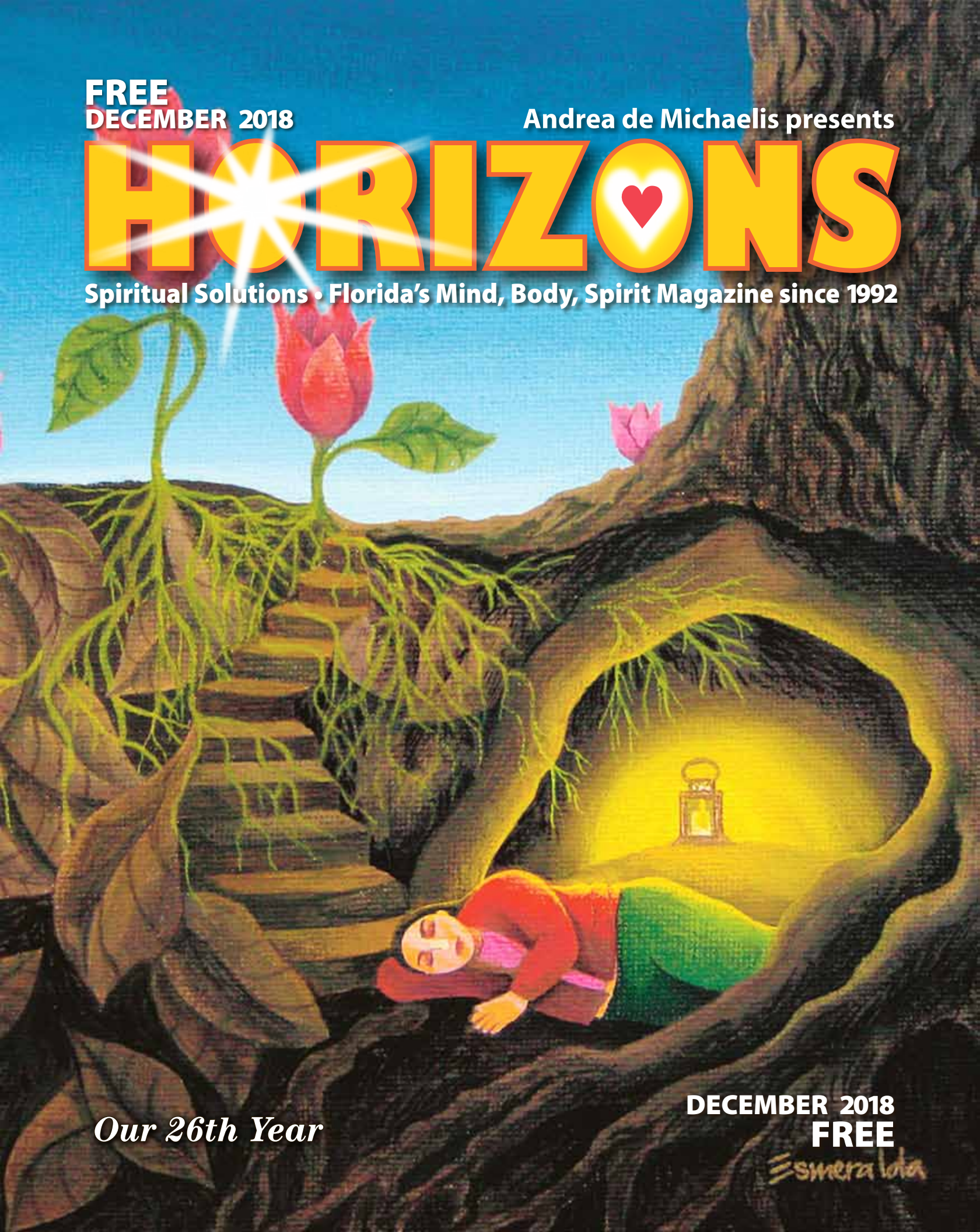


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*Yvonne O’Brien is an Irish Psychic Medium who has been
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plus years. Yvonne gives private readings, does group events and
helps people connect through workshops. www.yvonneobrien.com*

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Sunday December 16th 12:30-1:30pm
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Sunday, Jan 6th
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Rev. Lulu Logan. Join us as we go within to find

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Andrea de Michaelis

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

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



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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

HELLO AND WELCOME TO THE DECEMBER 2018 HORIZONS MAGAZINE. How about them midterms, huh? To everyone who got triggered by election results, this too shall pass. Think of it as a good lesson in surrendering, going with the flow and offering it up. Many of my candidates lost this go round. It happens. My experience is no matter the state of the economy, no matter who's in office, I can find a way to go with the flow and thrive despite circumstances and events going on around me. A recount is being called for and no matter the outcome, we'll be fine. It's only for a few years, it's not forever

Despite significant wins for the blue wave, the red tide rolled in. This gives us a chance to rise above it all and recognize that no one has power over our feelings unless we give them the power. We can find something to be happy about anyway. The Blue wave took the House, more than 100 women will serve in the **House of Representatives** for the first time in history. It may not have been a tidal wave, but the **Senate**, while red, had many firsts. The momentum generated helped others win their races, inspired us and gave us hope for the next election. *Change is in the air. So is hope.*

Winning the **House of Representatives** means the **Democrats** now control the **Ethics Committee**, the **Judiciary Committee**, the **Oversight Committee**, the **Intelligence Committee** and the **Ways and Means Committee**. It's a good balance to a Republican Senate.

Some were irked to find out friends didn't vote. *Don't drive yourself crazy over what someone else does or does not do.* People WANT to WANT to do better, but it takes so much effort to get off the couch or back away from the bong. Not everyone has it in them. Not everyone can self discipline to do the things that make their life better.

No matter what your situation, there is always something you can do, something you can contribute, someone you can help if you choose. All you have to do is set it -- anything -- in motion and the Universe will take over once you get rolling. You have to take responsibility for getting in and starting the car, then the universe will guide you to your next destination. And while we're on the topic of responsibility:

TAKE RESPONSIBILITY, STOP ASSIGNING BLAME

A friend was caught on video at a check cashing counter taking money that did not belong to her. They arrested her at home later that day. She hired an attorney to try to get charges dropped as a malicious arrest, saying the cops followed her into her home without a warrant. She told me *"the officer has ruined everything, because of him I lost my concealed carry permit and lost out on a good job. His actions have caused a ripple effect. He's in for a rude awakening, I'll have his badge."* She was serious that it was the officer's fault. She forgot the part where she stole the money.

...continued on page 27...



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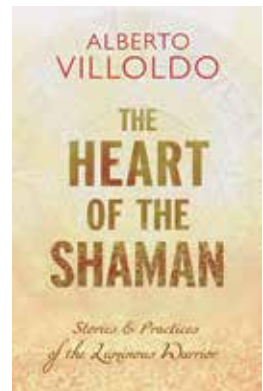
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THE HEART OF THE SHAMAN

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



THE NATURE OF TIME

This is an excerpt from chapter 2. His book is fascinating.

