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**NOVEMBER 2020**

Andrea de Michaelis presents

# HORIZONS

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*Our 28th Year*

**NOVEMBER 2020**  
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- 3. Select the first video. This video will display current date and time above it.**



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Welcome to Thursday Deep-Dive! Every Thursday evening we provide a way for the Unity of Melbourne spiritual family to stay in touch, check in with each other and pray. Register in advance for this meeting using the WATCH button to the right at <https://www.unityofmelbourne.com/calendar/1737/2020-09-10/>. After registering, you will receive a confirmation email containing info about joining the meeting

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## HORIZONS MAGAZINE

575 Escarole Street SE  
Palm Bay, FL 32909-4802

# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org>      Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

**Publisher's note:** We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use.

- 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**

## The greatest optical illusion is separation

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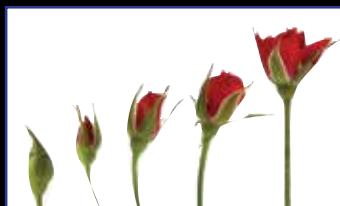
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**Co-incidence has meaning. If you find yourself reading these words, there is a message for you.**

"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 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 1500 words on any area of personal growth and practical spirituality to [HorizonsMagazine@gmail.com](mailto:HorizonsMagazine@gmail.com). Time sensitive articles must be submitted 3 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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*What I'm here to do with Horizons Magazine is share a belief and formula for happiness that I've found is true for me and for others I know and give readers the choice to entertain those ideas, some of which may be an option for them as well. We don't always know what we might prefer, how our life might change for the better if we don't consider and entertain the idea of something new. Andrea de Michaelis, Publisher*

## HORIZONS MAGAZINE MISSION STATEMENT

Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

### OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation.

Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them.

Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.



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## 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

Andrea de Michaelis  
Publisher

### WELCOME TO THE NOVEMBER HORIZONS.

The weather has finally begun to cool off. Ahhhh, finally, relief from the heat. I've been planting tree saplings and bushes to give privacy from the incoming new west neighbor. They cleared that lot August 8th and finished the outside and sod Oct 26th. All the plantings are growing like crazy in the rain. It's as though the Universe is working with me to have a nice privacy hedge in place before the new home is moved into.

It's been exciting really, the changes next door. Since I work from home, it's important to me to have plenty of nature to get involved in on my own property. Even though I miss the patch of deep woods and the wildlife that comes with it, beginning a new yard project was just what I needed during the pandemic. Something to take me out of the funk I could feel all around me.

The new daily routine includes a lot of wandering and watering. By sundown the temp has dropped so I don my overalls, gardening apron and yard boots and head out into the yard. Long sleeves keep the mosquitoes and random tree scratches at bay. It takes an hour to walk around and check all the new plantings, longer if they need watering.

I didn't have to water at all last week, I spent most sundowns using the big pruners to cut random roots and grapevines out of the west lot so I could rake them out of what would be the new walkways. Several small trees along the property line have their overhead branches overgrown and distorted by grapevines, so I'd cut them free when I found them. I need to take the ladder out there one day and do them all, it'd take like 30 minutes. **But knowing what to do and doing it are not the same so I'm extra stoked when the Universe has my back, even when I'm lazy.**

*I knew I was gonna fall so I looked behind me to see what my options were. I could make it easy or I could make it hard. Of course I could just let go of the branch and step away, but I was trying to free an oak sapling whose 5" diameter trunk got nicked by the brush machine last month. Its overhead*

*branches were caught in a big tangle of grapevine that I didn't want to cut. If I could JUST BEND HIM A LITTLE to the west he might come free.*

*But I might hurt my arm and I might get hit by the backlash of the trunk, and the branch I had to hold onto might break. That's when I knew I was gonna fall.*

But I fell right into an area I'd cleared the night before. The sod guys had mounded dirt into a pile in that area so I'd raked it more flattish and threw mulch and straw over it.

When the branch broke, I'd already looked behind me to see where I wanted to fall. It was a soft landing. Had I NOT raked it flat, I would have landed in a big pile of soft dirt. ***Either way the Universe was looking out for me.***

It was definitely looking out for me when it gave me a half acre to reconstruct from scratch. I'd begun to get in a rut, so the change woke up parts of me that needed waking up.

In deciding what to grow as a natural fence between our properties, I thought of planting climbing beans, sunflowers and morning glories. I had seeds, I just had to see if they were still viable, so I pulled out all my seedling trays and potting soils and set up the back porch for plant propagation.

**That led to another project: I decided to grow a vegetable garden.** I began seeds for eggplant, kale, New Zealand spinach, zucchini, marigolds, rosemary, Everglades tomato, cherry tomato, red bell pepper, sweet basil, holy basil, Thai basil, dwarf sunflowers, bush beans and snake beans.

I figured I'm not really "going to the store" anymore, so why not grow some of what I need? We'll see how that goes. The learning process is fascinating and it's a great moving meditation.

I've even cut off the bottoms of my organic celery and scallions and have them growing in pots. I get such a kick out of seeing all the new growth. ***It reminds me that even when I feel cut to the ground, I can come back fresh. When I feel potbound, or tangled like the oak branches in the grapevines, I can free myself.***

I love it when my daily activities help me work thru my personal stuff, like feeling potbound and in a rut. When my thoughts breathe new life into me and renew my enthusiasm. The ideas are flowing. Forced change always does that for me. It's always an upgrade.

*...continued on page 35...*





## WISHCRAFT MAGICKAL MANIFESTING FOR THE MODERN WITCH

Sakura Fox is an author, entrepreneur and a witch. Her approach to WishCraft and witchcraft is accessible, modern, and fun. She is the founder of the WishCraft.Academy, an online resource for women who want to explore the world of magickal manifesting without having to perform complex ceremonies or complicated spells.

**Making wishes is very familiar to us – and something we all do all the time. Have you ever counted how many times you say ‘I wish...’ in a day?**

I wish my hair was longer. I wish the kids would sit down and behave. I wish the Sun would come out. I wish I could afford those gorgeous designer shoes...

If you started to count, you’d be surprised by how many wishes you make. Making a wish is simply an expression of a desire - and one which we often make without even stopping to think about, let alone to do anything about. It’s for this reason that the expression of a wish alone rarely manifests anything.

But when you express this desire in the form of a simple spell or ritual, the clarity and focus with which you communicate your intention and purpose to the Universe is distilled, and it becomes powerful enough to initiate subtle shifts in the Universal energy vibrations - resulting in your dreams becoming realized.

WishCraft is a very simple, pared-down form of spell-work which requires only a basic knowledge and understanding of how magick works, a few common objects you can mostly find at home, good intentions, and some positive actions on the part of the person making the wish.

For the most part, WishCraft is based upon a very ancient and simple witchy art form, with a little bit of modern magickal practice thrown in for good measure. Combined together, they create a totally contemporary way of manifesting for those of us who don’t have the time or resources to spend hours performing the complex rites and ceremonies that are often required of more modern witchcraft disciplines.

### WITCHING AND WISHING

I first began experimenting with WishCraft in my early 20s, after finding that the books I was reading about witchcraft and what you needed to do to become a ‘real’ witch were complicated and often confusing - and very time-consuming! Those witches’ spells and rituals all seemed to require lots of odd and obscure articles; apparently to cast real spells (that were actually gonna work) you needed all the bells and whistles - literally! But rest assured, you don’t need to stress about cardinal points, ceremonial daggers, and broomsticks to cast successful spells.

Books about witchcraft talked about joining covens, calling in the corners, and performing complex and intricate self-dedication ceremonies - and to be perfectly honest, I just didn’t have the time (nor the inclination!) to wander around the woods at midnight wearing nothing but a cotton robe, wielding an elder twig or a chalice of red wine.

I couldn’t get to Stonehenge to celebrate the Solstices, and I didn’t have the cash to splash on expensive lotions and potions. Some of the stuff I came across was super weird - weird

*...continued on page 29*



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**Is there a way of staying positive around “lackful” others? How can I remain positively focused when my mate is predominantly focused on lack and makes no effort to be positive? And it gets to me—it’s hard not to also feel lack.**

**ABRAHAM:** We know that it is easier to feel good when you are seeing or hearing something that causes you to feel good, but it is extremely liberating to show yourself that you have the ability to feel good in any situation even when those close to you do not.

You will discover that it is far easier to learn to direct your own mind than to arrange, through action, the people with whom you spend your time. Even if there is only one person who is with you often whom you need to train, you could not train him or her sufficiently. And, of course, there are many more persons than one to whom you are having an emotional response. When you do become adept at directing your thoughts to things that are pleasing, the unpleasing people (or unpleasing aspects of those people) will leave your experience. It is your attention to the unwanted that holds it in your experience.

Many people disagree about that when they first hear it, because they believe that negative things are in their lives because someone else is putting them there: *“My abusive husband asserts himself negatively into my experience.”* But we want you to understand that if you use your power of focus to withdraw your attention from the negativity or abuse, and put your attention upon positive aspects, instead—the abuse cannot remain in your experience. It is empowering to discover that any and all negative aspects stay in your experience only because of your attention to, and therefore continuing invitation of, them.

