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Andrea de Michaelis presents

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## HORIZONS MAGAZINE

575 Escarole Street SE  
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# 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**

**Publisher/Editor/Creator**

Andrea de Michaelis

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# HORIZONS

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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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Andrea de Michaelis  
Publisher

## THIS MONTH'S THOUGHTS ABOUT THINGS

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

### WELCOME TO THE DECEMBER 2020 HORIZONS.

The big news in my life is the new neighbor moved in and is pleasant and nice. We wave and say hi when I'm gardening in the west yard and he steps onto his porch to let the dog run out for a few minutes. If you're on my [Facebook](#), you read about all the antics.

We talked about the vines in the trees along the property line, he said if I'd cut them, he'd pull them down once they dry out. That made me notice the vines definitely hinder natural tree leafage, so they'll be glad to be free.

He's got a big fish tank AND has city water, but my well water is excellent. I let him fill his tank from my hose. Since he's got city water, when power goes out after storms, he still has water and now so will we hehe

"*You enjoy doing this?*" he asked about the vegetable gardening and yard work. I do enjoy it, it brings me a lot of contentment. I love working my body when the weather is nice, getting exhausted and sweated out then cleaning up, resting and doing it again in a few more hours.

### VEGETABLE GARDENING IS TEACHING ME TO SEE WITH NEW EYES

I find myself saving anything in the kitchen that could be composted: radish tops, eggplant skins, banana and orange peels. It teaches me to not toss branches out to the street to be picked up anymore but to place them under bushes and trees to decompose and become mulch. The City waits that long to pick it up anyway hehe

Thanks to them ignoring my stacks for months, I finally raked them flat along the easement and kept them watered. Six months later, I've got a fine bed of mulch to line the hedges.

### GARDENING TEACHES ME I HAVE MORE RENEWABLE RESOURCES RIGHT HERE IN FRONT OF ME THAN I EVER NOTICED BEFORE, OR IMAGINED

Since they also cleared the lot across the street from me, that included many very tall Australian pines. For the first time since 1984, I get to see the sky in that area as the sun rises. It's pretty spectacular. I've learned to embrace the changes.

I used to really love being hidden behind all the woods and all the trees I've planted to surround my property the last 30 years, but the last few years I've wanted to see more of what's out there. I thinned the hedge at the street so I could still be hidden, yet see the cars and walkers and bikers on their daily routes.

Once I was no longer glued to keyboard and phone working 18 hours a day and had time, I found joy in watching my little world unfold around me, I wanted to be more involved with it.

### PRETTY COOL HOW THAT WORKS OUT SINCE BY THE TIME THE QUARANTINE CAME ALONG, I'D ALREADY CREATED A PARADISE I WAS READY TO LIVE IN

In my 20's and 30's in Miami, FL, I lived in apartments and condos and was glad to have no yard duties. I wasn't into it then, I was definitely an in-the-city girl. But now I see the beauty of having a yard and discovering vegetable gardening is a distinct thrill.

### I'VE BEGUN TO SEE MY GARDENING AS A DAILY SPIRITUAL PRACTICE

Besides relieving stress, gardening, growing things makes me be laser focused with attention to detail. It teaches me to accept and even embrace change. It allows me to see patterns and cycles that help me make plans for the future.

Having a yard that lets me continually change the landscape as I please gives me a big feeling of managing something big in my life, and doing it in accord with Mother Nature.

It helps me feel connected to the Earth and the natural rhythms of the Universe: the seasons, the moon phases, the planetary aspects, all constantly changing. It helps me feel connected to Whoever or Whatever is out there, and the more connected I feel, the less of a name I need to give it.

**As I learn to be flexible and work harmoniously in the garden, I know I am really not in complete control but that I can learn to surf and dance in the midst of whatever Mother Nature throws at me.** This helps me see the correlation with personal situations and relationships as well. It helps me see what areas I've left parched and what needs weeding. It teaches me the value of planning for the long term.

