt anyone's feelings, but your Alignment has NOTHING to do with your partner. Your Alignment is something that is YOURS. It is something that YOU achieve.

We know that sometimes others can behave in a way that, when you give your attention to their behavior, it can influence your Alignment. We get that. It is so wonderful to have someone hold you as their object of attention, someone who is Tuned In to the Source, holding you as their object of attention, and -- if you are in the vicinity -- you can feel the Alignment that comes from that.

But you're not wanting to need someone else to hold you in their attention in order for you to have Alignment. You're wanting Connection to that on your own. So, anytime you feel jealousy or any negative emotion, whether it's blame or guilt or anger or frustration or those that feel even more uncomfortable -- any time you feel negative emotion -- just say to yourself this one simple thing:

"This emotion that I am feeling right now is simply my indication that what I want and where I am are not at the same Vibrational frequency, and I intend to do something about THAT. And what I intend to do about it does NOT include my partner changing her behavior. What it includes is me focusing on only this -- eventually, now this is a big word, EVENTUALLY -- in a way that I can find Alignment."


ABRAHAM ON ALIGNMENT AND CONDITIONAL HAPPINESS:

GUEST: What I would like to hear from you is more about happiness and joy.



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ABRAHAM: DO IT! (...laughter...) In any way you can... Want it. Let it be your quest. Understand what it means. Understand what it is evidence of. Make it the highest of priorities. Recognize when you're doing it, and when you're not doing it. And when you're not doing it, go general. And when you are doing it, be more specific. If you're happy, the more specific you are... the happier you become. If you're unhappy, go more general because if you get more specific... the more unhappy you become. So, pretty simple, isn't it?

...continued on page 28...



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Herb Corner

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

NATURALLY SWEET HERBS

People have been craving sweet foods for ages intuitively this is done for the glucose that gives us energy. Looking at the labels in the supermarket you will find many hidden sugars like dextrose, fructose, corn syrup, lactase and maltose we have become a nation hooked on sweet, it's a tough habit to beat.

Over the years people have turned away from traditional refined sugars to avoid tooth decay and the empty calories with no nutritional value that over time can develop into diabetes. Yet with all the **artificial sweeteners** on the market we are still battling obesity and diabetes. These sweeteners are not natural to our body so we keep looking for what is lacking in the diet; they trick the body into believing it's getting its fuel but when it realizes that didn't happen you reach for more. Artificial sweeteners trick your hormones into releasing chemicals that make you want more shutting off the signals from your brain telling you, you are full so you eat more; one study found that people who use artificial sweeteners actually ate 3 times more than those who just ate sugar.

Once upon a time **honey** was what people used as an alternative to sugar; its sweetness is similar to sugar with less calories. You can cook with it, but it is harder to dissolve in cool beverages.

The leaves of the **Stevia** plant are much sweeter than sugar. It helps regulate blood sugars in diabetics and it helps to reduce oral bacteria helping to prevent tooth decay. The whole plant contains many different phyto-nutrients including vitamins, minerals and antioxidants. I like the whole green leaf better; it has less of a bitter after-taste than the refined powder. You can make a liquid sweetener by simmering the leaves until the water becomes dark, play with the amount you need because this gets very sweet.

Xylitol naturally comes from the birch tree or from fibrous vegetables and fruits or corn cobs. It acts as an insulin stabilizer; it alkalizes the body aiding the absorption of calcium helping to strengthen and repair your bones and enhances the formation of tooth enamel. **Xylitol** also prevents bacteria growth in your mouth helping prevent plaque and tooth decay and it helps cancer patients with dry mouth, oral thrush and yeast infections. In baking it is used just as you would sugar but with 40% fewer calories.

Other natural alternatives are **Cane Sugar** it cooks like sugar, but it doesn't affect your health as quickly. **Molasses** a by-product of Cane Sugar is high in iron, potassium and calcium; in cooking it works well in breads, cakes and cereals. **Agave**, a plant derived nectar with about the same number of calories as sugar but since it is sweeter you use less. It's a great sweetener for teas, smoothies, cakes, cookies, sauces and salad dressings.

With all these natural choices I don't believe we should be using artificial sweeteners that pose so many health risks.

THE POWER OF RESILIENCE IN TIMES OF EXTREMES



NYT best-selling author Gregg Braden is internationally renowned as a pioneer in bridging science, spirituality and the real world. Since 1986 Gregg has explored high mountain villages, remote monasteries and forgotten texts to merge their timeless secrets with the science of today. The following excerpt is taken from "Turning Point: Creating Resilience in a Time of Extremes" by Gregg Braden, published by Hay House. Visit www.greggbraden.com

If you've ever been on a journey of any kind, then you know the routine. To prepare for the trip, you first get an idea of where you're going. You check the weather conditions, study maps, and then pack what's needed to keep your routines alive while you're traveling.

The key here is that when you know where you're going, you know what to take. And when you find yourself going somewhere you've never been, you prepare for the unknown. It's this simple idea that's at the heart of this book.

OUR JOURNEY

We're all on a journey, and it's a big one. Our journey is leading us to a place no one has ever been. There are no travel guides or Internet trip advisors to tell us precisely what our destination looks like or exactly what we'll need when we get there. Rather than a temporary excursion to an exotic place that we can return from after a few days, what we hold are one-way tickets. This is a different kind of journey altogether. We're not just going to another location somewhere on Earth. We're going to another world hidden within our everyday lives—and it's the choices we're making today that are taking us there.

Together we're barreling down the fast lane of a superhighway that's crossing the boundaries of traditional beliefs, religions, and habits of the past. In doing so, we're also blowing right past the limits of what we thought was possible. These very experiences are our passports leading us to the new world that's emerging before our eyes.