We acknowledge that holding positive thoughts in the midst of negative conditions is not easy. Especially in the beginning. The best time to begin to make the effort to direct your thoughts really is not when you are the middle of a negative situation. It will be easier for you to reach for better-feeling thoughts when you are alone: Begin by trying to remember when you did easily feel good about this person. And if you cannot find that beginning place, then choose another topic altogether. The first thing that is necessary to break a negative trend and start it in a more positive direction is the acceptance that your thoughts do create the reality that you live. Next you must accept that you do have the power to direct



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your own thoughts. And then, what is required is a willingness to direct your thoughts in the direction of what feels better until that pattern is established within you.

One of the most exciting things about beginning the process of deliberately focused thought is that the Law of Attraction will bring you evidence of your improved thought immediately. And while old patterns may be hard to break, and you may slip back into those old patterns from time to time, the evidence of your effort will be undeniable to you. And, before long—with much less effort than you spend trying to dodge negative conversations, or train another into better behavior—all of your relationships will improve.

## A BRIEF BEDTIME EXERCISE THAT TRANSFORMS RELATIONSHIPS

As you lie in your bed before sleeping, if you will think of good-feeling things from your past or present, or even speculate into your future, you will set the tone of the Vibration in which you will awaken in the morning. In the morning, when

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# HERB CORNER

Cecelia Avitable 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](http://www.herbcorner.net) 321-757-7522

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**Many of us experience indigestion throughout the year but the number of people who feel twinges of heartburn, gas and bloating goes up beginning with Thanksgiving and ending with the New Year.** If gas, bloating or acid-reflux tends to be a problem for you, you do not need to run for that little purple pill. Instead use herbs for relief.

**Ginger** is commonly known for its stomach healing properties; when eaten at the end of the meal its carminative actions soothe the stomach wall and help prevent indigestion. **Ginger** is a mildly bitter herb used for centuries; our ancestors knew that if they used this herb not only would the food taste good it would also help to prevent gas and bloating. And since refrigeration was lacking it was also used to kill off bacteria. My favorite way to use **Ginger** is crystallized or in ice cream; you can also add it to soups, pies, in Gingerbread or as Ginger-ale.

Another herb I keep on hand is **Fennel**. **Fennel** is cited in "Back to Eden" as being useful for gas, an overly acidic stomach, stomach cramps, colic, and stomach spasms; just chewing ½ teaspoon of fennel seeds after your meal can help to reduce gas.

When you overindulge in sweets **Anise** helps to reduce stomach acid; our ancestors knew this, so they worked it into many cakes and cookies.

**BITTER HERBS** like **Dandelion**, **Yellow Dock**, **Artichoke**, **Ginger**, **Sage**, and **Oregon Grape Root** naturally stimulate digestive enzymes so that food can be broken down easier helping to provide better absorption of nutrients. They also help with the production of bile and the ph balance of the stomach.

The volatile oils of **CARMINATIVE HERBS** help to reduce bloating and gas by soothing the digestive tract. They would be herbs like **Peppermint**, **Spearmint**, **Lemon Balm**, **Anise**, **Fennel**, **Cloves**, **Cinnamon**, **Thyme**, **Marjoram** and **Chamomile**.

**DEMULCENT HERBS** are beneficial to the Digestive System; they help to soothe and coat the mucous lining reducing pain and spasms. **Slippery Elm**, **Marshmallow** and **Licorice** are the top demulcent herbs.

**RECIPE: A nice after dinner tea** using all of these properties would be 1part Peppermint or Spearmint, ½-part Lemon Balm, ½-part Chamomile, 1/2-part Marshmallow, 1/8part Ginger and ¼-part Fennel. Using one teaspoon of this mixture steep the herbs for 10-15 minutes in 8oz. of boiling water straining before drinking.

**YOU CAN ALSO PREPARE A NICE MULLED CIDER** using one gallon of cider, 1cup brown sugar, 2teaspoons Allspice, 1-3sticks Cinnamon, 1teaspoon whole Cloves and 1teaspoon Ginger. Simmer these for at least 15minutes, strain, and garnish with Orange slices serving hot.





## 5 LISTENING TIPS TO HELP YOU AVOID RELATIONSHIP PROBLEMS

Known to millions as "Dr. Love" through her website [www.AskDrLove.com](http://www.AskDrLove.com) since 1996-Jamie Turndorf, Ph.D., has been delighting readers and audiences for three decades with her engaging blend of professional expertise and humor, and her remarkable ability to turn clinical psycho-babble into easy-to-understand concepts that transform lives and heal relationships. She writes a column "We Can Work It Out" for Psychology Today online. Her Ask Dr. Love radio show can be heard on [www.WebTalkRadio.net](http://www.WebTalkRadio.net), which broadcasts in 80 countries worldwide.

### DEVELOP LISTENING SKILLS FOR A HAPPIER RELATIONSHIP

**On the road to conflict resolution, listening is the superhighway. Here are proven conflict-resolution method that interrupts the cycle of fighting for the majority of couples.** To be heard is no idle need; it is deeply healing to the soul and the mortar of a happy relationship. This explains why women in unhappy relationships most frequently complain that their partners are unable to properly hear and respond to their emotions.

#### WHY IS LISTENING SO NECESSARY?

Each time there is a social unit of more than one person, it's essential that the parties properly communicate. And, of course, no communication is possible without mutual listening. To be happily united, partners must learn a special kind of communication—emotional communication—and a type of listening—listening to the emotions. While you must listen to your boyfriend's or husband's emotions in order to prevent ANS arousal (an autonomic nervous system stress response causing an urge to flee!), it's perhaps even more important that your partner learn to listen to yours. This is because relationship satisfaction is highly correlated to a man's ability to listen to his partner.

Feeling heard and understood is so vital to a woman's relationship satisfaction that there is actually a technical term for it: Perceived Understanding. Here, we will concentrate on the type of listening that is most crucial to relationship satisfaction: listening to each other's emotions and, more particularly, teaching your partner to listen to yours.

*...continued on page 26*




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# QUANTUM CONSCIOUSNESS

## An excerpt from *Radical Intuition*

Throughout the ages, the most extraordinary human beings — from Einstein, DaVinci, and Joan of Arc to Steve Jobs, Oprah, and Stephen Hawking — have attested to one common factor as the secret to their life success: Intuition. In her new book *Radical Intuition: A Revolutionary Guide to Using Your Inner Power*, author Kim Chestney reveals an all new understanding of intuition and how to use it to live an extraordinary life. A globally recognized innovation leader and the founder of Intuition Lab, her work has been featured or supported by leading-edge organizations including SXSW Interactive, Carnegie Mellon University, Comcast, and Hewlett-Packard. She lives in Pittsburgh, Pennsylvania. Visit her online at <http://www.KimChestney.com>.

**There is more to life than we can imagine. Every day, we move through our three-dimensional world, through this moment in time and space, as if it were all that there is.** Like a backdrop to the great theater of life, we accept the illusion that this set and its props are the world itself. In reality, the sensory world is only the beginning; it is the first thing we touch as we enter into the abiding world that exists beyond.

Look around you. Notice the many things you see — the objects, the shadows, the space in between. That empty space before you — that surrounds you and touches you — is not empty at all. It is full of things that your current level of consciousness cannot perceive. It is rich with information and energy — data that you can know with an expanded, intuitive mind.

The more you intuitively evolve, the more you will be able to intuitively become aware of the “higher” subtle information that is all around you.

This process is part of the shift outward from our small, personal consciousness toward the unity of omnipresent, universal consciousness. We live each day with a sense of “personhood,” as egoic individuals in a consummate state of otherness — divided from one another and the world by our self-identity.

In this state, we only see things as we are; we experience the world as it relates to us, in this place and in this fleeting moment.

But as we awaken and become more aware of our connection to life and its dimensions beyond us, our sense of personhood gradually diminishes. We begin to identify with something bigger than our self. We are emptied of our small-minded, self-centered identity and filled with the universal presence that unites us all.

The more you fill yourself with omnipresence, the more aware you become of your intuition. This is because intuition embodies the pure awareness of omnipresence itself; if omnipresence were God, intuition would be the Holy Spirit that, sacredly, touches us all.

That’s how high your intuition can take you, if you allow it. Wherever you are in this moment, your intuition will take you higher. Higher awareness is the awareness of beyond. It is the call to move into that beyond and become part of it. This potentiality calls each of us to experience more of reality — more truth, connectedness, and wisdom — than we are presently capable of.

*...continued on page 20...*



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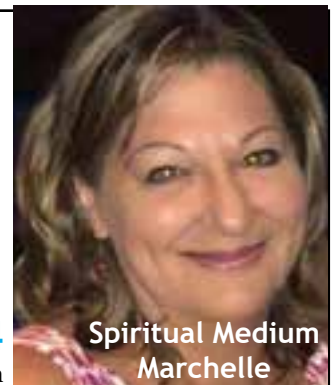
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# SETH SPEAKS

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](http://www.sethlearningcenter.org)

## SETH: LEAVE THEM ALONE! SETH CLASS SESSION - 09/08/73

**Class Member:** How can you help a person who believes that you are making them miserable?

**Seth:** Leave them alone!

**CM:** Wait, let me finish, - and they believe that you are making them miserable. How can you help them change that belief, to see that they themselves are doing it without...how can you help someone to see that they create their own reality, or to accept that in this tenet?

**Seth:** First of all, if they believe that you're causing them misery, then you should leave them alone. It is the best help that you can give them at that time. It is false sympathy to do otherwise. You are not helping. The help now can come, but while that belief is held it cannot come from you.

**CM:** Even with my own thoughts, or whatever my beliefs are, without coming near this person, how can my attitude, my thoughts, or whatever I direct toward this person, help them change that belief?