I have traveled the Peruvian rain forest and camped by the edge of the Amazon and the Mother of God rivers. Later, I studied with the shamans of the high Andes, in villages near bubbling brooks that later merged into tributaries of the **Amazon**. I was fortunate early on in my travels in the Andes to study with **Don Manuel**, whom I mentioned earlier. He was in his late 60s when I first met him, and we hiked together through the Andes for nearly 30 years.

On one occasion, I asked **Don Manuel** if the **Inka** notion of **time**, of **pacha**, meant that I could be born again in the past. I had thought that if reincarnation existed, we would always take rebirth in the future. Could I be a soldier in **Alexander's** army 2,000 years ago in my next incarnation?

"It's like a dream, where the past and present swirl into each other," he responded. "It depends on your personal power."

"What do you mean?" I asked the old man.

"Some people do not have enough personal power even to be in the moment fully. They are here, but absent in some strange way, not living in the present. They are stuck in the past, victims of their childhood, of how they suffered, or they did not get what they feel they deserved. They pray for a better, more comfortable future."

He continued: "Your personal power is the product of your communion with the **Ti**. If the **Ti** is strong within you, and you are unencumbered by your past, you cannot be seduced by the

daydream of a different future. Then the past opens up to you."

I learned with **Don Manuel** that one can enter the river of time to discover treasures hidden by ancient masters inside the currents and eddies of the past and in the turbulent whitewaters of the future. You could journey to explore the currents of tomorrow to find opportunities for yourself and your village. Once you did so, you could stop searching and get on with the job of creating it with the power of **Ti**, the **Primordial Light**.

I learned the practice of journeying through time from **Alejandro Kahuanchi**, a **Huachipaeri** shaman from the lush highland jungle near the city of **Cusco**, and a brilliant tracker. His last name came from the **Quechua** word meaning "seer." I was in my late 20s when I found him. **Kahuanchi** showed me how to hide a spiritual treasure to discover on my deathbed many years from now. This medicine would help me cut through the fear and chaos that occurs when the storm of death approaches, and would bring me the courage to leave my body behind and return to the world of Spirit consciously, with grace and dignity.

"But you must be careful not to witness the moment of your death," he insisted. "It is for **God** to decide the details. You cannot choose the moment of your passing. But you can choose to meet it with courage, to surrender to your death like one does to a lover, and take your awareness with you into the beyond."

It was an irresistible offer, and I followed his instructions and buried a time capsule to discover in the last days of my life.

...continued on page 27



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REMOVING RESISTANCE TO ABUNDANCE

QUESTION: "Yea. ...So...[clears throat] I'm aware of all this abundance and, vibrationally, I know that I have a large amount of money waiting for me in my grid. But I don't see it."

ABRAHAM: Well, then you have to get your eye off the abundance called dollars and on the abundance called clarity. And on the abundance called vitality. And on the abundance called energy. In other words, ... Move it in your mind, so that the abundance that you are feeling holds no absence that causes resistance in the mix. And, as you hold that true, steady, chronic - not always. Not 100%. Just mostly. - steady feeling of abundance, abundance will show itself to you in every way that you will allow it in the moment.

QUESTION: "That's why I wanted to start off saying that first, because I'm seeing- I mean, every day I feel better and better. I feel more alive. My life has changed so much."

ABRAHAM: See, there's a tricky thing in this. We wanna address this. The 'better and better' thing has a little edge to it. Because it's like, it's gonna get better, which means it's not enough now.

There's resistance in that. So you wanna focus- You wanna focus the resistance out of it by addressing solely the good that it is.


It's so interesting. We appreciate so much your staying with us with this intensity, because we say 'You create your own reality.' And you say, 'Okay, so far so good.' And we say, 'And there's a vibrational what-is.' And you say, 'I can't see it.' And we say, 'But can you feel it?' And when you reach the place that you are able to acknowledge that you feel the vibrational reality, then you're off and running, because when you feel it you are-

Because the feeling of it is a manifestation.


And that manifestation will increase into something that is so tangible that, not only do you see it, but everyone around you sees it, too.

QUESTION: "So I guess my question is, is there something vibrationally I'm doing or not doing?"

ABRAHAM: Too much effort. Trying too hard. Trying to move yourself from the not having to the having, instead of preparing yourself for the having by acknowledging what you already



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have. The best way to prepare yourself for what you have not yet is by acknowledging what you have.

It's the vibration- It's the vibration of appreciation. It's the- It's the 'things are always working out for me'. It's the general statements that 'I don't know how it's gonna get here, when it's

...continued on page 28...

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PEPPERMINT

The refreshing and cooling flavor of Peppermint often brings fond memories of candy canes hanging from the Christmas tree.



There are over 25 species of mint. It came to America by way of Europe and Asia, but it can be found growing all over the world because it is so easy to grow. Many people grow it around the foundation of their homes because it repels bugs; just be aware that it grows rapidly and can take over the yard. Peppermint has many uses it can be found in cosmetics and body care products and it is a common flavoring in soups, salads, gum, cakes, cookies, toothpaste, teas and beverages. I add a drop or two of the essential oil into water for flavor.

Therapeutic effects from the leaves and essential oil of Peppermint for a variety of ailments extends back beyond ancient Egyptian times it has been referred to as "one of the world's oldest medicines". In the respiratory system Peppermint inhibits histamine, which can reduce hay fever and other allergic symptoms. The menthol in peppermint acts as a decongestant, this helps thin and loosen mucous, reducing symptoms of chest and sinus congestion. The rosmarinic acid in Peppermint helps reduce inflammation in the respiratory tract, which can be beneficial for people with asthma.

In the digestive system, Peppermint relaxes the muscles of the intestine, reducing gas and easing abdominal pain. Today peppermint is useful for reducing chemo-induced nausea, morning sickness, cramps, diarrhea, bacterial overgrowth and for improving the flow of bile helping the body to better digest fats. Peppermint safely alleviates the symptoms of IBS, studies have found that 75% of people who took enteric coated Peppermint capsules had a reduction of pain, bloating, gas, diarrhea and heartburn associated with IBS after 2 weeks.

In the immune system the antibacterial, antifungal, and antiviral properties of Peppermint help to combat colds and flus. During cold/flu season combine with Ginger, Yarrow, and Elder to helps heat up the body killing off bacteria and viruses. The antiviral effects of Peppermint have also been shown to inhibit the herpes simplex virus both internally and externally making it helpful for fighting shingles, chicken pox and herpes.

For dental health, the essential oils from the leaves of Peppermint help inhibit the growth of bacteria and oral pathogens, plus it also helps reduce inflammation of the mouth and throat. Other studies found that inhaling the essential oil of Peppermint can be useful for enhancing memory, stress relief, anxiety and for headaches. It can also be added to massage oils for the relief of pain or sore muscles.

This is one of my favorite herbs for making teas, bath products and for cooking. Not just for candy canes.



SETH ON JOINING CULTS, THE MILITARY:

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

Seth on those who are looking to cults because decisions are made for them, and on those who join the army for similar reasons.