**It teaches me cause and effect, and that seeds scattered carelessly now will grow nonetheless, so be sure I plant seeds only with purpose. It teaches me I can rebuild after total devastation.** It teaches me that tender new growth can appear in the most unlikely places, at the most unlikely times. It teaches me to expect change and be delighted about it.

It teaches me to love it all, at every stage, because it will continually be changing.

Enjoy our offering this month.  
Hari Om.

Andrea

# YOUR CHAKRAS DEMYSTIFIED



## AN EXCERPT FROM THE JAMES VAN PRAAGH SCHOOL OF MYSTICAL ARTS PSYCHIC AND INTUITIVE CERTIFICATION COURSE

When I launched the James Van Praagh School of Mystical Arts, I poured my soul into creating the first course - my Psychic and Intuitive Online Certification, Level 1. The response from students has been so positive that I've decided to share a small sample of the course material as my New Years gift to you! This information comes from just one of over 50 videos that make up the full 8-week online course. James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

## UNDERSTANDING THE CHAKRAS

Your chakras are spinning vortexes of energy that are vital to your physical, mental and spiritual wellness. You receive, transmit and process life energies through the chakra system so it's critical that they are fully functioning, balanced and unblocked.

There are many chakras in the body, but today we are going to discuss the 7 main ones - then I'll share an exercise to help you identify and clear any blockages in your chakras, and get them spinning in the right direction.

It helps to imagine every chakra is its own little world - each connected to individual organs and associated with specific physical and emotional attributes. And every one of the seven main chakras reflects a color of the rainbow.

**1) The first chakra is the root chakra.** Its color is red, and its element is earth. Located at the base of the spine, the root chakra is responsible for connecting and grounding you to mother earth - it controls the kidneys, adrenal glands and legs.

Attributes have to do with grounding, security, courage, balance and patience.

If your first chakra is unbalanced you might feel insecure, impatient, self centered, greedy, short tempered, or overly concerned with your own survival.

**2) The second chakra is the naval chakra.** Its color is orange, and its element is water. This chakra is associated with reproduction, sexuality and emotions. It controls the ovaries, testicles, spleen, womb and bladder.

The lessons of the second chakra are all about giving, receiving, passions and raw emotions.

If this chakra is blocked or out of balance, you might struggle with sexual appetite, addictions, jealousy, or impotence.

**3) The third chakra is the solar plexus chakra.** Its color is yellow, and its element is fire. Located above the navel, it's where you'll find the silver cord that connects your physical body to your spiritual body - being in touch with this chakra will allow you to trust your inner knowing!

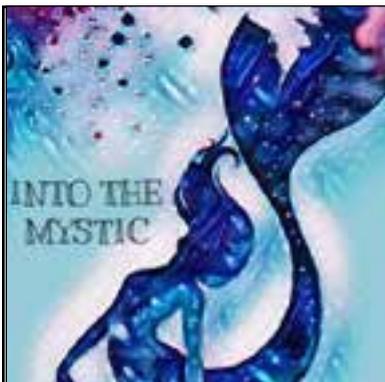
The third chakra receives and gives out information - organs involved are the nervous system and digestive system.

This chakra is associated with power, self-control, and transformation of self, humor, and immortality.

Problems with this chakra will manifest in ego, greed, anger, and fear, too much emphasis on power and recognition, and digestive problems.

**4) The fourth chakra is the heart chakra** - Its color is a beautiful green, and its element is air. It's important to note that the second, third and fourth chakras are the emotional centers of the body - the seat of clairsentience!

*...continued on page 20*



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# ABRAHAM-HICKS



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## IF ALL IS CURABLE, WHY IS THERE DEATH?

**GUEST:** If nothing is incurable, why is death inevitable.

**ABRAHAM:** Oh, that was such a loaded question because what your question seems to mean is that there is life and then there is the long, sickly slide into death. As if the only reason anyone would ever die is because they have an illness. NOW, it's hard for you to conceive that anyone would want to die.