**Seth:** Then, in your own mind, imagine them realizing that they form their own reality, and, in your mind, see this realization on their part, and, otherwise, do nothing. You cannot force a belief on another person. You cannot know, as Ruburt would call it, the inward order of their events. You should not try to force your ideas upon them, or your beliefs.

**CM:** Then you say, 'I'm not making you miserable, that way?'

**Seth:** Let them go their way, in their own way. You are your responsibility. Each person is his own responsibility. You are trying to prove a point. You want to help, but you are still trying to prove a point. You are setting up resistances and the more you insist that your way is right, the greater the barrier. Ideas are fluid, like water. Left alone, they will change. You set up a dam when you insist, "You must see it my way". Beliefs form reality.

*...continued on page 27*



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## TWO SIDES OF A PRISON WALL

A young Japanese man named **Shui** was riding on a crowded train when a belligerent drunk made his way through the train car and began to rough up passengers. **Shui** had studied martial arts for many years, yet never before had he been forced into a public confrontation. **Shui** felt his blood begin to boil, and realized the ruffian needed to be stopped before he hurt someone badly.

**Shui** stood up, blocked the fellow's path, and the two exchanged angry words. As the men were about to square off, **Shui** felt a hand on his arm. He looked down and saw a frail old man. "Let me handle this," the elder insisted.

**Shui** watched in amazement as the old man invited the heavy to have a seat next to him. Strangely, he acquiesced. The elder began to engage the fellow, asking him questions about his life and looking him in the eye with kindness and compassion.

After a while the thug confessed that his wife had just died and he was in great pain; he had gone out and gotten drunk to numb his agony. The old man placed a comforting hand on the fellow's shoulder, and he began to weep. Before **Shui**'s eyes the intruder was transformed from a villain into an innocent child.

When the train arrived at the next station, the tough guy thanked the old man and exited the car. **Shui**, stunned, sat down next to the old man and asked him, "Why did you stop me?"

"You were about to meet that man's violence with your own," answered the old man. "In true martial arts, if you hurt your opponent in any way, you cannot call your act a victory."

We have all encountered people whom we feel we must protect ourselves from. Yet there is a way to keep ourselves safe without hurting others. It is the strongest way to protect our peace. Although we have been taught that we must wield pain as a weapon to keep others at a distance, it is not so. We gain all together or not at all. To wish ill upon anyone is to hurt ourself.

I used to visit a prisoner named **Ron**. Years earlier, in college, **Ron** had a girlfriend named **Jen**. One night the couple had an argument, and in a fit of rage, **Ron** beat her up. Tragically, she died. **Ron** was convicted of manslaughter and sentenced to many years in prison.

I met **Ron** when he was up for parole after nine years of incarceration. In contrast to his violent act, I found him to be a gentle soul. He was contrite about his crime and he had used his time in prison to advance his spiritual growth.

**Ron** studied *A Course in Miracles*, he was active in the prison church, he was liked by the other prisoners and staff, and he had worked his way up to a responsible position managing the prison laundry. When I visited **Ron**, I sensed no cruelty in him and he certainly did not seem like a dangerous criminal to me.

**Ron** told me that he had been denied parole repeatedly because **Jen**'s parents had mounted a citywide campaign to keep him in jail. Each year when **Ron** was eligible to be released, **Jen**'s parents took out newspaper ads, exerted their political influence, and orchestrated a concerted community effort to "keep this killer off the streets."

Yet, looking at this man, I did not see a killer at all. I saw a basically good man who had made a heartbreaking mistake. "So how are you dealing with **Jen**'s parents?" I asked **Ron**.

"I send them love and prayer," he answered. "I understand that they are very angry and they must be in great pain. If I could go back and undo my act, I surely would. More than anything, I wish I could bring **Jen** back. But I can't. So I am just deepening my relationship with **God** right where I am and trying to be a blessing to the world."

As I left my meeting with **Ron** that day, I wondered who was really in prison. **Ron** was locked up physically, but his soul was soaring. Meanwhile, **Jen**'s parents were quite wealthy and enjoyed unlimited physical freedom, yet they were consumed by anger and vengeance. It seemed to me that their wrathful thoughts were creating walls more formidable than those encasing **Ron**.

...continued to page 35

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## DEAR WHITEDOVE,

Recently my mate died unexpectedly, and I feel such a heaviness and so very alone in this world. Have you ever been given proof that there is life after death? Longing to know in MA

## Dear Longing,

The grief that you're feeling is a natural part of the healing process. We mourn, grieve and feel abandoned but grief is only for the living. Our loved ones are still with us, just in their lighter body. Did you know that the soul can travel at the speed of thought? Just concentrate your thoughts on that person and your loved one will come to you. They can hear you. But it's easiest for them to show themselves and interact in your dreams. These are actual visitations. For me, I have proof everyday I see souls and they often ask me to relay a specific message. But you will have your own experience though the dream time and it's a blessing when you feel reconnected.

## DEAR WHITEDOVE,

My friend is an Atheist. What happens to people who have no faith or belief in God? White light in OR

## Dear White light,

Just because you can't see an electric current, doesn't mean that it won't affect you. Science has proven that we are energy, and energy can never die. People don't have to believe. Great Spirit never forces us Free-Will is our birthright. Our soul moves from one plane of existence to the next. When the soul enters the transition that we call death, we come into a state of knowing. Like a veil has been lifted and we can see clearly and we know the truth. So don't worry, and don't preach, just be an example of God working through you.

## DEAR WHITEDOVE,

Last year my husband and I became pregnant but unfortunately I was told three months in that the baby would be born with some major birth defects so we decided to abort and try again for a healthy fetus. Since then I've had feelings of guilt and grief that my child is gone; and now I wonder if what we did is a sin. Did we create negative Karma for ourselves by making that choice? Not Perfect in Daytona

**Dear Not Perfect:** Even the bible tells us that the baby does not breathe its first breath of life until it is born. Just as we have different death dates, we also have different arrival

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dates. Sometimes a soul will choose to wait rather than to be born into a body that is physically or mentally dysfunctional. This does not mean you will not have that soul at a later date whether through a different pregnancy or maybe that soul will even use another body as a birthing vehicle only to be adopted by you. I have given thousands of readings, "Spirit" addresses abortion as a choice, and does not carry negative karma with it unless used inappropriately like using abortion as a repeated form of birth control. Do not think of a miscarriage or an abortion as a death; instead remember that it simply a delay. That soul will be waiting in the heavens for a better opportunity to come into a physical life.

**DEAR WHITEDOVE,** My elderly aunt says that I have a Gremlin living in my house? This was her explanation for a bunch of unrelated electrical issues in my home. I'm starting to wonder because at times my appliances work, then they will go on the blink. Mischief Maker, Boston

**Dear Mischief:** There are many realms that co-exist on planet Earth. Some are visible, others are not. The Angel kingdom and the fairy realm are relatively unseen but they are a dimension that exists among us. Your aunt is a wise woman; please listen to her so that this knowledge is not lost. Gremlins are the playful little souls. But don't worry, everything will fine. These fun loving beings are meant to bring joy into your life. So just learn to laugh at the little inconveniences.



# SOUL SONGS • 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" on FB and like her FB page, "Soulsongs by Karen Money Williams." Email [karen@karenmoneywilliams.com](mailto:karen@karenmoneywilliams.com)

## HISSY FITS - WHO NEEDS 'EM?

Something might occur that I don't like today. People might say or do something unsettling. Plans might go awry. Expectations might not be met. (Hello, reality!)

Every time that something displeasing crops up, I have a golden opportunity to practice reacting in a non-normal way - to shrug it off or deal with it calmly. Every time I practice staying on an even keel despite circumstances, it will be a little easier next time. In addition, I will begin to maintain my connection with Source without any big interruptions or gaps.

Source energy ever flows to me, bringing abundance, vitality, love, and every other desire. But my emotional upsets act like circuit breakers - they shut down the current. Emotional upsets, regardless of cause, are not worth it. They never were. They never will be.

Today I deliberately choose to see things in a way that makes me feel good. I take my mind off problems and focus instead on what I want. Thus I allow life's solutions, wonder, delight, and outright fabulous surprises to come to me. Ahhhh!

## PROTECTION I CAN TRUST

There's some unwanted stuff "out there" - everything from bizarre diseases to fanatical terrorists to computer viruses to globs of gunk on the sidewalk. How can I live a healthy, happy, protected life without setting up housekeeping at the bottom of a bunker?

I begin by recognizing that nothing ever happens to me by chance: a storm does not, a wreck does not, a bum knee does not, a stolen wallet does not. No event, either wanted or unwanted, can enter my experience unless I somehow magnetize it via my thoughts.

I attract trouble in its myriad forms by regularly thinking about trouble. I stay trouble-free by consistently focusing on the happy aspects of life and feeling good. It is shockingly simple.

Life is not a game of chance. Life is a game of match-up. As I stop thinking about the unjust, scary way that things seem to be and focus instead on the way I want things to be, I create that latter reality for myself.

This is the only real safety I'll ever have. And it's the only safety I need.

## HELP FOR HABITS

Overeating, substance abuse, addictions, compulsions - these perplexing problems might be ways I soothe myself when I feel emotionally bad. Painful emotions often lead to various ineffective ways of numbing that pain.