OUR DESTINATION

I can't say for sure what our destination will look like. After the dust settles and we learn to adapt to our changing climate rather than trying to control it, after new and sustainable economies replace those that are fractured and failing today,



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after we embrace the technology that provides every bit of the energy we need without the devastating side effects of fossil fuels, I can only imagine what our lives and the world will be like. And when I do, *I see a better place for us all.*

I see a world where we've raised the standard of living for everyone, rather than lowering it for many in order to support only a few. I see a world where war is obsolete and using the threat of war to solve our problems no longer makes any sense. I see a world where our love of cooperation is greater than the fear that drives violent competition. And I see the shift in thinking that makes each of these things possible. To get to that shift, however, we must begin by recognizing the realities that we face and the promise that they hold. A good place to begin is by acknowledging the fact that we're living in a time of extremes.

A TIME OF EXTREMES

We're living in a time when we can expect big things to happen—big shifts in the world and big changes in our lives. And just to be clear, the extremes I'm talking about don't necessarily have to be considered bad things. It's just that they're big things, and they're happening in our lives as well as our world. While the reasons for the extremes will be explored in the upcoming chapters, the key here is that we're living a rare era of transition.

We're living the emergence of a new "normal," and the success of our transition hinges upon: (1) our willingness to acknowledge the shift, and (2) how we learn to adapt to it. Our globalized culture of jobs, money, markets, and resources means that it's now impossible to separate the extremes in the world from what they mean in our everyday lives.

The crisis of climate change is a perfect example of this connection; the record-setting droughts caused by shifts in global weather patterns translate directly into the higher prices we pay for food at our local markets. The extreme debt and failing economies on the other side of the planet translate directly into higher costs at the gas pump and higher ticket prices for the buses, trains, and taxis that take us to work each day. Because of these and other extremes, business loans have become scarce, and the interest we're being paid on our savings and retirement accounts is at a record low. The global slowdown of industry translates directly into the loss of jobs and benefits in our local communities.

These are the kinds of extremes in the world that are creating big changes in our lives. Among the many uncertainties

...continued on page 26...



THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; Angels & Gemstone Guardians Cards, and many more. Margaret Ann is an evolutionary aromatherapist, the creator of Smudge in Spray, and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

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Turn to the **Angel of Comfort** when you feel inconsolable. Imagine you are telling this angel all that is on your mind. Hold a piece of **chrysoprase** to bring forth a sense of being cared for, loved, and appreciated as you inhale the **lavender** essential oil and imagine you are asking this angel for help. Give the **Angel of Comfort** permission to help you to feel the support you need so you can release emotions and feelings that are causing discomfort and grief.

Chrysoprase is a heart chakra stone. With this stone in hand, open your heart to give love and, even more important, to let yourself receive love. **Chrysoprase** heightens your compas-

sion for yourself when you realize that your repetitive thoughts are attracting unwanted situations. With this stone in hand, you can consciously decide to have the courage and confidence to allow love into your life. Give the **Angel of Comfort** permission to help you to feel the support you need so you can release emotions and feelings that are causing discomfort and grief.

Repeat this affirmation to help you to make the shift:
I feel at ease. My friends and family are supportive and encouraging. Everything I need or want is always available to me. I am comforted and allow balance to return to my life. Uplifting vibes are available to me always. Nurturing energy surrounds me, bringing my emotional body into alignment. I attract inner peace and comfort every day in many ways.



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SETH SPEAKS

"You are meant to look at your physical condition - to compare it against what you want and what is good - and change the inner self accordingly. Any evils in the world are symptoms of your own inner disorders and are meant to lead you to cure them. Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. www.sethlearningcenter.org

SETH ON DARWIN AND THE THEORY OF EVOLUTION:

QUESTION: Is evolution, as it is commonly thought of, a fact or something greatly distorted?

SETH had this to say about Charles Darwin and his theory of evolution: He spent his last years proving it, and yet it has no real validity. It has a validity within very limited perspectives only; for consciousness does, indeed, evolve form. Form does not evolve consciousness. All consciousness does, indeed, exist at once, and therefore it did not evolve in those terms. It is according to when you come into the picture, and what you choose to observe, and what part of the play you decide to observe.

It is more the other way around, in that evolved consciousness forms itself into many different patterns and rains down on reality. Consciousness did not come from atoms and molecules scattered by chance through the universe, or scattered by chance through many universes. Consciousness did not arrive because inert matter suddenly soared into activity and song. The consciousness existed first, and evolved the form into which it then began to manifest itself.

Now, if you had been paying attention to what I have been saying about the simultaneous nature of time and existence, then you would know that the theory of evolution is as beautiful a tale as the theory of biblical creation. Both are quite handy, and both are methods of telling stories, and both might seem to agree within their own systems, and yet, in larger respects they cannot be realities...

No - no form of matter, however potent, will be self-evolved into consciousness, no matter what other bits of matter are added to it. Without the consciousness, the matter would not be there in the universe, floating around, waiting for another component to give it reality, consciousness, existence, or song."

QUESTION "Every bit of matter already has consciousness?"

SETH: Indeed, and the consciousness came first. You are quite correct. I thank you for bringing up the matter. There are many ways of bringing up matter. At the risk of really repeating myself, let me state that time as you know it does not exist basically and that all creations are simultaneous.

From Jane Roberts, 'Seth Speaks', Session 582, Chapter 20 - Q and A




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FROM THE HEART



Alan Cohen is the bestselling author of *A Course in Miracles Made Easy*. Join Alan and musician Karen Drucker in Hawaii, December 1-6, for an extraordinary retreat, "A Course in Miracles: the Easy Path." For more information about this program, Alan's Holistic Life Coach Training beginning January 1, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

TO BOLDLY GO

On March 9, 2015, pilot Andre Borschberg lifted his experimental aircraft Solar Impulse 2 from the Abu Dhabi runway. His bold plan: to fly a fully solar-powered airplane around the entire globe without using a drop of fossil fuel. In the stirring documentary *The Impossible Flight*, we ride the roller coaster of challenges and triumphs that characterized *Solar Impulse 2*'s epic journey. While the inventors planned to make the trip in twelve legs at an airspeed of 45 miles per hour, the fragile craft was continually thwarted by rough weather and equipment malfunctions.