SETH: "(9:55.) Some people looked, and are looking, for some authority – any authority – to make their decisions for them, for the world seems increasingly dangerous, and they, because of their beliefs, feel increasingly powerless. They yearn toward old ways, when the decisions of marriage were made for them, when they could safely follow in their father's footsteps, when they were unaware of the lure of different places, and forced to remain at home. They have become caught between science and religion. Their idealism finds no particular outlet. Their dreams seem betrayed.

Those people look to cults of various kinds, where decisions are made for them, where they are relieved of the burden of an individuality that has been robbed of its sense of power by conflicting beliefs. At one time the males might have been drafted into the army, and, secretly exultant, gone looking for the period before lull adulthood – where decisions would be made for them, where they could mark time, and where those who went not fully committed to life could leave it with a sense of honor and dignity."

Session 848

The Individual and the Nature of Mass Events

SETH: "No matter how tempted you are to look to others, you are your own authority. And the answers literally-literally come from within yourself, and I mean now through your own private experience that cannot be given to you by another- they must be experienced.

I can only lead you toward a recognition of those truths and help open your own inner doorways and help you use your own minds and intellect, until in one miraculous moment, your intellect and your intuitions click together and work like magic"

Seth Class Session 7/30/74

SETH: The man who says -- or the spirit who says -- "I alone have the truth, and these are the maps, and this is the only way," or implies it through his teaching or his actions, does not have the way."

Conversations with Seth , book 2, chapter 1, page 16.- by Susan M. Watkins



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DEATH IS JUST A DOOR

John Holland is a psychic medium, spiritual teacher, author, radio host and a best seller author of: *Power of the Soul*, *Psychic Navigator*, *Born Knowing*, *The Psychic Tarot Oracle Deck*, *The Spirit Whisperer - Chronicles of a Medium*, HIS latest book is *Bridging Two Realms: Learn to Communicate With Your Loved Ones on the Other-Side* (Hay House, 2018) Visit www.johnholland.com

Death is not something to be frightened of—it's really just a door. I wrote my latest book, *Bridging Two Realms: Learn to Communicate With Your Loved*

Ones on the Other-Side, to help those who have lost people to know that they're still connected, as well as to help those who are curious and want to take communicating with the other realm more seriously. It's for the bereaved, for mediums, and even for skeptics.

When people talk to someone who is departed, many look up and say something like, "Hello, Mom," or "Hello, God." But they're not up there in the clouds. The spirit world is all around us. It vibrates at such a high frequency that we can't see it.

I know this sounds sci-fi but there are many different planes of existence. Quantum physics tells us that there are four dimensions, but it's really like 10. Science is just scratching the surface. The spirit world, heaven, is on many different planes, intermingling with our own. We're in the densest physical plane here on earth.

We are both spiritual beings and physical beings. Your soul existed long before it incarnated, and it's going to exist long after it leaves your body. In reality, there is no death. Many people look at death as being incredibly sad, and they worry about their loved ones on the other side. They're fine—we who are still here in the physical plane are the ones who aren't fine.

More and more people are now open to the existence of the afterlife. If I can say something in a reading that only the person who has passed could have told me, the person I'm reading for can go home reassured. I can't take away their grief, but I can open their minds just a little to the reality that their loved ones really are okay. I then feel I've done my job.

However, you don't have to go to a medium to hear from a departed loved one. **After Death Communication (ADC)** is a researcher's term for signs from the other side to let loved ones know that the person who has passed is still there. ADCs are not done through mediums. You experience them yourself. Something touches your heart when this happens and you think, I just know that was my mother.

Most of us have had some form of ADC, but we don't always know it. ADCs can come in many forms, the most common being dreams. When you're asleep, your conscious mind takes a break so it's easier for those on the other side to slip in to your subconscious. They often appear as younger, healthier, and vibrant. These are usually colorful dreams and are often very short. If you're lucky, you get a hug.

ADCs can also involve scents. A house may be suddenly filled with the aroma of tobacco, and it turns out that the father of the person who lives there smoked a pipe. A woman told me that one day in **December**, her house filled with the scent of roses. It happened to be the anniversary of her mother's passing, and her mom had grown prize roses. Initially, the woman thought the scent was air freshener from her neighbor. I giggled when she told me that, and I said, "No, that wouldn't fill up your whole house!"



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...continued on page 26



DON'T FUEL IT, COOL IT

MANAGING POST TRAUMATIC STRESS

Jamie Coulston is a family man, a former boxer and a jeweler by trade. After his older sister Tracy died from cancer, he found himself spiraling down to a dark and scary place. Because of his fighting background, he knew he couldn't stay down for too long. This is when he started to put together his top 10 tips. He has now made friends with anxiety and depression and see them as great indicators as to when he's not thinking healthy. [On Facebook, go to his group Don't Fuel It, Cool It.](#)

Anxiety and depression has helped me understand my brain and body better. I know now, that it's not real fear! It's irrational fear! There's no real danger, I've been here before and I know it's going to be ok. (That's not saying it doesn't feel real, because it certainly does!)

And it's not down to bad decisions and choices. Good and bad are just individual interpretations of life experiences. The reason I felt like I was in pain all the time but couldn't explain why, is because the emotional pain and physical pain receptors of the brain are intertwined. So it feels just as real as physical pain!

It is said that all fears come from the fear of death or the fear of losing the sense of self, as in going crazy, and fear is a driving force in dis-ease of both mind and body.

Here are 20 things having mental health issues pushed me to learn:

1. How exercise is very important, even just a nice walk in nature can do you the world of good (there is also a natural probiotic bacteria that is released in nature that is good for us) and **Yoga** stretching is great for my **Vagus** nerve and my **Psoas** muscle. Both of them are related to the *fight and flight response*. Exercise gives more time than it takes. I think that exercise is the most powerful antidepressant. It improved hippocampus and hypothalamus, both very important part of the brain when it comes to mental health.

2. Motion is emotion. It's about getting the issues out of the tissues. I've learned about the Insular cortex, the Amygdala, the Autonomic nervous system, the Reticular activating system. Conditioned responses, limited beliefs, learnt helplessness, downward comparisons and the victim mentality.

3. Compare leads to despair.

4. Breathing techniques. The breath is what connects the mind and body.

5. That over thinking can be so destructive. When all we do is think about our own thoughts over and over again all day every day, we begin to lose touch with reality and end up living in an imaginary world. Don't spend too long in your head. Paralysis by analysis.

6. How every posture has a corresponding psycho emotional state and also changes your hormonal balance. (power poses).

7. The causes and effects that inflammation can have on the body and brain.

8. I've found that if I write down all the good I see in my day (thankful and grateful journal) it helps me think and feel more positive, rather than thinking impending doom all the time. But not to become to obsessed on being happy all the time. Because striving for happiness can be very tiring. The constant pursuit can have the opposite effect. Thinking of massive changes can be overwhelming. Day by day.