As I realize that painful emotions arise from painful thoughts - "stinkin' thinkin'" - and that I always have control over what I choose to think about, I am well on my way to releasing self-defeating, self-destructive habits. True relief comes when I notice where my thoughts are going and deliberately turn my attention away from that which upsets me or find a better-feeling way to view the situation.

This seems odd if I'm accustomed to analyzing and re-analyzing every negative event that comes down the pike or if I'm convinced that life will go horribly wrong if I don't worry about it.

But if I'm truly ready to feel free, peaceful, and in-sync with myself and all of life - if I'm ready to release stubborn habits - I start choosing thoughts that feel good when I think them.

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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](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

## GOD DOES NOT GIVE YOU MORE THAN YOU CAN HANDLE." REALLY? DID YOU ASK GOD YOURSELF?

Did she confirm your theory? Look, I get that sometimes we say stuff like this because we don't know what else to say, or because we actually think it helps. We don't want people to give up. We want them to keep on fighting to stay alive. But, honestly, it doesn't help. Few survivalist mantras do. Because there is more to life than survival at all costs.

There is more to life than armoring up and toughing it out in the heart of our suffering. There is also something to be said for healing our way to wholeness. For meeting each other in our woundedness. For embracing the possibility that our trauma is actually a lot more than we handle.

So, next time you feel tempted to tell a trauma survivor, "God does not give you more than you can handle," try something different. Say this, "Something tragic has happened. You should not have to handle it alone. How can I help you to grieve and to heal?" Remind them that God is a soft place to land. Remind them that God is compassion in human form.

## 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.

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# A LIFE OF PASSION AND PURPOSE



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*; *Gemstone Guardians and Your Soul Purpose*, *The Essential Guide to Everyday Angels* 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](http://www.MargaretAnnLembo.com) [TheCrystalGarden.com](http://TheCrystalGarden.com)

**You have the power to realize your unlimited potential. Give yourself permission to reveal your unique life path or career. You choose your life path. Have you chosen it?**

If not, choose something. Start where you are. You always have the option to change your path or allow it to unfold and branch out in various directions. Expand your horizons and be open to opportunities and new doors that open.

Have the courage to practice your life's work. Remember, practice your work. Practicing your work allows you the freedom to improve, change, expand, and grow. Maintain an intention to be a little better at living life than you were the day before.

How can you make a lasting contribution toward harmony and peace? How will you make this a better world for all in large or small ways? Choose to live this lifetime in a way that you can fulfill that purpose. You can experience a life of passion and purpose.

Give yourself permission to live in ease and comfort while also giving you the ability to help and share with others through employment, philanthropy, or other manners of support. When you are practicing your life's work in alignment with your Soul's Purpose, work doesn't feel like work.

Find pleasure in your work and be driven by the life you lead. In this way, you are fulfilling the agreement you made before you came to Earth. When work is fun, financial success comes easier. You have the ability to make plenty of money with plenty to share. When you approach the work you do with the mindset of helping others succeed, your life is a success!

Activate your creative mind. Allow your inner excitement to be stimulated. You can experience a life of passion and purpose filled with joy, happiness, and fulfillment. Spiritual focus is a key to this experience as you allow inspired thought to flow through you. Give yourself permission to be a creative genius.



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## NOTES from the Universe

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. Visit <http://tut.com>

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**So I was thinking... I know you know that there's the "you" that you know you are — adventurous, good-looking, and fun to be around. And I know you know that there's another part of "you" in the unseen who you've kind of temporarily forgotten — who completes you, loves you, and knows what's really going on.**

**Well, how'd you like it if I removed the veils? Just for a second? Gave you a glimpse of who that special, divine, otherworldly essence is, so that you might at last begin to comprehend how extraordinary, sublime, and divine you really are?**

**Okay? It's me!**

**Yours truly,  
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Kim Chestney

# QUANTUM CONSCIOUSNESS

*...continued from page 12...*

## THE LEVELS OF INTUITIVE CONSCIOUSNESS

Even though we understand that our intuition is directly related to the expansion of our consciousness, the question still remains: What, really, is on the other side of our intuition?

We are getting a message from somewhere — somewhere personal. Somewhere that knows us, deeply, at the core. Where does that insight, tailor-made for each of us, really come from?

To answer these questions, let's examine the fundamental nature of consciousness itself. When we are working with intuition, it is helpful to understand human consciousness in terms of three main categories:

### Unconscious

### Conscious

### Superconscious

**In unconsciousness**, we do things without really being aware of our actions; we are not literally unconscious — we are awake, but in a kind of daydream, unaware of what we are really doing in the world.

**In consciousness**, we wake up. We awaken to the world more as it is, instead of as we are — and we begin to live deliberately, with presence and awareness.

**Finally, in superconsciousness**, or supreme consciousness, we are not only awakened to the world, we are awakened to what is beyond it. We touch the pure awareness that makes us truly come alive.

Most of us live our lives as an interplay between conscious and unconscious states of awareness. Not only are we unconscious

in our sleep, we are unconscious when we act and live our lives without awareness of the forces at work within us or of the consequences of our actions.

We are unconscious when we don't think about how something we do hurts another person; we are unconscious when we instinctively react to situations based on past experience instead of the present moment. We become fully conscious only when we become mindfully aware of the present, connected reality beyond our changeable subjective reality.

This is an astounding place to be. Moments of true consciousness can be few and far between in this day and age. But when they come, they often change us forever. They are the makers of great awakenings. Once we get a conscious glimpse of the world, looking beyond our small view of it, we realize how much more to life there is! There is more love, more potential, more magic than our tiny minds can conceive of.

Beyond our conscious awareness exists an unfathomable universe of transcendent wisdom, connectivity, and information. Here, in this superconsciousness, resides all that is beyond the mind — the deepest secrets of existence. The higher you rise into it, the more you become a part of it, and it a part of you.

The "you" that you know every day is just a small part in the totality of your being. There is a greater part of you that cannot be defined, or labeled, by the world. In truth, you are undefinable.

This small "self" is a point of singular consciousness, part of a limitless dimension of higher being — your "higher self." It is this higher part of yourself that has the ability, right now, to touch the levels of consciousness that elude your awareness.

Like an elevator rising to the top floor, you ascend to this place one floor at a time, by raising your awareness — going higher and higher as you awaken. You start living more from your "higher self" than from your small, "personal self." As you intuitively align with this superior energy, you naturally elevate to greater levels of consciousness.

tively align with this superior energy, you naturally elevate to greater levels of consciousness.

The heavy — unconscious or subconscious — zones are on the ground floors, close to our ego and small self-interests. The lighter, expansive zones are on the top floors — above and beyond — with our highest self and the truth of existence.

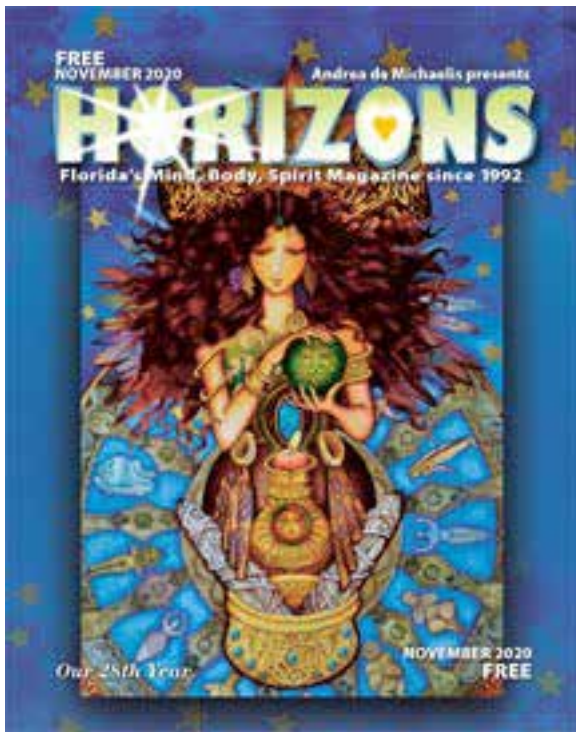
You can't think your way into higher awareness. You only reach it by elevating your consciousness to a level where you can receive it.

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# EVANGELINE, MAKER OF MAGIC

By Holly Sierra



*Evangeline emerges from the 'Otherworld' through the Wheel of the Ancient Goddesses. A Golden Star appears above her head as a feathered veil parts. Through wafting smoke of Piñon Incense and Sage Smudge the Wise Owl's welcome you and the CRYSTAL BALL promises nature's renewal. The Ancient Goddess Wheel is a treat, in and of itself.*

Holly Sierra's illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. Aside from a penchant for detail, the defining aspect of her work is her ability to combine her brand of realism with folk art and decorative fantasy elements. Were you to wander inside, you'd find Holly's studio full of tributes to her interests - The Green Man, A Myriad of Gorgeous Goddesses, Indian Tapestries, Sun Faces, Icons, Ancient Runes, Mosaics, African and Asian masks, A Medicine Wheel, Southwestern Artifacts, Celtic Castings, Incense Ablaze and hundreds of BOOKS!

Books on everything from the ancient world to elaborate herb gardens. As well, one might hear the melancholy strains of an old Irish Love song or Loreena McKennitt's music playing softly in the background.

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

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

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

The advertisement for 9in1 skin care product features a bright yellow and orange background. On the left, there is a sun icon with the text "9 in 1". In the center, a quote reads: "9in1 is a complete skin care product that is made ONLY with Essential oils, and will work on the most sensitive skin". Below the quote, four bottles of Skin Care Solution are displayed, each labeled for a different skin type: "Oily Skin", "Acne", "Aging Skin", and "Dry Skin". The bottles are shown with water splashing around them. At the bottom left, the website "www.9in1skincare.com" is listed.