The toughest moment came when the lightweight vessel was set to fly its longest leg over the **Pacific Ocean** from **Japan** to **Hawaii**—a grueling 5-day trek through adverse weather systems. The pilot had to sit in a fixed position for almost the entire trip, with the exception of occasional 20-minute power naps. As the flight neared the midway point of no return, the team's on-ground meteorologists and engineers sadly concluded that the weather ahead was too dangerous, and feverishly urged the pilot to turn back. But the pilot refused. "*I have a very good feeling we can do it,*" he replied, and pressed on. After two more harrowing days threading the needle between storms, **Borschberg** landed safely in **Honolulu**. *SI2* later went on to return to its starting point, 504 days after its departure.

Two different people live in your mind: One is an engineer calculating odds and risks according to known science. The other is the voice of passion, intention, and spirit, prone to take leaps of faith beyond known science. Both are important. Science helps us understand and maneuver the world we know. Our sense of vision and adventure propels us to go beyond the world we know, into more exciting dimensions. The engineer measures probabilities. The spirit is motivated by possibilities. We must honor the engineers who designed that brilliant

aircraft that could break records; but if it were up to the engineers alone, the airplane would have turned back and the records would not have been broken. Something within the pilot said, "*I can and I will,*" which ultimately achieved the goal.

The journey to success is like a train ride powered by a steam engine. The tracks guide the train to its chosen destination. The steam propels the train forward. The tracks represent the earthy calculations to stay goal-focused. The steam is the passion to reach the goal. If you have tracks but no steam, the train will not get anywhere. If you have steam but no tracks, the train will bounce around helter-skelter and crash or do damage. To reach your goal, you need steam and tracks.

It is said, "the purpose of life is not to arrive safely at death." Some people spend their lives playing it safe, never launching out into new, exciting, and possibly dangerous territory. In the process they squash and lose their passion; each year they become a little less alive. **Benjamin Franklin** said, "Most people die at age 25, but they are not buried until age 75."

Franklin was one of a small group of people who founded a nation on the radical idea that citizens could make choices for themselves rather than letting a monarch control their lives. While we now take democracy for granted, at that time every country was ruled by a king, emperor, or czar. It took a huge leap of faith to establish the first modern democracy. The founding fathers considered their project a great experiment. They had the courage to boldly go.

Thomas Jefferson penned the first draft of the **Declaration of Independence** when he was just 30 years of age. He could have said, "*I'm too young, too inexperienced. This project is bigger than me.*" But the vision of a free nation was greater than his personal doubts. He pushed on, and initiated one of the most important documents in human history.

When the **Wright Brothers** flew the first airplane at **Kitty Hawk** in 1904, the distance of that flight was shorter than the wingspan of a modern 747 jumbo jet. If you had told anyone that year that a man would walk on the moon only 65 years later, less than one lifetime, you would have been called crazy. But passion moves people to do things that reason would never approve.

At this moment you have a vision to do something you have never done before. You have a book, song, relationship, seminar, or business calling to you from your womb of creativity. A voice within you shouts, "*You can and must do this!*" while another chides, "*Turn back before it's too late.*" When making your choice, you stand at the same midway point where the pilot of *Solar Impulse 2* found himself in that historic journey. That project encountered tremendous adversity, but its innovators persevered until the dream became a reality.

So will you persevere until you fulfill your destiny. Somehow, some when, you will look back on your adventure and recognize it was spirit-guided. At that point the engineer and the visionary within you will give each other an exuberant high-five and congratulate each other, "*Well done!*"

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ASK WHITEDOVE



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DEAR WHITEDOVE, I've been considering leaving my relationship. This guy I met seemed like a broken puppy but now I feel that it was an act of manipulation. Everything is all about him, when it's not, there's his wrath. He never tells the truth, only when he wants something is he nice, he takes advantage at every turn. I feel that I've made a huge mistake.

DEAREST, Whether you are in a love relationship or a platonic one there are important warning signs to determine if you are in an unhealthy relationship. When one constantly creates chaos and conflict, goodness does not reside in their heart. When deception lies, and twisted stories outweigh truth, this is a sign of falseness.

When users take advantage of the kindhearted and leverage constant control this utter exploitation. When they use flattery to soften you up to get their way - this is manipulation masked as love. When a person can never say a genuine "I'm sorry" or gracious "Thank you" this is a sign of a narcissist. These are big red flags.

You stepped into this relationship to be good, kind, loving and helpful. In return you have a person who is quick to anger and becomes abusive, verbally, or physically. My advice is to get out as fast as you can. You can not heal someone that does not see the error of their misdeeds. If you stay, you are only enabling his behavior at the detriment to yourself. Now is the time to practice self-love and remove this energy vampire from your life. If not, there will only be more of the same.

DEAR WHITEDOVE, The other day there were three psychics on a radio show, they were all asked the same question about the future but they each answered entirely differently. Why would this be?

DEAREST, Comparing psychic-mediums is like trying to compare doctors or lawyers with different perspectives. This is true with any profession; there are some experts that are just satisfactory, a few that are excellent at what they do, there are specialists that excel in one area, but then there are quacks and frauds, too. Everyone is at a different education level.

...continued on page 26...



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Throughout childhood, we've thought of healing as a means to fix and cure. Our culture teaches us that healing happens as a reaction to illness or something to do only when we're sick.

Most traditional methods are about fighting and conquering illness and disease. However, the fundamental flaw in these approaches is that they consider healing static and not a continual process.

Healing is a dynamic function of the way we choose to live our lives every day. Genuine healing is a state of being at peace with ourselves and our lives. There is a saying that "a person is alive, but not really living."

Traditional healing is about keeping the physical body alive. The healing I am referring to is about creating a life worth living and exploring your true potential of health. It all begins with having a connection and a positive relationship with your future.

Genuine healing occurs when we harmonize all four levels of our being: Physical, emotional, mental, and spiritual. When we equally value and support these four levels, wholeness and health occur. Abundant energy and health is our natural state of being. Every moment of the day, we are either moving toward healing and wholeness, or we are choosing illness and dis-ease. We'll examine these four levels, and you can evaluate your own state of healing and begin to make changes toward a more fulfilling life.