And we say you understand that you want to be born into this physical body, why is it hard to conceive that you would want to reemerge into pure nonphysical energy? The death experience, energetically speaking, is as exhilarating as the birth experience since there is no death. We like to call it croaking. We like to be as disrespectful as we can because there is no such thing as death. Did you feel the depth of the resistance in the human perspective relative to that though?

**GUEST:** Yes, I think so. I'm trying to assimilate what you're saying.

**ABRAHAM:** So ask the question again.

**GUEST:** So death, "croaking", let's call it "croaking", okay, croaking seems to be an inevitable experience.

**ABRAHAM:** But hear it from our POV. Life is inevitable. A changing of perspectives is inevitable. Eternalness is inevitable. That's like saying...how would like it if you say: I was born into this physical life experience, and I went to a movie one day. And now I have to watch the same movie over and over and over and over. Every time I try to get out of theatre they say No, it's not your time yet; go back.

INOW, this is just one of the aspects of Who You Are. You never intended to stand in one place.

**GUEST:** Okay

**ABRAHAM:** You begin to develop this resistance to, and it is odd, because it is inevitable, you don't know anyone that doesn't experience it, and yet you dread it. And a question like this further enhances the dread, doesn't it?

**GUEST:** Well, I'm not sure, exactly, really. I'm trying to reconcile, if there's nothing that's incurable...



**Janice Scott-Reeder**, AA, BA, Druid

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**ABRAHAM:** NOW, if disease doesn't take you out, would anybody die. Let's take away train wrecks, car wrecks, trucks running over you. And disease...and there's leprosy...

We love this question because what you're helping us amplify is that there are many people who make their death experience in the same way that you make your next choice in life experience. NOW, sometimes you've lived enough live and you've put enough into vibrational escrow that the death experience is the call of Source.

NOW, when this time space reality is no longer serving you in the powerful way you've intended, you often opt for reemergence into nonphysical and a fresh start again. Humans don't like the thought of that because they say oh the last start was pretty rough going and I just got it squared away and now I have to start all over? I have to be a teenager again?

But, we lovingly want to say to you that that is a question that would ever only be spoken from human perspective and from a disconnected human perspective as well.

**GUEST:** Okay. Thank you. My next question: we can decide how we're going to die and when we're going to die?

**ABRAHAM:** You are the creator of your experience and in that sense, without exception, every death is suicide because nothing happens to any of you that is outside of what's going on in your vibration.

*...continued on page 26*

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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

## GOLD, FRANKINCENSE AND MYRRH

The holidays are here again along with its traditions. As a spiritual herbalist I have often thought about the gifts given by the 3 Wise Men at Christ's birth and what was their purpose, were they given to Jesus for spiritual reasons or for medicinal purposes as he was growing up. What I found was that they were not just herbs of Christian tradition they are also mentioned in the Torah, Talmud, and Koran, in Druid, Wiccan, Vedic, Buddhist and Taoist literature.

At the time of Yeshua's birth, Frankincense and Myrrh were more costly than gold and they were believed to be representative of his roles as prophet, priest and king. Historically Frankincense and Myrrh were found in Babylonian, Egyptian, Indian, Greek, Roman and Chinese writings dating back to 2800 BC.

Back then they were used to acknowledge divinity, for purification, as temple offerings, in rituals for death and rebirth, for embalming practices and as the key ingredients in anointing oils. During this time period Frankincense and Myrrh were also used in cosmetics helping to keep the skin looking youthful, for repelling insects and for healing wounds and ulcers.

Today Frankincense and Myrrh still retain their spiritual purposes for worship, purification, consecration and for blessings. They are also used to reduce stress, anxiety for reducing sorrow and for assisting in meditation.

As an herbalist today I use Frankincense and Myrrh mixed with Turmeric and Cayenne for pain and inflammation helping people with arthritis and joint pain. I also use them for problems concerning the mouth for sore throats, bad breath, gum disease, pyorrhea, canker sores, gingivitis or thrush as a mouth wash, gargle or **RECIPE** as a tooth powder made with ½ cup Kaolin, 1teaspoon Myrrh, 1teaspoon, Frankincense, 1teaspoon Baking Soda and the essential oils of Cloves and Anise.