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Esther Hicks

## ABRAHAM-HICKS

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you first return to Consciousness, try to remember what you were thinking about in the evening, and make an effort to reestablish that positive trend of thought. This one small exercise will change the way everyone you meet responds to you in this new day. And as you do that—night after night, and then morning after morning—new patterns will emerge, and your relationships will transform.

### **ABRAHAM ON BELIEFS THAT CONFLICT:**

In the moment that life causes you to want something, everything and everyone, all non-physical focus, the energy that creates worlds, is on it, providing circumstances and events, with Law of Attraction gathering up all of the cooperative components, bringing each and every thing to you.

The path of least resistance means: How are you doing in your allowing of what you want? Because when you want something, and you fully expect it to be, there is no resistance, and the path is clear, and fast, and easy. But if you want something, and you don't expect it to be, if you want something, and you doubt it - and why would you doubt it?

Because you think you're not worthy, you think you're not ready, you think that there is some other plan, you think that somebody else is calling the shots...there are all kinds of squirrely, ridiculous things that you have picked up along your physical trail, that make you believe in your unreadiness, or unworthiness, that cause you really to be unwilling, in any moment, unallowing, or resisting, so you don't let what you want be, and you have all kinds of ridiculous reasons that you explain why what you want cannot be.

And we say, there is only one reason, why what you want cannot be right now, and it's because you've got a thought that contradicts it, and you're not allowing it, period.

Because, Source is on it, when you say you want it, when life causes you to identify that you have this desire - you are a creator that came as a focuser of energy, and whatever you want must be coming into being, and is coming into being, and will come into being, and you will experience it fully if you will allow it.

### **ABRAHAM ON FINDING A SOLUTION:**

Revel in problems a little bit. Enjoy the depth and breadth of them, or find the humor in them. There is nothing that we enjoy more than a really focused question about something that really, really matters, because if you have a really focused problem, you've already created a really focused solution.

But you can't find the solution when you're still focused upon the problem. There's nothing wrong with beating the drum of the problem long enough to let the solution really become - a really, really good problem makes for a really, really good solution, just don't make a lifestyle out of the problem.

What about this? Is it possible that on your way to many things you want, that along your path you could be being inspired to pointed problems in order to inspire more pointed solutions that are going to get more of everything that you are wanting?

The acceptance of where they stand as an alright place to be goes a long way in softening them in readiness for their own solution. This is the thing that most are missing in this conversation: With every incremental evolution of the problem, there is simultaneously incremental evolution of the solution. They are happening incrementally.

The only question is, are you tuned to the problem or to the solution? So is there really anything wrong with incrementally encouraging the problem, understanding the solution and then finding a way to be a vibrational match to the solution? But if you've practiced the vibration of the problem so much that it's all that you can see, then you're not ready for the solution. And that's why someone like you or someone like us can be helpful, because if you can get them to stop talking about the specifics of the problem, and talk about what they're looking for in terms of feeling, you can help them to find an emotional place that is in vibrational sync with the solution and not with the problem.

So many well-meaning people believe that if they can just get you to focus strong enough on what you're doing wrong, then suddenly you'll want to do something that is right. And vibrationally speaking that just doesn't make any sense. It causes them to form more of an affinity to the problem than to the solution. As the problem is maturing, so is the solution.

### **ABRAHAM ON BECOMING SENSITIVE TO WHAT YOU ARE ATTRACTING:**

If today you are listening to the music and observing the flowers, and acknowledging the wonderful food, and basking in the friendship that surrounds, even though you have not given one thought to the relationship, to the dollars, to the work, you are still, by virtue of your giving your attention to things that make you feel good, in the mode of allowing that which you have launched.

Most of you work too hard at it, and it is because you have been trained that you have to work hard to get anything, that things have to come hard, that, in order to justify getting it, you've got to sacrifice something, and so most of you work so hard that you work against yourself. All you have to do is identify what you want and then be happy, for, in your feeling good, you are allowing it into your experience.

Become so sensitive that every time you're not feeling good about something, you know that it means something, that you know that there is something that you are attracting in that moment that isn't in harmony with what you are wanting. That which is most important is that you feel good.





Jamie Turndorf

## 5 LISTENING TIPS TO HELP YOU AVOID RELATIONSHIP PROBLEMS

*...continued from page 11*

### LISTENING DEFINED

As you embark on your emotional listening crash course, the first thing you need to know is that listening is an active process that requires two separate tasks: (1) clarifying that the speaker's statements have been accurately perceived, and (2) verbally conveying to the speaker that the delivered message has been heard and understood.

I emphasize the word verbally because it's common for a man to silently reflect on his partner's communications, but offer no response. As far as a woman is concerned, she might as well be talking to a gerbil. In truth, many men, if asked to do so, could probably accurately restate the essence of their partners' communications. But a woman doesn't know that her partner "got it" unless he tells her so. I cannot stress strongly enough that effective listening is actually effective responding. Here are 5 basic tips for becoming a good listener.

### 5 BASIC TIPS FOR BECOMING A GOOD LISTENER

There are five basic skills that people who are successful listeners employ in combination. These are Mirroring, Restating, Asking for More, Questioning to Clarify, and Staying on the Same Emotional Level.

Mirroring is nothing more than reflecting back exactly what the other person has said. This technique shows that a person is listening.

Restating is a form of Mirroring in which the speaker's message is reworded slightly.

Asking for More is a technique in which the listener draws out additional information.

Questioning to Clarify ensures that the listener has thoroughly understood the speaker. This questioning process serves two purposes: it clears up any confusion that may exist, and it shows that the listener is actively listening.

Staying on the Same Emotional Level helps the speaker feel psychologically held, heard, and understood.

Let's start with Mirroring.

### 1. MIRRORING

In this exercise, choose a subject that is bothering you, but make sure to avoid your hot topics. We don't want intense emotions to interfere with learning the technique. Now, coolly discuss one feeling that has been aroused in you as a result of your conflict. It is your partner's job to mirror back the feeling that you present. When his Mirroring is accurate, you will say, "Yes." If his Mirroring is inaccurate, try again until he succeeds. Then, move on to your next feeling. It's a good idea for the listener who is Mirroring to use a questioning vocal inflection. In this way, he leaves room for you, the speaker, to clarify in the event of misunderstanding. Use the following dialogue between Amy and Ken as an example of how you can practice Mirroring.

Amy: I can't believe that my boss didn't say hello to me today.

Ken: You can't believe that he didn't say hello?

Amy: Yes. And it really hurt my feelings.

Ken: Your feelings were really hurt?

Amy: Yes. And I even felt a little nervous that my job may be on the line.

Ken: You're worried that your job may be on the line?

Amy: Yes.

You get the idea. This exercise is driving home a technique that good listeners use automatically. Whenever a person's words are mirrored back, it creates the feeling of being truly heard.

### 2. RESTATING

In the next exercise, Mirroring is elaborated upon through Restating. This is an excellent skill because the speaker knows that someone is making an attempt to understand, rather than just mimicking, which, if used to excess, can make the speaker feel like she is talking with Polly the parrot.

Amy: I can't believe that my boss didn't say hello to me today.

Ken: You were surprised, weren't you?

Amy: Yes. And it really hurt my feelings.

Ken: Besides surprised, you felt hurt, too?

Amy: Yes. And I even felt a little nervous that my job may be on the line.

Ken: So, you were surprised, hurt, and nervous all at the same time?

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## SETH SPEAKS

...continued from page 13...

**CM:** What if I have never said that? But it may be that I take that attitude, in a certain way, but I don't think that it is that vocal and outspoken, but I understand that I am not the cause of this person's misery, or wish or not wish to live.

**Seth:** Then let that be sufficient. The individual is using you also, and you are allowing it. As long as someone can point to you and say, "You are the cause of my misery", then they do not have to face themselves. And, as long as you play the game, you take part in it and you do not help. You do not have enough faith in the individual involved. They will find it their own way, in their own way, and joyfully take that for granted.

### THE BEST KIND OF INSURANCE

**Seth Speaks, Session 546:**

Quite simply, a belief in the good without a belief in the evil may seem highly unrealistic to you. This belief, however, is the best kind of insurance that you can have, both during physical life and afterward. It may outrage your intellect, and the evidence of our physical senses may shout that it is untrue--yet a belief in good without a belief in evil is actually highly realistic--since in physical life it will keep your body healthier, keep you psychologically free of many fears and mental difficulties--and bring you a feeling of ease and spontaneity in which the development of your abilities can be better fulfilled. After death it will release you from the belief in demons and hell, and enforced punishment. You will be better prepared to understand the nature of reality as it is.

### SHOULD I GET INSURANCE?

"How do you feel about it?"

She said, "Well I would feel better if I had insurance."

And we said "Then get insurance."

Do anything that you need to do to feel better you see.

### SETH: WITCH DOCTORS IN WHITE COATS

**Seth, Nopr, Session 659**

With the greatest understanding and compassion, let me mention that Western medicine is in its way one of the most uncivilized hypnotic devices. The most educated Western doctors will look with utter dismay and horror at the thought of a chicken being sacrificed in a primitive witch doctor's hut, and yet will consider it quite scientific and inevitable that a woman sacrifice two breasts to cancer. The doctors will simply see no other way out, and unfortunately neither will the patient.