THE FOUR LEVELS OF HEALING

1. THE PHYSICAL LEVEL

The first level of healing begins with the physical body. We can easily identify with it. Unfortunately, many people use it as their only barometer of whether they are healthy or not. Being conscious and making choices to care for your body is the first step. The most important is nutrient and diet. Collectively the American diet has become a cesspool for illness and disease. Our society is overfed and malnourished. It's imperative to learn about proper nutrition to provide your body with everything it needs to create health.

How do you relate to your body? What do you do to nurture your body and give it what it needs to be in harmony with your lifestyle?

Feed your body every day with:

- Abundant quantities of fresh oxygen to breathe.
- Living foods that have life-force energy, such as fruits and vegetables.
- Exposure to sunlight in small periodic doses throughout the day.
- Exercise for stamina and energy and to prevent stagnation.

2. THE EMOTIONAL LEVEL

The second level of healing is about the emotional body. The core of many health problems comes from not questioning what society has taught us. We've been taught to hide our feelings rather than expressing and releasing them. In childhood, we learned to separate and divide our feelings into categories of good and bad emotions. The socially acceptable emotions are the ones we have deemed worthy of expressing.

On the other hand, the emotions that are deemed unacceptable, we tend to repress and ignore. Redefining what constitutes a positive emotion versus a negative one is a way to begin healing the second level of our being. When we discover that our relationship to our feelings is what determines their positive or negative influence on our lives, then genuine healing is underway.

...continued on page 29

ABRAHAM FUN



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

PRICKLY PEOPLE

Perhaps I regularly encounter someone who isn't exactly a load-of-laughs. Maybe that person is a whiner, complainer, or blamer. Maybe he or she snarls and snaps at the slightest provocation and spews forth criticism and ridicule. Maybe I actually detest that person.

While it's usually fruitless to try to change prickly people, it's worth every bit of effort to soften the way I react to them. For when I react with negative emotion to a "prickly" or to any of life's circumstances for that matter, I impair my connection to Source - my lifeline to all the good I seek.

So, the drill is to find a way to feel better about pricklies. I can tell myself, "They're hurting inside and that's why they act that way," or "That's their stuff. I don't need to let it affect me," or "Old Faithful is about to spout off again. What else is new?"

As I gradually lessen my internal reaction to pricklies, they will change the way they interact with me or they will no longer show up in my experience. It is my negative reactions that keep drawing unpleasant people and situations to me. Always.

As I see people in a different light, I'll notice a nice, new side of them or else I'll see their backside as they exit my life.

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1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

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HOW I LEARN FROM CRUEL WORDS & HARMFUL ACTIONS

Matt Kahn is the author of the best-selling book *Whatever Arises, Love That* and *Everything is Here to Help You*. He is a spiritual teacher, and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His nine million True Divine Nature YouTube channel viewers are finding the support they seek to feel more loved, awakened, and opened to the greatest possibilities in life through the invitation to join the "Love Revolution That Begins with You." See mattkahn.org.

The universe has spoken. Here's what it said. May all hearts be blessed:

Every person's actions is either a reflection of what you are being invited to do more frequently or less often, in order to cultivate the light of your highest and most integrated frequency.

Your emotional body is equipped with a feedback system of feelings to help you discern which choices to embrace or discard based on how supportive or disempowering they feel.

The overlooking of what value other people's actions reflect to you suggests a belief in judgment. A judgment is how you acknowledge who you are refusing to learn from.

If someone acts in a way that feels cruel, unsupportive, hostile, or harmful, it doesn't mean you are currently being unsupportive or harmful toward yourself. Instead, life is asking you to contemplate: *"how can I learn from the cruel words or harmful actions of this person by being even more kind and supportive toward myself than ever before?"*

Because consciousness is the ever-expanding wisdom of light, the reflection of other people's conduct never suggests what you are doing wrong, but helping you pinpoint what more you can do right.

From this position of clear seeing, it's impossible to judge someone you are open to learning from. As you take the time to make your positive choices more powerful than the unprocessed pain others may project, through the law of One, you simultaneously elevate your frequency and accelerate their souls evolution in absolute accordance with divine will.

As always, such growth can occur without agreeing to live in toxic environments or perpetuate the cycle of abusive relationships.

Perhaps the first step is releasing the tendency to judge others or blame yourself for how and why people act the way they do. In order for this to occur, you must dare to learn from those who lead by the opposite example of reactivity; boldly becoming more of the light within yourself that others suppress, hide from, and overlook.

Shine your light, love warriors. Our time has come.



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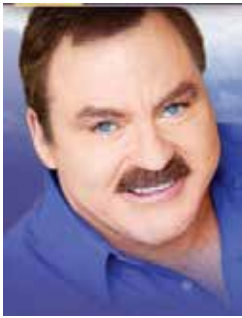
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TRUST YOUR INTUITION

James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

Psychic medium James Van Praagh describes the incredible life that's in store for you when you trust your intuition.

Choices always come with consequences. We have to accept the realization that ours may create situations that we never expected. Sometimes when we make a choice from a place of love, the universe will test our commitment to our decision.

You may find that after the choice, unforeseen events occur that can make you question yourself. You begin to rationalize: *What if I had done this? What if I had done that?* This might not have happened. It is in this panic-stricken environment that commitment to the path you've chosen for yourself is tested. This commitment can be to anything: health, abundance, relationships...you name it. You must trust your intuition, your soul's knowingness.

Intuition is your guide to help you make the correct choices in life. If it doesn't feel right, then it isn't.

When you make a conscious choice to base your decisions on love, there is a major freedom that also comes with that. There's no more second-guessing or doubt. Yes, there will always be circumstances or events going on that you can do nothing about. Other souls have free will, and you have no control over that. You know, life happens.

But if you stay mindful of your own actions and become consciously aware that your power lies in this present moment, you'll get so much more out of life than merely existing. You'll begin to not take things for granted. You'll quickly see the little elements of life that bring sincere happiness and joy. The little annoyances that seemed so important and flavored with drama won't be as prominent. There will be times when you won't be as prominent. There will be times when you question yourself and overanalyze, but if you stay clear and honest with respect to your intention, you'll eventually begin to transcend your doubts and enter a state of "inner peace." Your soul's voice becomes clearer.