Besides being good for these conditions, these herbs have the ability to help with parasites, asthma, bronchitis, athletes foot, nail fungus, healing and disinfecting wounds, clearing lymph congestion, stimulating blood cell activity and increasing adrenal hormones.

I am glad to find that extensive research is being done in the UK on Gold, Frankincense and Myrrh for their ability to shrink tumors. Researchers have found them to be rich in biologically active molecules that have the potential to prevent cancer.

When those three Wise Men gifted the infant Jesus could they have known what their gifts would be used for?



# 5 SIGNS YOU'VE MET YOUR SOULMATE OR SOMETHING ELSE ENTIRELY DIFFERENT

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.

**As a professional psychotherapist with over three decades of experience in helping couples and individuals heal relationship issues and challenges, the question "are soul mates real?" enters the therapy sessions.**

Deep in our hearts, we know that soul mates are real. We know we're in the presence of a soul mate each time we meet someone with whom we instantly click, feeling that we've known that person our entire lives and that we're reuniting after a long absence.

The greatest minds have been writing about the soul mate experience since practically the beginning of time. For example, around 385 BC, Plato wrote in his dialogue *The Symposium* that each human longs for his/her other half--the other half of his/her soul. It is said that when the two find each other, there is an unspoken understanding of one another that they feel unified and lie with each other in joy.

The Yiddish word *bashert*, referring to one's divinely fore-ordained spouse or soul mate, finds its origins in the book of Genesis.

Conversely, if you ask most modern day social scientists whether soul mates are real, they will tell you: hell no! And, they will go so far as to say that seeking a soul mate experience is a set up for disappointment.

Our hearts also know that science and logic can't begin to address the mysteries of the soul. While science can't demonstrate the existence of the soul, or soul mates, any more than we can prove that God exists, our hearts know what is true.

*...continued on page 25*

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# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL. She can be reached at [scribe@ironoak.org](mailto:scribe@ironoak.org)

## WINTER SOLSTICE

**MERRY MEET AND WELCOME TO DECEMBER!** **Winter Solstice 2020** will fall on **Monday, December 21** at **5:02 pm EST**. It's the longest night of the year and the length of time will vary as one gets closer to the Arctic Circle, some parts of Alaska seeing less than 4 hours of sunlight on this day.

Our friends in the southern hemisphere will be observing **Summer Solstice**, looking forward to their harvest times. I recommend looking up sunrise and sunset times for your location, and take a few mindful moments to step outside and connect with the passage of time.

In ancient times, the observance of the solstices was vital to survival, as agricultural and migration was planned carefully around them. Our crops are still planted on these cycles and it has become over time, an important religious and spiritual time of year for the world.

The most recognizable signs of the season are **Christmas** trees and gift exchanges. Every family brings their unique flavor to the holidays, based on their religion or country of origin. Some families may choose to integrate new rituals based on where they are on the journey of their spiritual practices. With lights, fires and greenery, the central theme of the light pushing back the darkness unites us.

It's important not to get hung up on an "Ideal Christmas." This is the biggest contributor to holiday stress and conflict. Celebrate the season in the way that makes you and your loved ones happy and this will create the most beautiful and cherished memories.

**Winter Solstice** celebrations in cold climates were and still are intimate, domestic celebrations held indoors, as opposed to the open community celebrations of **Summer Solstice**. We have spent so much of 2020 in our small circle of families, the prospect of coming out of this long and dark time will resonate with everyone as this year closes.

Never has there been a better time to craft your own decorations, make homemade gifts and cook those recipes you clipped many years ago and never got too.

Do some research on how the holidays are celebrated in the lands where your ancestors lived. But most of all, be gentle with yourself. Don't feel defeated if you there are roadblocks to any of your plans. Longer, brighter days are ahead.