A modern Western physician--granted with the greatest discomfiture -- will inform his patient that he is about to die, impressing upon him that his situation is hopeless, and yet will react with scorn and loathing when he reads that a voodoo practitioner has put a curse upon some innocent victim.



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In your time, medical men, again with great superiority, look at primitive cultures and harshly judge the villagers they think are held in the sway of witch doctors or voodooism; and yet through advertisement and organization, YOUR doctors impress upon each individual in your culture that you must have a physical examination every six months or you will get cancer; that you must have medical insurance because you WILL become ill.

In many instances, therefore, modern physicians are inadequate witch doctors who have forgotten their craft -- hypnotists who no longer believe in the power of healing, and whose suggestions bring about other diseases which are diagnosed in advance.

You are told what to look for; you are as cursed --far more -- as any native in a tiny village, only you lose breasts, appendixes, and other portions of your anatomy. The doctors follow their own ideas, of course, and in that system they see themselves as completely justified -- as humane.

In the medical field, as in no other, you are faced directly with the full impact of your beliefs, for doctors are not the healthiest, but the least healthy. They fall prey to the beliefs to which they so heartily subscribe. Their concentration is upon disease, not health.



Jamie Turndorf

## 5 LISTENING TIPS TO HELP YOU AVOID RELATIONSHIP PROBLEMS

*...continued from page 26*

Amy: Yes.

### 3. ASKING FOR MORE

Asking for More information serves a clarifying function and conveys that someone is making an active attempt to understand. This technique is achieved by combining interested body language (raised eyebrows, wide eyes, and nods) with questions like “And?” or “And then what happened?” The following passage shows how it works. The best way to teach your partner this technique is for you to demonstrate it for him.  
Liz: You know, my sister was really nasty today.

Gene: What did she do this time?

Liz: It was the tone of her voice. She was really snotty.

Gene (leaning closer, eyes widening): What did she say?

Liz: She told me that because I hadn’t been working for a while, I wouldn’t understand the competitiveness in her office.

Gene: And what did you say?

Liz: I told her that I was offended.

Gene: And then what happened?

I think you can see how effective this technique is in conveying interest in all the details of a mate’s communication.

### 4. QUESTIONING TO CLARIFY

Researchers have found that happy couples live in harmony because the men in these relationships possess excellent encoding skills—meaning that they accurately interpret what their partners say. Make no mistake: good encoders are not psychics by birth. In fact, these men probably are as much in the dark as distressed boyfriends and husbands when it comes to understanding what their partners mean when they speak. So how does a happily united man manage to interpret his partner properly? It happens through a questioning process. Developing this takes practice, but it’s worth the effort to learn it. This is an essential listening skill. The following dialogue shows how Questioning to Clarify looks.

Pauline: You know, I can’t believe that you were late for dinner so many times this week!

Tim: Are you saying that you’re angry with me about it?

Pauline: Well, I am angry, but I don’t think that I’m angry with you.

Tim: Well, then who are you angry with?

Pauline: I’m pissed with that job of yours.

Tim: That job is putting food on the table!

Pauline: I think that you’re feeling attacked by me.

Tim: Yeah. I was starting to get a little hot.

Pauline: Let me start over. I appreciate what a good provider you are. I’m just annoyed that your boss makes you work late so often.

Tim: So, you’re pissed at my boss?

Pauline: Yes. And I wanted you to just understand that when you’re not here, I really miss you.

Tim: So, you miss me, eh?

Pauline: That’s it, mainly. And I hope that your boss hires the assistant he promised soon.

Tim: I miss you, too, you know. Anything else?

Pauline: Come home earlier as soon as you can!

Tim: You know that I will. And I understand how hard it is on you and the kids.

Had the husband in the above example not asked the five clarifying questions, he could have easily misinterpreted his wife’s communication. What’s worse, misinterpretations often turn to disaster because many husbands act upon their false assumptions. I can’t stress enough the relationship-saving importance of learning the Questioning to Clarify process.

### 5. STAYING ON THE SAME EMOTIONAL LEVEL

Staying on the Same Emotional Level means that, for the duration of your listening process, you consciously become the Siamese twin of your mate. As such, you don’t try to pull left or right; to do so would create psychological injury similar to the tearing that would occur if you tried to pull the twins apart. The best way to teach your spouse how to stay on your emotional level is to warn him before you begin speaking that the communication you’re about to deliver is of an emotional nature. By alerting him before the discussion begins, you’ll help to abort his natural tendency to shift the conversation away from feelings and onto solutions. It’s preferable to put him in the right frame of mind before the talk begins.





Sakura Fox

## WISHCRAFT MAGICKAL MANIFESTING FOR THE MODERN WITCH

*...continued from page 8*

even by witchy standards! I mean, as for where I was going to get a rusty coffin nail to insert into a pickle in order to exact revenge on a cheating boyfriend, I wasn't particularly sure I even wanted to know.

I reckon karma probably takes care of cheating pickles eventually, anyway.

Nope. All that ceremony wasn't for me. But the books I was reading at the time made it seem that without doing this stuff, I wasn't a 'proper' witch. Pfft. I decided I liked my magick a little more chillaxed.

So I took what I'd learned and instead I started to use very basic ingredients and simple wishing rituals to focus on specific things that I wanted: a house, a new partner, a financial wind-fall, a new job - and it worked!

It was only much later, when I discovered a book called **Wishing Well: Empowering Your Hopes and Dreams** by **Patricia Telesco**, that I realized what I was doing had a name.

## A BIT OF COSMIC GLITTER AND SPARKLE

WishCraft has its roots firmly planted in ancient Celtic and European Pagan traditions, and over hundreds of years this simple magickal application has evolved.

With the ever-increasing ease of global travel and communication, this practice has come to incorporate all the vibrancy, colors, and flavors of cross-cultural spirituality. For me, Wish-Craft is a combination of manifesting, meditation, and deeply focusing on my goals - with some extra Cosmic glitter and sparkle thrown into the mix for good measure!

If you were to take a metaphorical cauldron and add a dash of Celtic tradition, a pinch of Western esotericism, and sprinkle a dusting of Eastern mysticism across the top, you'd be brewing a very powerful modern-day WishCraft potion!

WishCraft is an holistic, positive, and extremely effective way of realigning yourself physically and spiritually with the natural order of the Universe by working in harmony with nature and the elements and, through establishing these sacred connections, discovering and igniting the power of your personal inner goddess!

Through clear insight and clarified communication with the Cosmos, followed up by conscious and positive action, Wish-Craft allows you to fully harness the power of the Laws of Attraction and work with the ever-changing tides of life, rather than against them. This deeply personal spiritual practice will allow you to ride the waves of endless abundance and opportunity, and weather the inevitable storms we all face with increased comfort and confidence.

And if this sounds in any way complicated, I promise you it's not. All you need to get started are a few beautiful candles and crystals, 15 minutes of 'me time,' and an open mind.



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# HOROSCOPES NOVEMBER 2020

## ARIES – (March 19 – April 18)

Partner or associate in the spotlight and a fantastic energy, dear Aries! Your sector attached to others receives Mercury in Libra until the 10th and Venus until the 21st.

Your planet, Mars, all month in your sign gives you an extraordinary energy! However, the Sun in Scorpio until the 21st, as well as Mercury from the 11th to the 30th, invites you to a mode of radiation more introspective than active. Do not plunge ahead heedlessly, like the good Aries you are, but first think. The last week, from the 22nd to the 30th, under the Sun in Sagittarius, will be ideal to act! Uranus continues its monetary reform, impacting your sector related to professional money, first decan. Powerful planetary energies always help incite you to changes, which affect your socio-professional sphere, last two decans.

### Love in General:

Until the 21st, your emotional sector is favored by Venus in Libra facing your sign and Mars in your constellation. With the passionate planetary influxes you aspire to be in a relationship. Until the 10th, Mercury facilitates your exchanges, diplomacy and balance between you and others. It's less fluid as of the 11th, you communicate less easily. Be yourself and agree to be in emotional demand.

### In a relationship:

A lot of intensity between you! A particularly active libido and feelings dedicated to your couple, your married life should be nice at least until the 21st. Beyond that, you operate just a little bit in introspective mode, this trend could harm this tender harmony but in the last week you find a sentimental expression that is more natural.

### Single:

What an emotional craze! You so ardently want to find your way that you forget the fundamentals! Sweetness, elegance, sex appeal and respect for others! Your chances of meeting someone are very real until the 21st and again in the last week. Relax and maybe let the universe do the work!

## TAURUS – (April 19 – May 19)

Focus on others and the sweetness of life, dear Taurus! Facing your sign until the 21st, the Sun in Scorpio indicates the increased importance of the partner, of your partner.

Your daily life as well as the sphere of work welcomes Mercury until the 10th and Venus until the 21st: balance and beautiful communication are to be expected in these domains! First decan, Uranus imposes its originality on your secondary temperament, let your inner limits explode! Mars in Aries, in disharmony at your sign, could undermine your self-confidence, shake up your landmarks and do not dramatize anything. An ideal of life is being modified, last two

decans. Neptune infuses its faith, its objectivity, relative to your projects and into your social circle: stay pragmatic, second decan. From the 22nd to the 30th, a moment of autumnal introspection.