This is truly how the soul is meant to survive in this world. It is absolutely possible to practice mindfulness in every aspect of your life—at home, at work, and in relationships. You are an energetic being, and if you vibrate with the energy of love, then you are in sync with your true essence.

Michelangelo is quoted as saying that he saw David in the block of marble and carved until he set him free. So, too, can we carve away at all that is not us. That is our challenge: to chip away at all the expectations and demands of the physical dimension, to reveal our real selves—beings of love that honor and acknowledge our true mission.

Intuition is your guide to help you make the correct choices in life. If it doesn't feel right, then it isn't. You'll also have physical cues to help you—goose bumps, gut feelings, and a heavy heart are all physical manifestations of your inner voice. I learned many years ago when I was developing my intuition to pay close attention to how my body feels, because it will always tell me what is right for me.

When these physical manifestations happen to you, recognize, acknowledge, and remember the sensation. That is the feeling that you want to have with each choice, situation, and event that presents itself on your path. That is your soul's GPS, and it will tell you the right turns and wrong turns that you're making, if you're listening.

Excerpted from *Adventures of the Soul: Journeys Through the Physical and Spiritual Dimensions* by James Van Praagh. Copyright ©2014 by James Van Praagh.



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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

Sometimes people invite us into a drama that is of value to us- we have something to learn in the heart of it. But sometimes it is of no value to us- someone wants to live out their stuff, someone wants a wound-mate to join them in their trigger-fest.

Drama loves company. And if we grew up with chaos, we may jump in without realizing that boundaries were possible. Old drama habits die hard. We recreate what we know best.

But we do have a choice- we really do. We can tell them to live it out somewhere else. We can establish a boundary. We can choose peace. Developing your "no drama" muscle may well save your life. A drama-based lifestyle drains the adrenals and invites disease. It becomes a self-fulfilling prophecy that keeps returning. It prevents us from expanding into the next truth on our path. Best to draw a line in the sand and refuse the invitation...

The way you break toxic ancestral patterns is not by running away from them. It's by walking back in their direction. Not because you want to keep repeating them, but because you recognize that the only way to truly shift them is to see them up close and heal them at their roots. It's okay to run from them for a time, but not for all time. Because the flight from what lives inside of you, merely delays your arrival.

You think you are on the way to somewhere else, but the plane keeps circling your childhood home. It can't navigate a new flight path, until you return back to where you came from, and heal its broken wings. You can't really run away from home. Because you bring it with you everywhere you go. There can definitely be value in escaping to another geography -- to protect yourself, to breathe, to get perspective -- but you will still have to go back down the path and reclaim your childhood. Because it is still alive in you, still dictating your relational patterns, still controlling your choices. It must be owned. It must be confronted. It must be healed. And until it is, it's still the place you live."

	<p>Rev. Andy Conyer</p> 
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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>

You chose to be who you now are, you came here to thrive, the odds always seem steep, still, the game is rigged in your favor, you knew what you were doing, your demons aren't real, fear was part of the deal, love is all you need, you're never alone, thoughts become things... and you still look absolutely amazing in jeans.

**Beaming,
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ASK WHITEDOVE

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The field of metaphysics is no exception; it seems that everyone wants to be a professional Medium. Most psychics are not qualified because they have not honed their skills through years of daily devotion to prayer (Talking to Spirit), meditation (Listening to Spirit) and eventually walking between worlds. Authentic Spiritual Mediums build a relationship with “God the Creator” or some prefer to say “The Universal Consciousness” and their “Unseen Support Team” to glean information from the highest sources. Whereas a psychic tunes into energy fields and thus relays limited information.

With that said, looking into the future is tricky and prophecy is a very rare gift. The sands of time are always shifting. When I look into the future there are different scenarios at work, I look for the most probable future because nothing is written in stone. As the consciousness of man sways, so do outcomes. That is why it is so important for each of us to stay in a positive frame of mind ...because we create our future with our thoughts, our intent and our actions. When the mass consciousness turns to fear, there is a tipping point which leads to creating negative outcomes.

I am an optimist, I pray for a bright future, I visualize it, I focus on it, my intentions are pure and my actions work toward a positive future timeline. This is what I teach - How to consciously create your future. Predicting the future is forecasting, since ancient times true Seers and Prophets do their best although you must recognize the fact that mankind's Free-Will is the ultimate decider of what will be. I hope this helps to give you an understanding.



THE SPARK OF INNER KNOWING

...continued from page 11



they bring, though, there's one thing that we can know with absolute certainty: our lives are changing in ways that we're not prepared for, at a speed that we've never known.

THE KEY

I'm an optimist by nature. I see real reasons for optimism in our lives. At the same time I'm also a realist. I am under no illusions when it comes to the huge amount of work that it's taking to give birth to the new world that lies before us. Our ability to successfully meet the challenges that are converging in our lives begins by our acknowledging what may be the most obvious yet difficult question we could ask of ourselves: How can we deal with the issues if we're not honest about the issues?

Our willingness to acknowledge the magnitude of this simple question is the key to developing more resilience in our time of extremes.

EVERYONE IS ON THE JOURNEY

A big difference between trips that we may have taken in the past and the big journey that we're on now is that today we don't get to pick our traveling companions. The reason is simple: Everyone on **Earth** is on our journey. No one can be left behind. Our world today is so deeply interconnected on so many levels that it's impossible for the transformation that's emerging in one part not to show up in other places as well. I've seen this firsthand in my travels to some of the most remote and isolated places remaining in the world—like **Tibet**, for example.

In **2005**, following a number of previous pilgrimages to the monasteries of the **Tibetan Plateau**, I saw for the first time the eerie glow of cell phones illuminating the dark recesses of centuries-old buildings as the pockets under the robes of monks and nuns lit up. For the people living in these secluded monasteries, their former world of isolation is now on a path of connectivity. The change that this path carries is a promise that their traditions will never be same.