9. If you can isolate the things that makes you feel worse, then you can also spot the things that make you feel better. If you are in the mindset of, "I could do better" all the time, this can go against you, by making things unachievable. If you want to make lasting changes, then you need to start small.

The problem with positive psychology, is that we have distorted our thoughts about normal emotions like, disappointment, sadness, anger, bereavement and so on. And we've made happiness the be all and end all.

...continued on page 21...

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FROM THE HEART



Alan Cohen is the author of many popular inspirational books, including the bestselling *A Course in Miracles Made Easy*. Become a certified professional life coach through Alan's transformational Life Coach Training beginning February 1, 2019. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

Guess Who's Coming to Christmas Dinner

When I texted my niece Jordin, an attorney who works as a public defender, she told me she was at a softball game. Every month, she explained, the town lawyers get together with the inmates at the local prison, along with the guards, and play softball. I was jarred to hear this, as I usually think of lawyers, guards, and inmates as being in adversarial positions. They are too busy fighting and being angry with each other to enjoy each other.

But not so in Jordin's town. For a few hours each month, all of these people rise above their social identities and come together as equals on the same playing field. What a model for how good it can get if we let it!

Jordin's softball game reminded me of a story I heard about the French and German armies fighting each other in World War I. One Christmas both sides agreed to a cease fire, and soldiers from both armies came into a small border town to a tavern where they ate dinner together, drank wine, sang, and enjoyed each other's company. The next day they went back to shooting each other.

Yet for a moment in time those soldiers dropped their animosity and joined. I hold this vision dear as a teaching in what we can all do if we are willing. If we can meet each other in the heart for a day, can we not do it for two days? Or a week? Or a month? Or a lifetime?

The popular and healing spiritual training *A Course in Miracles* began when two people who were odds with each other chose to join instead. Dr. Helen Schucman and Dr. Bill Thetford were research psychologists and professors at Columbia University's College of Physicians and Surgeons. As is often the case in academia, the two were immersed in egoistic power struggles, competition, and backbiting. One day Dr. Thetford came to Dr. Schucman, and told her, "Helen, there must be a better way." Helen agreed, which changed the entire dynamic of their relationship.

Soon afterward Helen began to hear a voice that gave the world *A Course in Miracles* through her. Course scholars cite the moment the two agreed to work together rather than against each other, as the seminal moment that opened the door for entire Course to come to the world. Behold the power of sincere willingness to join.

One Mother's Day I saw my friend Danielle walking into a restaurant for brunch. "My husband and ex-husband are taking me out for Mother's Day," she told me. Odd, I thought, that these two men would join to support their current and former partner. "We all cooperate around taking care of the kids, so we thought we would celebrate," she went on. What a wonderful demonstration of how we can choose to stay connected in relationships rather than use changes as an excuse to separate from each other. Even though we may choose to separate physically, we can still join in spirit.

One of the key lessons in my Life Coach Training Program is the technique of reframing, taking a situation that seems daunting and finding another way to look at it that is empowering. One of the trainees reported a reframe she had achieved: "Last weekend my ex-husband, who now had a girlfriend, came to my house to drop off our daughter after she had spent a few days with her dad. As the girl was exiting the car, the girlfriend gave her a hug and kiss and said, 'I love you.' When I heard that, my heart sank. I felt like this woman was attempting to replace me as my daughter's mother.

"When I thought about it more, I realized that it was a wonderful thing that my daughter had another loving parental influence, how nice that his woman chose to reach out and support my daughter. I realized that we are not in competition with each other, but we are all devoted to the welfare of my daughter. Seeing the situation that way made me feel a lot better. I now appreciate my husband's new partner."



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DEAR WHITEDOVE,

I come from a long line of Catholics that believe we must spend time in purgatory after death before going to Judgement. As a medium, have you seen purgatory?

DEAREST,

I want you to know that God did not create a place of purgatory. Upon death, each soul is meant to be guided directly to heaven for a warm home-welcoming and then their life review. With this being said, human souls are powerful creators and manifestors. Our personal belief systems help us to create whatever we need for our souls growth. So unfortunately groups of souls have bought into concept of a place called **Purgatory** and have helped to create it on a lower astral realm. Yes, I have witnessed souls waiting and waiting in this dingy gray place. I've seen their guardian angels trying to coax them to move forward into heaven by showering them with love until they come to the understanding that there is no need to wait any longer. This purgatory dogma is sad, false and unnecessary. If you have the opportunity to be at the bedside of those you love as death draws near please reassure them to look for their guardian angels and the light of heaven. Encourage them to move into the light.

DEAR WHITEDOVE,

I've heard of mediums having the ability to diagnose illnesses in the early stages. Although I would like to understand more clearly how this is even possible?

DEAREST,

A medical intuitive or health intuitive as I like to call this profession when a medium who's being guided from the Heavens to give a healing or health solutions. They have the ability to scan the human energy field to detect imbalances and pinpoint physical weaknesses and illnesses. Sometimes they are sought out for a second opinion. There are several spiritual gifts that make this possible.

It's much like X-ray vision when the medium and medical intuitive is able to scan the aura and the body to see health issues as a clairvoyant. There are also medical intuitives who just hear the information, as a clairaudient they get this info from a higher source. With the gift of medical intuition, they can advise a person to seek proper medical attention by identifying the issue and directing the person to the appropriate type



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of medical doctor. Most of the time they relay the health issue in the beginning stages when there's a high success rate in catching an issue.

A health intuitive who is also an empath and healer has the ability to feel the energy and the emotions attached to the physical body. Some are able to do hands-on healing and in unison with prayer they help a person open up to the healing process. It's during this practice that real miracles can happen and a physical healing can occur.

DEAR WHITEDOVE,

I was taking a picture of my pet ferrets and there were all these orbs in the photo. Could this be a bunch of fairy spirits?

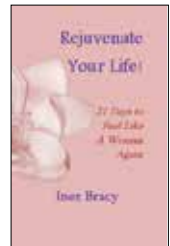
DEAREST,

What cute ferrets, thank you for sharing your photograph. Unfortunately there are many common reasons that orbs show up in photographs: moisture droplets, light refraction, small flying bugs and dust particles too. As I look at your photo most of the orbs are dust particles showing up as white spheres. But there is the blue orb, that one is a paranormal orb. It's a sphere of blue spiritual energy; just a kind spirit traveling through your living room. Very cool!



REJUVENATE YOUR LIFE

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



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Add value to everything you do today. How can you add value to your life? It is simple things... going the extra mile, doing the little bit extra, arriving a few minutes early or staying a little later to do more than is required Add five minutes to your exercise routine or do two more repetitions, drink more water, write one more letter, handle one more email, make one more phone call, just one more... After all, it only makes your day that much better for you.



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EXERCISES

Add personal value today by finding one positive thing to say to each person you come into contact with today, even if you feel annoyed with that person. Ask if there is something that you are doing to contribute to that sense of annoyance and if there is something that you can do to add value to their day. You may find that your perception changes about the situation when you take responsibility for adding value.