**December** ends with the **full Cold Moon** on the 29th. The full moon is a great time for releasing things. Maybe our **New Year's** resolutions will look a little different this year. As opposed to lofty goals, we can choose what we will leave behind in order to move forward.

I wish everyone health and wealth for the year 2021. Blessed Be!



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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 ON EPIDEMICS

When you consider epidemics to be the result of viruses, and emphasize their biological stances, then it seems that the solutions are obvious: You learn the nature of each virus and develop an inoculation, giving [each member of] the populace a small dose of the disease so that a man's own body will combat it, and he will become immune.

The shortsightedness of such procedures is generally overlooked because of the definite short-term advantages.

...Biology is simply the carrier of a "deadly intent." There is a difference between a virus produced in the laboratory and that inhibiting the body – a difference recognized by the body but not by your laboratory instruments.

...No person becomes ill unless that illness serves a psychic or psychological reason...

Many people who would not get the disease in any case are then religiously inoculated with it. The body is exerted to use its immune system to the utmost, and sometimes, according to the inoculation, overextended under such conditions. Those individuals who have psychologically decided upon death will die in any case, of that disease or another, or of the side effects of the inoculation.

...Each person born desires to be born. He dies when that desire no longer operates. No epidemic or illness or natural disaster – or stray bullet from a murderer's gun – will kill a person who does not want to die.

...The environment in which an outbreak occurs points at the political, sociological, and economic conditions that have evolved, causing such disorder. Often such outbreaks take place after ineffective political or social action – that is, after some unified mass social protest – has failed, or is considered hopeless.

...You are biological creatures. Despair or apathy is a biological "enemy." They act like fire applied to a plant.

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# 8 STEPS TO BREAK THRU BLOCKS WITH THE POWER OF 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. Visit her online at <http://www.KimChestney.com>.

**How many times have you resisted growth or change in your life because your Intuition was telling something that you didn't want to hear?**

"That can't be right. It doesn't make any sense."  
"That is scary...there is no way I am doing that!"

Despite what we might like to think, Intuition is more than our 'yes'-man (or woman). And our Intuition will definitely call us out on our BS.

We can lie to ourselves; but Intuition will never lie to us. Sometimes the truth hurts. Yes, you are going to get sick if you don't take care of yourself. No, that diet isn't healthy for you.

Intuition tells it like it is. And our natural instinct is to ignore it. Or justify ignoring it. Which is the recipe for distress.

**WHEN WE IGNORE OUR INTUITION, WE CREATE BLOCKS WHICH SERVE AS A BARRIER TO OUR GROWTH**

"it's not a break-down...it's a break-through."

## HOW TO USE YOUR INTUITION TO BREAK THRU BLOCKS AND LIVE THE LIFE YOU WERE MADE FOR

### 1. GRAB YOUR JOURNAL

Do a quick centering meditation or your usual spiritual ritual to get you in a high-vibe place. Snuggle up with a blanket and tea - and get ready to get your writing on.

### 2. MAKE A LIST

Think for a moment about the biggest problem area(s) in your life. What is causing you suffering? What recurring themes are you unable to resolve or release? And how long have these challenges been part of your life? In what ways has it repeated? Really dig into the block and write down anything that comes to you about it.

### 3. QUIET YOUR MIND

Lay down your pen, and get comfortable in your mediation position. Feel free to grab a mala, or crystal, or spray some essential oil - whatever you like to do to get your intuitive juices flowing from a high place. Then, close your eyes and focus on your breath, as you clear your head of any thoughts.

### 4. ASK YOUR HIGHER SELF FOR INTUITIVE GUIDANCE

Once you have settled in to a quiet place inside....place your intention on receiving guidance for this block. Ask for your Higher Self to infuse your being with the wisdom to break through your blocks and into the light of truth and wisdom.

### 5. OPEN UP TO RECEIVE

At this point, all you must do is open up to receive. Smile. (smiles shift our energy to light and openness) Affirm that you are open to receive the truth. Chances are, some things will start popping in to your head right away. This is likely your Intuition - as it often comes quickly in a flash.