A CRISIS IN THINKING

We don't need to go to **Tibet**, however, to see the evidence of how dramatically the world is shifting. Change is reflected everywhere, both in the ways in which the world works, as well as in the ways things no longer work. The era of an oil-based economy, for example, is giving way to a new economy based upon forms of energy that are cleaner and more sustainable. The centralized production of our food

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THE SPARK OF INNER KNOWING

...continued from page 26

from corporate farms half a world away is giving way to the healthy and sustainable production from small farms that invigorate local economies. The practice of creating wealth from industries that destroy our planet is giving way to socially responsible models of investing.

And as the world of the past slips away and the new one emerges, the clash of new against the old highlights another, even greater crisis, one that we all face, yet which we'll probably never read about or hear discussed in the popular media. It's a silent crisis that's like a big elephant in the room—something that everyone sees yet no one acknowledges.

Arguably the greatest crisis that we face in our time of extremes is a crisis in thinking. And our thinking is the very key to the way we deal with the needs of the emerging world. You and I are being tasked with something that's never been done. We're being challenged to radically shift the way in which we think of ourselves and our relationship to the world, and to do so faster than any generation in history has ever done before. Our willingness to think differently about ourselves and the world will be the key to the success of our journey. And while it's definitely a big journey that we're on, it's also a short trip, because the world we're traveling to is already here. It's with us right now.

WE HAVE THE SOLUTIONS

Fortunately for us, the technology to solve the biggest challenges we face has already been discovered. The biggest problems we could ever imagine are already solved. The advanced principles are already understood. They all exist in this moment, right here, right now, and are at our fingertips. All that stands between us and the new world—where energy comes from clean, abundant sources and is accessible to every member of our global family; where clean, healthy food is plentiful and accessible to every mouth on the planet; where every human is able to obtain the basic necessities to live a comfortable, meaningful life—is the thinking that makes room in our lives for what already exists in the world.

Are we willing to embrace the thinking that makes such possibilities a priority? Will we allow the science that reveals the deepest truths about our relationship to ourselves, one another, and the earth to become the passport for our journey?

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DISSOLVE THE HIDDEN BLOCKS THAT KEEP YOU STUCK

...continued from page 8...

Come to terms with your pain, let go of your suffering, and forgive whoever and whatever hurt you. Pain is a powerful ally. But it can be an even more powerful enemy.

START WITH WHAT YOU HAVE WHERE YOU ARE

If you are broke, struggling, and depressed, then this is one of the most powerful pieces of advice that you will ever hear. You cannot win the marathon that is life until you start running. And the only way to start running this race is to start where you are with what you have.

You might be living in a 400 square foot apartment with no running water and \$50,000 in debt. Great. Start where you are with what you have. You might be living a great life but you know that you can do better if you just knew how. Great. Start where you are with what you have.

There is no better time to start moving towards your dreams than today. No matter what you have or don't have. No matter what you lack or need. Start where you are with what you have.

YOUR PURPOSE IS BASED ON AN EMOTIONAL STATE AND NOTHING ELSE

I often hear guys who will tell me that they are unsure of their purpose in life. But what's funny to me is that no one seems to have agreed upon what purpose actually means. In the same way that 30 different people can all believe in "God" but they all have wildly definitions of who/what "God" is, thousands of you reading this will all have different definitions of what purpose is and how you pursue it.

But here's the thing. Purpose is extremely simple. Your purpose is nothing more than an emotional state that matters to you and your ability to express and cultivate that emotional state. Purpose is the feeling that you get when you are acting in a way that is congruent with what you want.

Purpose is the emotion that you feel when you are expressing yourself at the highest level. Purpose is a fluid emotional state that can change and shift on a daily basis. So stop worrying about finding your purpose and realize that it's your responsibility to cultivate your purpose.

Influential Books

1. Energy Anatomy by Caroline Myss
2. Traction by Gino Wickman
3. Scaling Up by Verne Harnish
4. Tell Me No Lies by Ellyn Bader



ABRAHAM-HICKS

...continued from page 9...

GUEST: Yeah, and most people are doing it based ON something.

ABRAHAM: Well. We've been talking that, haven't we? That's conditional happiness. We find no reason to freak out about that. Of course, you're going to respond to lovely things. And the more lovely things you have in your life, the better you feel. We just don't want you to need something in every moment tone present to you for your reason to react.

We want you to be ready for it. In other words, we want you to practice it when it's slower. Find the "happy vibe" earlier in the day... when you've trained yourself to be a responder to conditions, now you've got to control the conditions... Then there is a dipping in the way you feel because you have made the correlation between controlling this circumstance or this experience and then having an emotional response to it. And there is a trap in that...

Every single thing you want, every condition you seek to change... whether it is the condition of more money, or the condition of a better relationship, or the condition of a different circumstance... every single thing that you want is because you believe that in the having of that improved condition, you will feel better. And we want you to leave this voyage knowing that you can feel better ANYWAY. You can feel better because you WANT to. You can feel better because you CHOOSE to. And, if you can get out ahead of that, then you've got it made...

It is your birthright to feel good. It is natural that you do... It is natural for you to feel good... It is natural for you to be joyful. And if you're not feeling joyful, it's because you've trained yourself - by your observation of something - away from the vibration that your Source is holding.

And the thing that we so want you to hear - this is the piece that will make it the most easy for you - if you can accept that you are vibrational, and that your Inner Being is too, and if you can accept that you have these two vibrational perspectives going on at all times... the perspective of the Source within you and the perspective of whatever you're looking at right here and now... and that your emotions are - singularly - the only thing that your emotions ever, ever, ever, ever are... they are indications of the agreement or difference in the perspective between you right here right now this red-hot minute and the Source within you right here right now this red-hot minute... which brings you to an awareness that we think you should find ASTONISHING...

And that is that your Inner Being is with you right here right now this red-hot minute, thinking with you about that... and about that... and about that... and about that... knowing what your Inner Being has come to know, having synthesized all the goodness from all those lifetimes, and knowing the best of the best of the best of all of it... that pure vibration, having worked the resistance out of the details of life... over and over and over again...