Think of ways you can add value at your job and in your family. How many of you have young children? And when you arrive home, they demand some of your attention. How often do you say —not now, —daddy /mommy is tired—. What do you think the difference would be if you took just five minutes to address the child's needs? Most of the time, children only have a few minutes to be bothered with adults because they have to go play. So add value to your children's lives by spending a few extra minutes with them.

...continued on page 31

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

Soulson #126 Right Here Is Fine

Wherever I am is OK. I may currently feel bogged down by unpleasant circumstances, long-standing problems, and relationships filled with tension. I may wrestle with conflicts and confusion within myself. I may feel unable to rise above painful, debilitating habits and emotions.

It doesn't matter where I've been. It doesn't even matter where I am. All that matters right now is where I'm headed, and in this moment, I can insure that tomorrow will be a little better than today, and the next day will be a little better than tomorrow. And onward and upward.

I reached this precise place in my life as a result of my thinking patterns, and I can reach a new and different place the same way - through my thoughts.

I pause and take one minute right now to deliberately think appreciative, hopeful, pleasure-filled thoughts. Tomorrow I repeat this drill, except for two minutes. The next day: three minutes. The next day: four minutes....

Continuing conscientiously, in 59 days from now, I will do this drill for 60 minutes. And my life will be dramatically better. It is absolute universal law.

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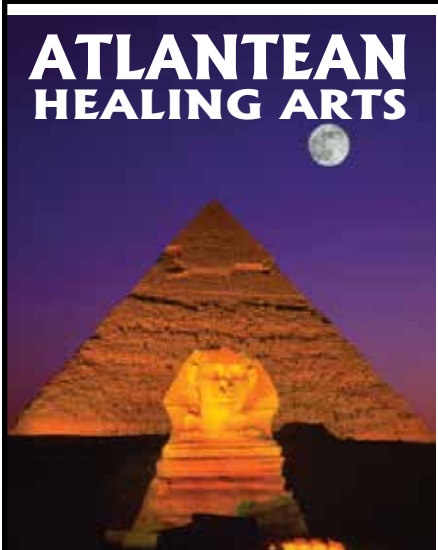


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Tuesdays and Thursdays MELBOURNE 12-1pm Prayer Service Unity Church 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

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

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

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NOTES from the Universe

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

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SPIRITUAL GRAFFITI

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

I used to judge people who didn't want to work on their 'issues' and patterns. I questioned their emotional courage, their fortitude, their depth.

To be sure, many of us -- myself included -- could do a better job of dealing with our stuff head on. But, at the same time, I now recognize that we cannot know how courageous someone else is by looking at their lives from the outside.

Perhaps they are carrying around so much unresolved emotional material -- their own, even that of the collective -- that they do not have any energy left over for processing.

Or perhaps they are working in the deep within in ways that we cannot begin to imagine -- healing their unresolveds, quietly building the egoic foundation necessary to take on the next level of inner work. It's so hard to know where courage lives.

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Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Color Your Life with Crystals; Archangels & Gemstone Guardians Cards, and many more. Margaret Ann is an aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

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Ammonite's message is "I know the truth in the center of myself. All the answers lie within. I recall my dreams and use them as tools to help guide me." The spiritual uses of ammonite sends you into the center of your own consciousness due to the spiraling structure of this fossil. It's especially useful to use for dream work, meditation and has been associated with healing power and oracular abilities.

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DON'T FUEL IT, COOL IT

...continued from page 13...

This is not a normal state to try and live by. All the other emotions are the normal states to be in. It's okay to be in these states sometimes. It doesn't mean we have failed, it doesn't mean we have to feel disappointed, it doesn't mean we have to put ourselves down. It's about learning to just be with the feelings and emotions. We don't need to get involved by inducing the misery with your behavior.

So rather than forever trying to convince yourself your happy and forever giving yourself positive affirmations, simply see yourself as kind of in the middle, your simply fine, some days are better than others. This way you can start to see how true the story is your telling yourself. You realise that the internal interpretation isn't in line with external reality.

10. A attitude of gratitude.

11. The five second rule. The moment you have an impulse to act on a goal, you must push yourself to move within five seconds! Or our brain will start to try and convince us of many ways of why we shouldn't do it.

12. I've learned that meditation and mindfulness can help me become more familiar with myself, and how to deal with any situation better, by being aware of my response to them. Both have helped me stay out of the high Beta brain wave, and more in the Alpha. Also how to use my whole brain, rather than the left or right separately. And they too also help the Insular.

13. Change your mind, change your life. Learning how our neural modulators, chemicals and hormones produced by us, help and hinder us. And the long list of negative affects that Cortisol has on our brain and body.

14. How playing can be so good for your inner child, who hasn't a worry in the world. Do something that gets you away from your thoughts, out of your analytical left side of your brain and into your creative right side of your the brain. Where all the fun stuff happens.

I've learned that I am not all my thoughts, I don't need to react to them, resemble them, or become them, if I just acknowledge them, be aware of them, and ask myself if they support me or not, then I'm in control.

15. How natural light helps the body to heal. Microchondria, excited microns, electrons, photons and protons, biomechanics, reduction potential, giving all the cells energy to heal. The body is a self-regulating self healing system.

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16. How food effects mood. The stomach is like our second brain, they were literally separated at birth, they were once one organ! The brain axis. Both are affected by thought in so way. The gut produces 50% of Dopamine and 90% of Serotonin. We all know that both are important when it comes to anxiety and depression. Unused adrenaline after a panic attack can also cause stomach problems. So look after your gut and be careful what you put in it.

17. Our brain and body need routine. But make sure they're healthy ones!!! It's about not being in autopilot all day, (unconscious mind) and more about taking the wheel (conscious mind). Anterior cingulate cortex.

18. There is so much information out there, we just need to invest in ourselves. I have found that, if I can name it, I can tame it. Knowledge is power, lack of knowledge is lack of power. And have more knowledge about something will always give you more confidence. Give yourself the power over your life, by educating yourself about you. To help yourself become more emotionally educated.

19. We have always focused on the dangers, the frets, the negative things in life. This has helped us survive in the past. But that way of thinking isn't helping us anymore, in fact, it is now doing the opposite and harming us. It's time to start focusing on the helpful things, the things that make us feel good inside, the things that send the right chemicals and hormones to our body's and brains, to help them heal, grow and survive. Emotional and physical education.

20. Last but not least, remember, love is our most powerful emotion! So replace fear with love. Find ways to do that. Our brain and body can't do both emotions simultaneously. Anxiety can be switched off far more effectively by heart-focused activity rather than head-focused activity. The secret to living is giving. The only thing that is really hurting us, is lack of education.

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JOHN HOLLAND

...continued from page 12

Sometimes they leave shiny coins (especially pennies) in places where you had just been—on top of your pillow, in the sink you just cleaned, or on the desk you just left. Another common way to connect is through animals—a bird, a ladybug, or a butterfly, for example. Electronics are also big. Certain numbers may keep popping up. Watch for subtle signs like this because the more you start to notice them, the easier it becomes to recognize more of them.