### Love in General:

Venus, your planet, in Libra until the 21st, makes you proud! Sweet, balancing, enamored with beauty, like your sign, it sends its benefits to your area of everyday life: a certain sweetness of life in short! From the 22nd, it's even better! Nevertheless, Mars accentuates your annoyance by its brutal influx, your libido could tarnish. Relax!

### In a relationship:

A beautiful conjugal complicity. Your words touch the heart of your significant other, after the 11th, your exchanges are all finesse and intuitive. Your feelings breathe tenderness, and passion from the 22nd. Your sensuality sins a bit for lack of confidence and if you replay your fundamentals with your partner?

### Single:

Open your eyes at work or near you, a particularly elegant person could appear on your path, especially until the 21st. Then, the universe boosts your conjugal sector, these energies facilitate encounter and romance. Be sure to keep your temperament at all times more quiet than raging!

## GEMINI – (May 20 – June 19)

Work in the spotlight and the emotional sector is favored, dear Gemini! The Sun in Scorpio illuminates the area related to your job and your daily routine until the 21st. From the 11th to the 30th, Mercury, your planet, joins this area of life and professional communication is facilitated.

Mercury until the 10th and Venus until the 21st, in Libra, favor your loves and your children, if you are parent. A beautiful energy infused by Mars in Aries helps your projects and animates your social circle. Your socio-professional destiny receives Neptune square, stay realistic, first decan. The powerful energies of the sky always change your relationship to money and the mystery of life, last two decans. From the 22nd, the Sun in Sagittarius facing your sign, warms up your intimate relationship life. Uranus prepares you for major changes underway, only first decan for the moment!

### Love in General:

Under the influx of Mars in beautiful aspect to your sign, you will have the powerful desire and the spirit of conquest! Venus supports your sentimental life until the 21st, impact-

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# HOROSCOPES NOVEMBER 2020



ing harmoniously your sector connected to love! In other words, this month predisposes you to clean emotional satisfaction. Look after your words from the 11th, no unnecessary verbal provocation.

**In a relationship:**

A nice month for two in perspective! The tone to boost your libido, your feelings are in tune with the sensitive expression of your nature and communication is eroticized a bit! What more can the universe ask? Maybe to forget your job once you get home. Calm your powerful mind with love.

**Single:**

Bet strongly on your social network. Through some sincere friends you could make a meeting, sustainable? From the 22nd, your chances are reinforced a little more! Your whole mind is turned towards the affairs of the heart until the 10th: do you believe in the strength of intention?

## **CANCER – (June 20 – July 21)**

Increased creativity and a focus on family, dear Cancer! Until the 21st, the Sun in Scorpio strengthens your creativity, even your affectivity. Mercury still in Scorpio from the 11th to the 30th, announces many discussions and exchanges, same sector. Until the 21st, Venus in Libra, supported by Mercury until the 10th, soothes home life and family relationships.

In front of your sign, the cosmic heavyweights bring essential changes to your relationship life, last two decans. Uranus in Taurus awakens the first decade to the great social or project-related upheavals! All month, Mars in Aries pulses its raw power to your socio-professional destiny. Venus tumbles on the 22nd in Scorpio and favors your loves. From the 22nd to the 30th, daily or professional business demands your interest! A nice monthly program!

**Love in General:**

You have the wind in your sails until the 21st under the luminous influx of the Sun in Scorpio, in beautiful aspect to your sign. Venus greatly favors your love as early as the 22nd. Before, this beautiful planet gave her benefits to your home, it's slightly different but nice anyway! Mars in Aries, on the other hand, energizes you with a jolt, do not react too forcefully.

**In a relationship:**

Many discussions are to be expected between you two. Your cocoon, so important to you, receives Venus until the 21st, your married life flourishes this month away from prying eyes. Then your heart is touched directly from the 22nd. Take care of your libido: softness and tenderness to amplify!

**Single:**

The universe truly supports your hopes until the 21st and even beyond that, thanks to Venus from the 22nd to the 30th. A meeting at home is possible. Your intuitive sense of contact is strengthened from the 11th to the 30th, your emotional steps should receive beneficial answers. To polish your sensual approach, excitement is very good, nerves less so!

## **LEO – (July 22 – August 21)**

Effervescence at home and interesting relationships, dear Leo! At home it should be swinging! The Sun in Scorpio sends its power to your family and residential sector, supported by Mercury from the 11th to the 30th: some moves regarding your current home? Mars in Aries, fire sign like yours, no possibility of seeing you fail! The planetary cluster in Libra, Mercury until the 10th, Venus until the 21st, announces a beautiful eloquence; tact, movements and meetings are favored! Your work sector is still receiving slow energy from the sky, your professional commitment is transforming, long-term positive repercussions are underway, last two decans. Neptune whispers in your ear the growing desire to open up to the mystery of life. From the 22nd, creativity! Renewal tickles you, first decan?

**Love in General:**

Except for the 22nd, a period which should correspond to a blossoming of your love sector, the monthly influxes are promising! The relationship axis receives Mercury, Venus and Mars: you communicate elegantly, your words seduce, your dynamism excites your entourage. Passionate, your real emotional power has a positive influence on your emotional life. You are pampered, your vibrant nature should be appreciated!

**In a relationship:**

The planets related to emotions are favorable to you, you communicate easily with your other half, your feelings, until the 21st, are loving and expressive, your passionate libido even insatiable! For two, this month promises to be easy, especially if you decorate it with a few chosen outings, preferably outside the family context, a bit too electric.

**Single:**

Bet on a meeting during a small trip. The universe indicates a context of encounter focused on the intellect and sociability. In other words, open your eyes and fix your hair during neighborhood encounters and other everyday outings. Hyper dynamic, opportune moment to check your power of seduction!

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# HOROSCOPES NOVEMBER 2020

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## **VIRGO – (Aug 22 – Sept 21)**

A powerful spirit and finances are favored, dear Virgo! The planet cluster in Scorpio, the Sun until the 21st and Mercury from the 11th to the 30th, boosts your intellectual capacities, so dear to your temperament! Until the 10th, your thoughts focus on the concrete: Mercury and Venus in Libra could allow an increase in your income, a growing interest in your financial affairs.

Mars in Aries awakens your carnal instincts, raises existential questions. First decan, Uranus awakens in you sudden desires for renewal! Your loving and creative sector is in turmoil, last two decans. Neptune brings his faith, his artistic vagueness to intimate relationship life, second decan. From the 22nd to the 30th, home and family relationships, heat up or reheat! And if you instilled your joy of living in your family?

### **Love in General:**

Your feelings of love are very practical this month. Venus in Libra until the 21st, inspires you with an increased material interest which could take you away, a bit, from sentimental affairs. From the 22nd on the other hand, Venus in Scorpio awakens you to a powerful desire! A libido strong even passionate, your nature yet reserved, could surprise more than one!

### **In a relationship:**

Your way of expressing your feelings continues its transformation, last two decans. The monthly influx announces a bit of possessiveness, until the 21st, which you will have to manage in order to preserve your conjugal harmony. Tact and finesse are recommended. An active and intense libido, if necessary, you will perfectly prove your attachment!

### **Single:**

The first three weeks are favorable for a quality meeting. However, avoid mixing your heart with your wallet, it's rarely a good combo! A local trip or something in the mail could help the emergence of a romance. Last week, Venus accentuates your passionate side, which is often hidden!

## **LIBRA – (Sept 22 – Oct 21)**

Charisma and friendly contacts, dear Libra! You start the month with Venus, your planet, in your sign until the 21st and Mercury until the 10th, full of charm and eloquence, you are well off! The Sun in Scorpio comes to titillate your area related to your finances and your donations: what do you want to privilege? In front of you, Mars takes its place in

Aries, suggests a strengthened importance of your intimate and associative relationships; shaking up the home and family side last two decans. At work, Neptune distills his fantasy but also his evanescence, your daily routine could be complicated, second decan. And if you were planning a health check? Uranus increases your sensual and material needs and invites you to open up to spiritual interests, first decan. From the 22nd to the 30th, happy contacts!

### **Love in General:**

Your Sun accompanied by the sweet Venus until the 21st gives a glimpse of some obvious benefits! Irresistible charm! Mercury assures you the right communication and Mars in Aries a foolproof punch. Passionate, enterprising, the monthly energies spoil you, you fool around too, but it's for a good cause! At the end of the month, do not confuse sincere attachment with untimely possession.

### **In a relationship:**

Your other half wants to be heard. Balance and equity are to be put in place within your couple. Some shouting matches are possible but not serious. A powerful sensuality to share should satisfy you fully. The period until the 21st is ideal to win back your partner!

### **Single:**

Your devastating charm should help you conquer the object of your desire. Bet on your close entourage and also your contractual partners. However, from the 11th to the 30th, Mercury makes your remarks a bit sharp, do not rush your interlocutors. Your enthusiasm will be conquering, here again, dose your desires and your wishes.

## **SCORPIO – (Oct 22 – Nov 20)**

Happy birthday, dear Scorpio! The Sun, with you until the 21st, meets Mercury from the 11th to the 30th: mental strategy and tactics are in the spotlight! Until the 10th, your thoughts are secret, as well as your feelings, until the 21st. Your energy is diffused in your daily life and your job, under the influxes of Mars in Aries.

Jupiter, Saturn and Pluto always provoke salutary questioning, your mind opens up, last two decans. Neptune in Pisces sends its mystical light to your love or your relationship with your children, if you are a parent, second decan. Always in place, facing your constellation, Uranus in Taurus seeks to destabilize you through your intimate relationships, first decan. From the 22nd to the 30th, Watch your assets, your mind sifts through everything!