Until your Inner Being stands in Pure Love, in Pure Knowing, in Pure Worthiness, in Pure Mind... non-resistant... thinking with that Pure Mind... about the very thing that you're focused on right now... and your emotions being the meter or the indicator of how the variance is between the love that Source has... and the less than that... that you might have... or the confidence that Source has.. and the less of that... that you might have... or the awareness that Source has... or the less of that... that you might have...

So, when you start looking for love in all the right places, instead of all the wrong places... When you stop trying or needing to control the circumstances, or the opinions of others, or the awareness of others, or the practice of others, or the alignment of others, or the experience of others... When the condition is irrelevant, and the only thing that is relevant is your relationship with that knowing, with that clarity, with that love... then, when you tend to that first, and then... find alignment first, and then... find the joy, and then... Now, the conditions will brighten, they will brighten...

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HEALING: A RETURN TO BALANCE AND WHOLENESS

...continued from page 16

Creating a positive relationship to our emotional nature is about our willingness to feel and express our emotions honestly and then to release and let them go. Whether it's anger, hurt, love, or joy. Likewise, any emotion we refuse to feel, we must deny, and it becomes repressed. Its energy is then stored in our body and our subconscious mind. The relationship between denial and repression becomes negative and eventually destructive to our health. The way we relate to emotions determines their alignment in our lives.

Love can be a negative emotion if we refuse to feel and express it. It can clog the heart and actually cause heart attacks. Love on an emotional level is energy. When we refuse to let energy flow, it backs up and can cause physical disease. Anger can be an extremely positive energy in your life. Anger that we feel honestly, express responsibly and release, can be the key to creating changes in our lives. Anger holds the energy of our willpower. When we are in touch with our anger, and we use it constructively, we can discover the renewal of our personal will power.

Unresolved emotions are the number one reason why people prevent themselves from experiencing good health. I think the most important lesson I've learned concerning my emotions is that dealing with them isn't a choice. I will deal with my anger and my hurt one way or another. But my choice is how I am going to deal with the anger. Will it be emotionally by feeling, expressing, and releasing it? Or, by dealing with ill health and a system that doesn't have a cure for the disease that repressed anger can eventually produce.

Repression only buys time before we have to deal with the feeling. The price we pay is reflected through our health via an array of illnesses and diseases that are the physical expression of an emotion that we refuse to feel. The real question is "How will I express anger, emotionally or physically?"

Many of us have become experts at repressing and denying their emotions, and they argue that they can't feel them. That becomes the problem. It's not a question of whether we have anger or hurt; as human beings, we do. The question becomes, are we going to live a healthy lifestyle by feeling emotions and clearing them out regularly? Honoring our emotional nature is about knowing that from time to time, we may feel anger, and it's okay to deal with anger as an emotion. We need to give ourselves permission to feel our emotions. It may take some practice, but it will ultimately lead to a healthy expression of our authentic selves.

3. THE MENTAL LEVEL

There are many different expressions of health on a mental level, but it boils down to a personal choice of valuing our imagination and the power of our thinking. Your consciousness is comprised of imagination and intuition, attitudes and beliefs, thoughts and feelings, and choices and decisions.

When we deny our thinking and imagination, we are out of alignment with our power. Thus, dis-ease is on a mental level of expression. As healthy individuals, we honor the thinking process and understand the influence of thoughts and beliefs. We also know that the way to change thoughts and beliefs is through the utilization of our imagination. We value the sacred relationship with our imagination.

Unhealthy individuals believe that the imagination doesn't matter. "It's just your imagination." When we engage our imagination and visualize the healthy expression of our future selves, we will create the blueprint for change. The future creates the present moment, not your past. A way to establish a healthy reality is to start by changing the image of ourselves and visualizing what we want in our future versus what we don't want.

4. THE SPIRITUAL LEVEL

The last and most important level of healing is our relationship with our spiritual nature. Depending upon how mature our relationship to the Divine is, becomes the foundation through which we can establish permanent healing and the activation of our life-force. Spirituality is the way we live our lives. It is not a ritual we do on Sunday, and it's not a book with rules and regulations. Spirituality is our relationship with ourselves, our family, and friends and the world at large.

When we honor our relationship with God-Goddess as mature, responsible adults, we begin to recognize that our free-will to choose to love God-Goddess is about choosing to love ourselves and our lives.

Healing is about loving ourselves enough to:

- Nurture our bodies and honor the temple of our Soul and Spirit.
- Express our nature by honoring our feelings and handling them appropriately.
- Value the power of our mind as the key to changing our destiny and future.
- Know that spirituality is about choosing to love ourselves and others or not.
- Ask God for the healing and inner strength needed to reach our potential.
- Remembering that God-Goddess isn't separate from the physical world.

Creating heaven on earth is about sensing God-Goddess within everything. Only then will wholeness, health, and healing become as natural as breathing. Healing becomes the way we live our lives, not just a temporary cure to extend life!



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 2019

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 19) The Universe is calling you to monetize your brilliant idea. Take stock of what you're very, very good at, and take that step you've been thinking about. If you're planning a business launch, Friday, Nov 8th is a day that promises speedy and positive growth. Overall focus on what you're good at and seek to craft more ease and flow into your life.

Taurus – (April 20 – May 20) If you're single, take heed because this month is one that can send your heartstrings singing a new song of joy and peace. Regardless of your relationship status, the core of what's happening is that you are coming into a new depth of self-love. November puts you in the driver's seat. Accept your role as an icon. People are looking up to you now, don't let them down.

Gemini – (May 21 – June 20) If you're feeling weary, take heart. It's all about refinement and seeing things in new light. There is theme of endings this month, so allow the things that have ripened and served their duty to drop from your tree of life. Your weariness comes from confusion, and your answers arrive by month's end. Mercury retrograde until Nov 20th keeps you guessing, so go with the flow and enjoy the ride.