Someone once asked me why their people on the other side don't just show up in front of them. "Come on. This is not **Hollywood**," I said. "If your loved one showed up in front of you, you'd end up passing away from shock or at least your hair would turn white." That's why they communicate with very subtle signs.

When it happens, try not to talk yourself out of it. If you're getting an **ADC**—whether it's a smell, a coin, electronics playing with you—just acknowledge it because those on the other side want to know, "Can they feel me? Can they hear me?"

After all, when people pass away, they don't get an automatic instruction manual. They learn how to connect from the other side with those here. Some people ask me, "If my loved one is talking to me, does that mean that they're stuck here?" No, they come and go. They temporarily lower their vibration, and you raise yours, to make contact.

A gentle meditation can help get you out of your head and guide you to an elevated space where you can invite loved ones into that vibration. It's very noisy in the outside world, with traffic, social media, and life in general. I liken meditation to using your inner technology before you reach for your outer technology.

Everyone receives this kind of intuitive information differently. When you're clairsentient, you can feel communication. Clairaudients hear it, and clairvoyants see it. That's the training that I give. However, you don't have to go through all that training to experience your loved one. That's for someone who wants to take it to the next level. I encourage people to know what their psychic strength is and then to work on it—not just for mediumship, but for every area of your life.

Experiencing the other side is not dangerous. It can be a little startling because you're not used to it, but it shouldn't scare you. People have asked me about evil entities, but in the 20 years that I've done this work, I've never experienced anything like that. That's very **Hollywood**.

When I started writing **Bridging Two Realms**, I intended to write for the bereaved but then the book took on a life of its own because I saw what was needed in society.

People are asking more profound questions now. They don't understand why, all of the sudden, they're more psychic than ever. Why do they feel like their loved ones are closer?

If you can just get quiet and go inward occasionally, that will help. Try to stop the monkey-mind chatter and just get to know your own soul. You are a soul that comes with a body, not a body that comes with a soul. You are a soul first. Be in touch with that. It's there waiting; it never leaves you. Once you can connect with that part of yourself, you will discover a whole new world you never thought possible.

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This month's thoughts about things...

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

... from page 7

I told her it was in the interest of karma that she NOT try to go after the officer for doing his job whether she gets off on a technicality or not. It was HER OWN actions that began the ripple effect. She is so focused on portraying herself as the victim of "a malicious arrest" that she completely forgets the part that they have her on video taking the money.

YOU DON'T WANT JUSTICE, YOU WANT MERCY

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

WHAT THEY DO NEEDN'T AFFECT YOU

if you think anything anyone does against you can prevent you from attracting what you are meant to attract, you're simply not connected to guidance. If you think anything anyone says about you can prevent you from attracting the good that is meant for you, you are temporarily disconnected from guidance.

WHICH THOUGHTS TO REPEAT, WHICH TO DISCARD?

Your thoughts may appear out of nowhere. You can't stop that from happening. What you can decide is how long you will continue to dwell on that thought. You have the choice of staying on that thought long enough to get pissed off about it. You have the choice of moving to a better feeling thought, before you attract something you don't want.

WHERE IS MY SOULMATE??

Where is my soulmate?? As a psychic reader, that's one of the top questions I'm asked. A lot of people who've been waiting years for their love partner don't realize they've shifted into a phase where having a conventional partner will not be their life. Their soul is calling them toward inner work but they don't know what that looks like just yet.

YOU DON'T NEED A PARTNER, YOU NEED A PURPOSE

We can get used to having a romantic partner fill in the gaps of our life, so we assume that is what we're waiting for next. But we don't need a partner, we need a purpose and just have not discovered this yet. Start praying for meaningful purpose to be dropped into your life. For some that will be a partner, for many it'll be something else

Enjoy our offering this month.
Hari Om.

Andrea



HEART OF THE SHAMAN

...continued from page 8...

Someday, I will see if it worked. There are dangers lurking in the tides of time. It can be turbulent enough when you drift along in it during the course of everyday life. But when you rush into the future or the past in a shamanic journey, it is hard to tell what is real. Here fantasy and illusion are intertwined. What is true and what is magic, trickery, or deception? When we dream during the night, wherever we find ourselves—in a train, or speaking with our deceased father—seems absolutely real and as tangible as our waking reality. Yet when we wake up the details fade from memory in an instant.

How do shamans know if their spirit journeys through space-time are true?

You have to train to retain clarity during a journey and to prevent yourself from becoming terrified by the ghosts of the past that inhabit these realms, or seduced by temptations in the future. Communication with the formless beings can be tricky—many are hungry ghosts masquerading as spiritual masters. And we are easily seduced by the answers that make us feel most comfortable and self-important. In retrospect, I now understand Roshi's comments about how these beings can become a distraction from the path.

When I started my shamanic training, I would ask myself, "Is this real, or am I making all of this up?" During one lengthy stay in the jungle working with the **Ayahuasca** vine, I began to learn the territory shown to me by the plant medicine. I was no longer thrashed about by the visions, taken from the holiest heavens to the deepest hells, but able to guide them. But before that happened, I had a terrifying encounter with an **Amazonian** anaconda.

In one ceremony with the medicine plants, we were inside a maloca, a circular thatched hut raised on posts above the ground. We were working indoors because the **Amazon River** had overrun its banks and flooded the area. Halfway into the evening, I felt a need to pee . . . I leave the maloca and go down a couple of wooden steps. I am peeing contentedly, the sky above full of stars, when I notice a ripple in the water coming toward me. As it draws near I realize that it is a serpent, a gigantic anaconda that opens its mouth when it reaches me, showing me the webbing inside the roof of its mouth. I am terrified by the beast and run back inside and hide my head under my poncho, praying that it will go away.

...continued on page 29...



ABRAHAM-HICKS

...continued from page 9

gonna come, or where it's gonna come from, or who's gonna bring it. I just know it's coming and that's enough. I can feel it. I can feel it.'

Because, when you can feel it- This is the piece that we want you to hear: Once you're feeling it, you're translating the vibrational reality into a reality, because the feeling is a reality.

Can you accept that? The feeling is a reality, so once you're feeling it, it's fast on the trail. Once you're feeling it, it's gonna light up this way, and this way, and this way, and you're gonna discover- You're already discovering, but oh, so fun as this unfolds, because you begin to realize that it was never getting anywhere that you ever wanted anyway. It was the going.

It's the trail lighting up. It's the trail lighting up.

You don't want it all at once. You think you do, but you don't. You don't want it all at once. You want just enough to satisfy you now. Just enough to thrill you now. Just enough to fulfill you now. Just enough to call you now.

"So let that be enough, for now, and then watch everything-" You'd like a lot more money. You'd like a lot more organization. You'd like a lot more momentum. You'd like a lot more- We're speaking pretty much for everybody. You'd like a lot more of the things that feel good. You'd like more of what-is. You'd like more of the good things of what-is.

You with us?

You want more of the good things of what-is, but stand thinking about the more of the good things of what-is, and do you not acknowledge that in the wanting more of the good things that are- More cars. More houses. More lovers. More money.