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# HOROSCOPES NOVEMBER 2020



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## Love in General:

Love escapes you until the 21st. Venus hides and could either announce a story lived in the shadows, or a temporary withdrawal of a current story. Your sensuality, without taboo and without satiety, will have to contend with powerful energies, but a brutal stalling! Yet, you like subtlety. Patience until the 22nd, your feelings will be in sync with your personality!

## In a relationship:

Long-time couple you know each other by heart, this will help your rapport considerably this month. Venus plays the flirt until the 21st, Mars blows in a flurry of desires and caresses! Bet on your explicit libido, forget sentimental flights and be pragmatic! The last week is more emotional!

## Single:

The professional sphere could promote a flash encounter, based on sensuality rather than pure feelings. Unless someone in total intellectual resonance with you makes their appearance from the 11th to the 30th. Charismatic until the 21st, take advantage of your external light to provoke a romance favored since the 22nd.

## SAGITTARIUS – (Nov 21– Dec 20)

Introspection and a beautiful, creative energy, dear Sagittarius! Until the 21st, the Sun in Sagittarius acts on your sector connected to your inner life. From the 11th to the 30th, your thoughts also take this depth. You are sentimental until the 21st, fraternal or even globalist! After the 22nd, emotions are tinged with passion. A superb creative energy accompanies you throughout the month.

Your projects and friends have the wind in their sails until the 10th. Your finances are regenerated and anchored, last two decans, while a certain doubt can interfere in your family circle, second decan. A desire to change jobs may appear to you, unless a sudden upheaval linked to your daily life induces it, first decan. From the 22nd to the 30th, the Sun arrives in your constellation, you radiate with your natural fire!

## Love in General:

Monthly emotional impulses play the card of friendly love! You are well surrounded by your social circle until the 21st. This easy and light communication reinforces beneficial feelings, until the 10th. Mars in Aries, in beautiful aspect to your sign, announces an intensity of your carnal needs and your creativity. From the 22nd, Venus accentuates this sentimental vivacity, passion consumes you!

## In a relationship:

The planets pamper your married life. Between the friends who are present, seductive projects and a particularly active and intense libido, you will certainly be busy together! Relativize serious thoughts, but not somber, that may invade your mind. Share with your other half, the happiness of being together!

## Single:

Real opportunities for meetings are present! Indeed, Venus serves your designs until the 21st, bet on your social circle while Mars brings his passion, his spirit of conquest to your area of love! Even the last week could facilitate a secret romance. If you stay single, you have lost faith!

## CAPRICORN – (Dec 21 – Jan 19)

Your socio-professional axis is energized and the focus is friendly, dear Capricorn! The Sun in Scorpio until the 21st favors all that concerns your friends, your projects, your utopias! It will be stronger on the 11th when Mercury will also enter this sign: to you the collectivist, revolutionary ideas! Your socio-professional destiny receives Mercury until the 10th and Venus until the 21st, in Libra, discussions and charm can help this sector. Square in your sign, Mars in Aries, establishes a family or residential climate, which is a little tense, stay zen. Heavenly heavyweights always accompany you, last two decans, the regeneration is in you! Uranus shakes up your loves or your children and a surprise is in sight, first decan. From the 22nd to the 30th, you are introspective or partisan of a meditative retreat, it is seasonal!

## Love in General:

Delicate emotional energies for your sign. In square, they induce a bit of excess and impatience. Until the 21st, Venus escapes you a bit and then Mars shakes up your intimacy. It's much better from the 22nd, you find the passion that often drives your temperament, which is more sentimental than it seems. Excellent morale from the 11th, enough to put an end to eventual emotional stress.

## In a relationship:

Together you pass between the drops! You enjoy your friends, you imagine long-term projects and avoid family meals that could be a bit conflicting. Do not impose constraints on the pretext that you are responsible. The last week is purely in love, enjoy!

*...continued on page 34*

# HOROSCOPES NOVEMBER 2020



...continued from page 33

## Single:

An encounter at first sight, the specialty of Uranus, could be relevant for the first decan. For all, take care of your dynamism, do not confuse it with eagerness. Your social circle can promote romance until the 21st and even true love from the 22nd. Its your turn to play!

## AQUARIUS – (Jan 20 – Feb 17)

Your socio-professional destiny is in progress and your relationships are friendly, dear Aquarius! Until the 21st, the Sun in Scorpion activates your desire to climb the professional hierarchy as well as an increase your network, Mercury in the same sign from the 11th to the 30th. Uranus, your planet, shakes up your residential or family sector, first decan.

Venus until the 21st makes you idealistic, then from the 22nd to the 30th, your charm could favor your general destiny. Mars in Aries boosts your quick wit and your movements and neighborhood relationships are favored. Stay vigilant regarding your regular resources, Neptune blurs things, second decan. The heavyweights of the universe act in depth as they are always determined to prepare you for major changes, last two decans. From the 22nd to the 30th, projects or friends are in focus!

## Love in General:

The planets are sweet with your loves! Venus in Libra announces an increase in your desire to express your feelings while Mars in Aries enhances your sex appeal and promotes your libido as well as your vitality. Your word is impeccable until the 10th, attractive and penetrating from the 11th to the 30th. You have the assets in hand to live emotional matters serenely this month.

## In a relationship:

Unless you prefer your career to the detriment of your partner, the influxes are fully committed to you! Sentimental delicacy, idealization of your spouse, a healthy and active libido, what better way to share and live together!? A devilish charmer, even your words serve your married life. How fortunate!

## Single:

At the end of this month, it's a safe bet that your love status will have changed! No planet thwarts the benefits provided by Venus and Mars, with the help of Mercury who provides you with an effective and charming capacity for communication. Open your eyes in your neighborhood or in your social circle.

## PISCES – (Feb 18 – March 18)

Finances and an ideal of life on today's menu, dear Pisces! The cluster in Scorpio: the Sun until the 21st and Mercury from the 11th to the 30th, sensitizes you to your ideal of life, to a more active spirituality. The cluster in Libra: Mercury until the 10th, Venus until the 21st, strengthens your carnal power, your interest in pecuniary affairs and other mysteries of life.

Mars in Aries comes to shake up your sector attached to your assets, you defend your wallet tooth and nail. Expenses and returns on the rise! Second decan, you are inspired, sometimes messy. Uranus changes the way you communicate, first decan. A solid friendly social circle and facilitated projects, last two decans. From the 22nd, the Sun illuminates your socio-professional destiny, a good time if you were hoping for a raise!

## Love in General:

Intensity! Until the 21st, your feelings will be worn a bit to exaggeration, moderate your emotional aspirations. Mars, all fire all flame, appeases nothing, on the contrary, he endows you with a solid carnal and possessive appetite, your heart will boil! You are stronger than it sounds, but your vulnerability, real, is expressed when your heart is concerned. Relax, breathe and dramatize nothing!

## In a relationship:

Very inspired until the 21st, the deep energies of Scorpio melt with yours, you are more magnetic, more idealistic, your married life benefits. Your feelings are volcanic, your libido burning, your other half should discover a part of you unknown! Unless all this intensity scares you?

## Single:

A beautiful conquering energy will carry you throughout the month. The emotional planets inspire you with important desires, an encounter with a partner that you "recognize" can occur. Nothing obvious, the more we look for the result, the less we get it. Let it happen, including chance, it's an effective strategy!

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Alan Cohen

## FROM THE HEART

*...continued from page 14*

Because we are spiritual beings at our essence, what we do with our spirit influences us more profoundly than what we do with our body. Heaven and hell are not places we go or conditions the outer world imposes on us; they are experiences we create with our thoughts and beliefs.

**A Course in Miracles** tells us, "I am affected only by my thoughts." Where our mind goes, there we are. The desire to hurt brings us instant pain, while the desire to heal brings us instant freedom.

If you are angry with anyone, or involved in a conflict, keep reaching for a solution that leaves everyone whole. If you feel you need to hurt someone or take something away from them to make things even, you do violence mostly to yourself.

Instead of seeing them as a villain, regard them as wounded or calling for love. No one does anything mean or foolish unless they are in great pain. To try to inflict more pain only exacerbates their sense of disconnection. As you connect with your own sense of peace, you invite them to claim theirs. Only then can you say you have won.



Andrea de Michaelis  
Publisher

## THOUGHTS ABOUT THINGS

*...continued from page 7*

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


I'm glad to slow down a little this year and have time for things like gardening. I've always been a workaholic, but that's because I chose interesting work, even when I worked for someone else. I always worked jobs I loved and found very satisfying. And I expect it will always be so. I thought years ago I'd be "retired" at this age and having like tea parties with my galpals. Except I can see myself being happy doing this same thing year in and year out for another 20 years.

At 68 I'm sure not ready to stop working, although I definitely downsized the physical workload this year. At 40, 68 seemed "old." Now that I'm here, I'm healthy, have no health problems and have friends 20 and 30 years older than I, in good health and still going strong. Quite an inspiration. THAT'S where my future focus goes, if it goes there at all. But I'm learning the secret is to stay IN THE NOW.



Enjoy our offering this month.  
Hari Om.

Andrea



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

When we think that the  
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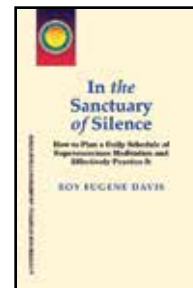
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