Cancer – (June 21 – July 21) Karma with your family is the gift and/or burden of your sign, Cancer. You probably know all about it, right? I mention this because it's looking like a new round of family concerns are moving into the forefront. This is not a good time to commit to long term legal decisions; if you must, think on a short-term basis. Trust your instincts. Remember what you learned in the past, and apply it to this new situation.

Leo – (July 22 – August 22) November is an excellent month for your financial picture, Leo! With both Venus and Jupiter in your fellow fire sign of Sagittarius, things should come together in just the way you like it. Work and career actually offer a reprieve from responsibilities at home now. It's an exciting month but you'll have to claim your place among the stars to really receive all of the benefits coming your way.

Virgo – (August 23 – September 22) It's your time to focus on the big picture of your life; think about plans and goals for the New Year ahead. Saturn and Pluto have made things tough, but they are also urging you to figure out a way to have more fun! When you know where you're going, you'll arrive sooner and with fewer distractions. Also be aware of people who drain you. They're called energy vampires, and you know what they do.



Libra – (Sept 23 – Oct 21) Remain open to all possibilities; you may have to think outside the box in order to see the best solution. Mercury retrograde impacts your 2nd house of money until Nov 20, so keep your options open at least until the end of the month. Wait for the feeling you get when you know deep inside you have made the right decision. Don't be misled or fooled by an imposter - you want and need the real deal.

Scorpio – (Oct 22 – Nov 21) Chances are you've gotten too intense. You should be feeling more confident, safe, and secure than ever before. If you're single and looking for a relationship this is the right month to get out and about. Remember that Mercury is retrograde in your sign until the 20th. This is a caution to not fall back into old patterns and traps, or even relationships. Take the best of what you've had before and make something new.

Sagittarius – (Nov 22– Dec 20) Be kind to yourself and others. Pay attention; the Universe speaks in symbolic language and you can be sure that it's working overtime to be sure you get the messages now. It's likely that people from your past will show up, or you'll find a message housed inside an old book. There is a quality of fated meetings swirling about you - know that these messengers have something very important to convey. It's about your happiness.

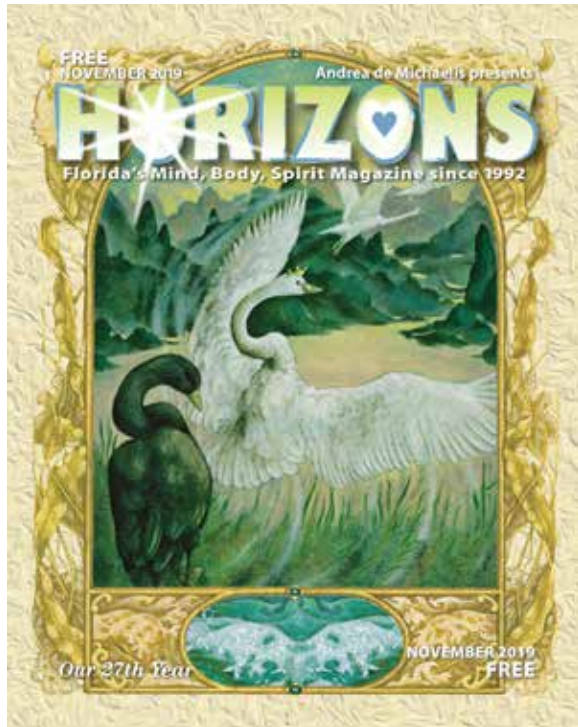
Capricorn – (December 21 – January 19) You've been working really hard and now it's time to enjoy the fruits of your labor. Mountains or ocean - what is your pleasure? Time spent in fun will actually give you more drive when it's time to buckle down again to your normal tasks. But for now - give yourself and family members the treat of your laugh and smile. Pay special attention to your dreams this month; they hold the keys to even more creative ideas. It's not often that the Universe is calling you to enjoy your life.

Aquarius – (January 20 – February 17) You are in a unique time. Your skills are in high demand and you need to be feeling GREAT about who you are, what you do, and how you're compensated for doing it. If any one of these concerns is not operating full throttle, it's either because you're not aware of your value. Face the irony that more discipline at work actually gives you more free time.

Pisces – (February 18 – March 19) You may feel as though you're a character in a play this month. Altho you have the advantage of perspective, life seems a bit surreal, you're not sure if you're just watching or involved in the game. There is much to be learnt now as you see people do the opposite of what they say. Other people talk a lot but say nothing. Identify these people, do your best to rid your life of them.

COVER ART

Swan by Kris Waldherr



This painting by Kris Waldherr comes from her Sacred World Oracle, a 44-card oracle deck that celebrates the beauty and diversity of the earth and its creatures. It was painted in oils over watercolor and pencil on paper. In The Sacred World Oracle, the swan symbolizes enchantment that may distract you from reality, as well as the desire to create beauty against all odds. Tales of

enchanted swan maidens are indigenous to eastern European folklore. This motif makes its most famous appearance in the ballet Swan Lake, which offers the story of a pure-hearted white swan, Odette, and a deceptive black swan, Odylle. Though born a princess, Odette was cursed to remain in her current feathered form unless she won the love of a prince. In the natural world, these water fowl are better known for their graceful appearance than their harsh voices. Despite this, some believed that the dying swan sang a song of unsurpassed beauty right before their demise. It is for this reason the expression "swan song" has come to signify a final, great accomplishment.

Kris Waldherr is an award-winning author-illustrator who is fascinated with mythology and women's history. Her books for adults and children include Bad Princess, Doomed Queens, and The Book of Goddesses.

As a visual artist, Waldherr is the creator of the Goddess Tarot, which has a quarter of a million copies in print, and the Sacred World Oracle, a Coalition of

Visionary Resources best product of the year. Her art has been exhibited in many galleries and museums including the Ruskin Library, the Mazza Museum of International Art from Picture Books, and the National Museum of Women in the Arts. Kris Waldherr's upcoming books include her debut novel The Lost History of Dreams (Atria Books), a Victorian-set reimagining of the myth of Orpheus and Eurydice. She works and lives in Brooklyn. Learn more at KrisWaldherr.com.




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***An Enlivening Power is Nurturing Our Universe
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