Can you feel, in the wanting more of what-is, there's a vibrational flipping, because you're calling yourself attention to what's missing in the what-is. Can you feel it a little bit?

It's what we were saying earlier. "Abraham, please, let's just get the money out of the vortex and into the bank." Until it's in the bank, when you look in the bank for the money that isn't there, y'know what you feel?

When you look in the bank for the money that isn't there, how do you feel? When you look in the vortex for the money that is there, can you see how have a better chance of feeling good?

This environment is evolving. How do you think these things are turning to things from thoughts? How's it happening? There's a vibrational realization thing that's happening.

All this stuff that you wanna call reality isn't the reality that you think that it is. It's your interpretation of a reality. And until you get that, then you're not gonna have a smooth transfer from the vibration into the reality.

So, we're giving you an easy way to understand this. 'The money isn't in the bank yet, and when I look at the money that isn't in the bank yet, that I want and need, I feel negative emotion. And the negative emotion is because I'm looking in the wrong place. I'm looking in the bank instead of into the vibrational reality.'

If you'll look in the vibrational reality, where it is, now you'll resonate with the source within you, you'll feel wonderful, and when you feel wonderful that's the condition that is necessary for the thoughts to turn to things. That's the condition that is necessary for the thoughts to turn to things.

But if you are conditionally-based, running around sorting the things. Acknowledging the things. Measuring the things. Comparing the things. Noticing the things you've got and the things that you don't have, then you can't move beyond the existing conditions.

Ahhh! You can't move beyond what-is if what-is is all you've got going on in your vibration. And you've trained yourself to be such...obedient observers of what-is that you slow the process from turning thoughts to things. You slow the process of turning what you've already created, what you've asked for, and what source has lined up, into the manifested equivalent, you see.

So that's why, you've been listening to us for a while. You've heard us say things to you like, 'If you can want to think about it because of the way it makes you feel-' In other words, if you can take the money out of the equation, and just put the emotion in the equation, now you've got it, you see.

The money will follow. The money will follow. The lovers will follow. Everything will follow the emotion. But you've gotta find the emotion. You've gotta be secure in the emotion. You've gotta show yourself that you can feel the emotion unconditionally. You gotta unconditionally love. You've gotta unconditionally feel clarity. You can't demand that the condition perform in a way in order to give you the knee-jerk response. Eventually, it will. And you'll have a really nice rhythm going.

But if you can feel it before it shows itself to you, when it shows itself to you, you'll feel it. And if you can feel it before it shows itself to you, when it shows itself to you, you will feel it. And after a while you'll have this momentum going where you can't tell if you're feeling it or if it's showing itself to you because it's all unfolding so rapidly. So beautifully.

Such a dance of perfection, you, and the source within you, and all of the cooperative components of the universe assisting you in the fulfillment of every thing you want, you see.

Nothing off limits.



HEART OF THE SHAMAN

...continued from page 27...

A few months later I am leading a workshop in the Swiss Alps. After the evening program ends, I walk to my cabin and stop outside for a few moments to admire the stars. The cabin is set deep in the woods, and the evening is warm and clear. All of a sudden I notice a ripple cutting through the air like a sound wave, except everything remains silent. And then I see the gigantic anaconda slithering toward me from the forest. This time I hold my ground, feeling my heart pounding in my chest. I realize that the snake is coming for me, and I watch how it opens its jaws, and I observe the webbing on the roof of its mouth. Then I hear a voice that says with absolute clarity, *"You know that I am going to eat you. Your choice is to either go through me and come out the other side as serpent poop, or become me as I digest you."*

I realize that fighting is futile and nod to the great creature. I feel myself being swallowed and all my bones being crushed as my light, freed from my body, seeps into every cell of the great snake and I become one with it. In that instant I had a perfect understanding of what it meant to be a luminous warrior with no enemies in this world or the next. The anaconda was not my enemy. It was a test, a friend who freed me from the fear of losing my life.

It took me a moment to come back to my body, standing at the edge of the forest, gazing at the stars once again. I pinched myself. There was no anaconda, and I felt vast and expansive, bathed in the Primordial Light, part of a great emptiness that was cognizant and alive. A few weeks later, I returned to California to my job on the faculty of the university. After a day of meetings and committees, of grading papers written by students made to take my course in order to graduate, I recall asking myself, *"Is this real?"* And in those hallowed halls of learning, I could not find anything real.

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There was no longer any truth there for me. This meant leaving the faculty of a prestigious university and the comfort of a monthly salary. I had worked hard to secure my job and position, and woke up one morning to realize that the security I had longed for had become a golden cage. I was like an eagle whose wings had been clipped; I looked impressive sitting on my perch, but could not fly far no matter how hard I flapped my wings. It was time for the professor to die, to let go of the love, the money, and the identity that the position offered me.


I decided that it was time to stop hiding behind my degrees, and to begin teaching adults who were dedicated to becoming modern shamans. By then, I had a young family to support and no income, title, or position, but I knew who I was and where I was going. It's not as if I had a destination in mind. It was a vague calling, and a sense of destiny, that made me walk away from a daydream. I had woken up from the dream of security. I would still have to wake up from the dream of permanence and the dream of love that is unconditional. But I had my first taste of the sacred dream and of Ti, and I knew that nothing would be the same after that.

This is an excerpt from chapter 2 of Alberto Villoldo's The Heart of the Shaman. Reprinted with permission. <https://thefourwinds.com/>

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HOROSCOPES DECEMBER 2018

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

Aries – (March 20 – April 18) With Mars making moves in your solar 12th house, you may feel a bit under the weather this month. It's just not right having your bright and brave planetary ruler in watery Pisces. Having your secret liabilities revealed is the worst part of this placement. Old physical injuries act up, and ancient unhealed emotional wounds surface, begging for release. Wisdom and temperance walk hand in hand now.

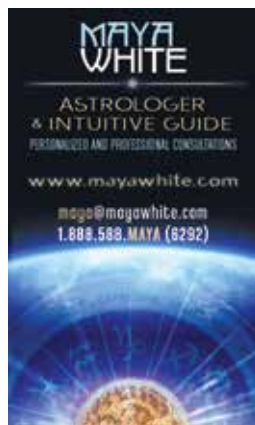
Taurus – (April 19 – May 19) You're free at last now that Venus finally has gotten her act together. Released from the woes of her lingering retrograde, Venus bides her time in Scorpio and delivers a handbasket full of rewards for you, Taurus. Ancient Eastern wisdom teaches that good things come through other people, and Venus in your relationship sector is ready to deliver. I'm talking about money, love, and happiness.

Gemini – (May 20 – June 20) Work becomes much easier once Mercury stations direct on December 6th. Let the holiday season deliver more good cheer and less stress, Gemini. Your sensitive system has been under planetary assault for a while now. The good news is that Jupiter is happy and like a jolly **Santa Claus**, ready to bring your some goodies. Don't overdo it, though; you still need time to recuperate. R & R is your Rx prescription.

Cancer – (June 21 – July 21) It's important to recognize that Pluto has been slowly working his way into your life. Pluto states his case in subtle (or not so subtle) ways. For example, you've probably gotten used to being of service to a parent or family member- never thinking about the cost. Yours is a unique relationship with family. This month, take some time for yourself. The full moon of December 22nd is in your sign - make it about YOU.

Leo – (July 22 – August 22) Let this longing for freedom grow wings, Leo. You've paid your dues, done the right thing, and taken care of others. Now with Jupiter fanning the flames of your desire, how can you not heed his call? Here's a little secret -- this phase will come and go quickly, so take action now. The celestial dome has been home to rough and uncertain weather for several months and conditions aren't going to get much better -- it's time to go.

Virgo – (August 23 – September 21) You may feel trapped by circumstances, but consider that there is a reason. Mars, Jupiter, and Neptune are all challenging your sign now. Nicely, it may be said that you're building big strong existential muscles; but on the other hand, it can also feel like the world is just bearing down. The planets are putting up a strong headwind now, Virgo. Buckle down and ride out the storm. Next month is better.



Libra – (September 22 – October 22) Love and money are always fun, and Venus in Scorpio holds the promise of both for you this month. The thing is - you are very resourceful anyway. Venus is just putting a shine on what you have naturally. Focus on being who you are and doing what you love to do. Networking is super productive, now. Remember that every person you meet is a golden link in the chain of your prosperity.

Scorpio – (October 23 – November 21) Yours is another of the signs that has been plagued by rough celestial conditions over the past few months. Finally, with Mercury retrograde over on December 6th, things start to smooth out. Just take care on the 7th when Mars conjunct Neptune delivers the possibility of making a decision you'll regret. Tune into your eagle vision, and like the tailor, you must measure twice and cut only once.

Sagittarius – (November 22– December 20) Truly, Jupiter in your sign will be a bonus to every aspect of your life. Take advantage of this great year ahead. You've earned the freedom to explore, even if it takes some negotiation to carve out the time away. Finances are still a bear, though. With both Pluto and Saturn in your money sector, you can only bow to their demands. In some imaginary land, this discipline is good for you; at least that's what 'they' say.

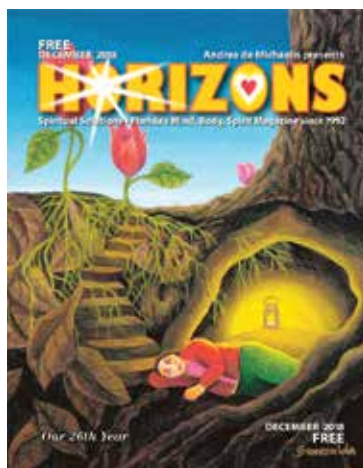
Capricorn – (December 21 – January 18) Watch your expenses this month, Cap. There is a slippery slope out there that can all too easily cascade to a mudslide if left unchecked. For example, if you're asked for a loan, just know that repayment will be slow and uncertain. Consider giving your advice, or your time and energy in lieu of cash. No matter what, you may end up feeling unappreciated. Tune into your heart and remember the reason for the season.

Aquarius – (January 19 – February 17) Uranus is making one last, wild foray back into Aries. It's like he just doesn't want to leave. This makes for frustration, leaving you feeling like you're on the edge of a precipice yet it's not quite time to leap. It's OK. Guess what, next January delivers two eclipses and you need more information. Valuable information comes with this slight delay. You must be patient.

Pisces – (February 18 – March 19) Focus on your creativity this month, Pisces. Mars is in your sign all month, and if you play your cards right this can be a great time to get things done. It really does feel different when Mars is activated. Take care to not get into an injury prone cycle. You do have to pay attention when driving and I don't even need to mention excessive drinking. Remember your delicate system.

COVER ART

El Sueno/The Dream by Esmeralda Raven Aponte



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

Esmeralda finds inspiration through her dreams composed of fantastical creatures and other-worldly settings. Her beliefs into the mystical forces greatly influence her paintings and allow her to explore their blending together with the aspects of life. Her

world full of wonderment expresses different states of experience and exposes the strong relationship between plant, animal and human world.

EL SUEÑO (THE DREAM), 8"X8", GOUACHE ON CANVAS

Dreaming is an important part of my working process. I dream of surreal places and of other worldly beings and when I wake I make notes for next painting. Making notes of your dreams is a good practice to keep in order to remember your dream. Often dream details are forgotten after an hour from waking.

To be able to interpret your dreams is a powerful tool. In analyzing your dreams, you can learn about your deep secrets and hidden feelings. No one is a better expert at interpreting your dreams than yourself. There is no 'one dream interpretation fits all.' Symbolism plays a strong part.

Every detail, even the most minute element in your dream is important and should be considered when analyzing. Each symbol represents a mood, a feeling, a memory or something from your unconscious. Look closely at the characters, places, objects, animals, emotions, and even color and numbers that are depicted in your dreams. The most trivial symbol can be significant. Your own personal experiences, memories and circumstances, will serve to guide you through a meaningful interpretation. With practice, you can gain an understanding of the cryptic messages your dreams are trying to tell you.



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



REJUVENATE YOUR LIFE

... from page 16

Go out of your way to do a little extra for yourself. Adding value to your own life ensures that you are living your best life every day. Buy flowers for yourself, take a few extra minutes with your coffee, take a walk at lunchtime...create self-appreciation rituals that remind you how valuable you are to yourself.

At day's end, reflect on your day and write your thoughts. Remember that writing calls into being whatever you desire. Adding value to your life and to the lives of those around you is an important part of living your best life.

"One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation, and compassion." ~ Simone DeBeauvoir

"What you have to do and the way you have to do it is incredibly simple. Whether you are willing to do it, that's another matter." ~ Peter F. Drucker

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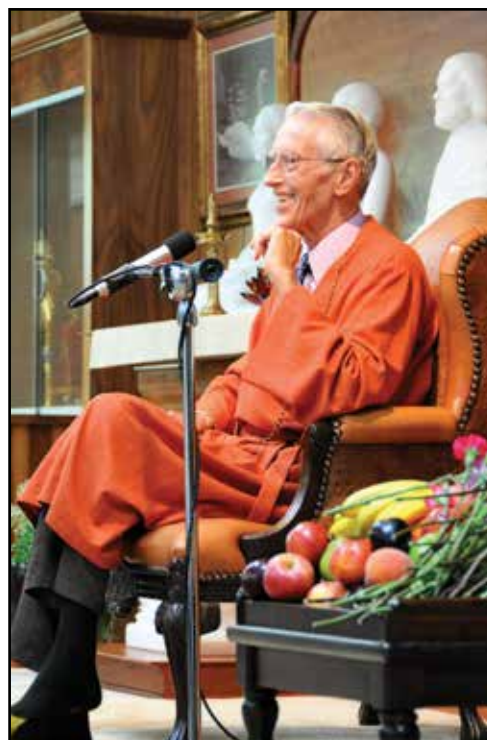
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