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# ASK WHITEDOVE



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## BARTER? WHAT TRADES WILL BE USEFUL IN THE FUTURE?

Many of my social media friends and clients have keyed into the repeated and consistent messages from Spirit to have a skill to barter or trade with.

**DEAR WHITEDOVE,** What trades will be useful in the future? If Whitedove could provide more guidance there that would be great. You mentioned "fixing things" as an example but there are many different trades out there that take lifetimes in some instances to master. Just trying to find one that resonates with me and will be in particularly high demand in the future if possible.

**RESPONSE:** We have asked this as well, and Spirit always asks us the following to help us hone our interests:

What do you like to do?

What are you good at?

What would you like to learn?

What is there a need for? Technology? Plumbing? Electric? Carpentry? Cooking? Healing? Teaching? Managing? Organizing? Entertaining?

All of it. Some things take longer to master than others, but just start where you are and do what you can. Chip away at it and before you know it you will be further along than you could have imagined. But dreaming alone is not enough. You must get off your butt.

We all have certain gifts. Most don't know what theirs are. But a common clue is to look at what you are interested in. Likely if you are interested in something or are passionate about something, you have some affinity for it and you have likely spent some time at it -- thus you've likely developed some skill set or knowledge base.

Next, ask yourself if there is a need for the product or skill or thing that interests you most. Is there a need or niche to fill? Can you overlap what you like to do or are good at with a need? And then look at the potential scalability.

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Meaning, can you get it to enough people to generate a living while helping as many as you are comfortable with. Listen, we are all different and some do not want to go "global."

Ambitious people always think everyone should be as ambitious as they are and take things to the next level. No. Some people are comfortable with smaller operations. We are all different. There is no one size fits all model.

For me, I have spent my life honing my gift, working very hard at it and I have been willing to put myself out there, sometimes at great risk. No one has been tested on TV more under stricter controls and rules than I have. That is not an exaggeration, it's fact.

Why haven't others done that? Some just aren't interested and many are afraid of failure. Some of my friends ask, "Why put yourself through these grueling tests? Why take the risk, you already have the titles and accolades?"

I always answer, "To open doors for others. To stretch myself. To improve and the better I get, the more I can help."

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

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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" on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

## THE SECRET TO SOLUTIONS

Anything that I consistently think about will expand, grow greater. Therefore, any habit I have of analyzing and re-analyzing problems and potential problems can be counter-productive.

There is a time and place to size up a problem and take action. But repeated evaluation is merely thinly disguised worry and will make my trouble grow.

Well-being is the underlying nature of the Universe. If this were not the case, humanity would have imploded long ago. Good things, including solutions, flow to me easily and naturally when I am relaxed, happy, and trusting.

If I notice myself dwelling on a problem, I find something pleasing to think about instead. Every time I do this drill, I am one step closer to a satisfying - even astonishing - resolution.

## THE SHRUG: POWERFUL STRESS RELIEVER

People have been known to say and do perplexing things, ridiculous things, hurtful things, self-destructive things. And that's just in my immediate circle! (Laughter time.) (Or not.)

But if I have any hope of developing consistent good feelings, I must choose not to dwell on other people's frustrating actions.

I cannot maintain full connection to my Source while thinking about others' upsetting habits and patterns. And since every good aspect of life flows to me from Source, it is never worth it to focus on anything that hinders that flow.

I can offer advice to others, but it's best not to let my happiness depend on that advice being taken. I simply do not have the power to tinker with other people's lives. And I would not want that power, for that would mean they could do the same with mine.

Today I shrug off others' perplexing behavior. I focus on all that's good about life. I live in peace and model peace for those around me, a very high calling indeed.

## THE PAST HAS PASSED

Today I release the pain of the past. I cannot build a happy tomorrow if I'm giving mental energy to past hurts and heartaches, if I'm lamenting abuses and wrongdoing, if I'm feeling guilty over mistakes and failures.

I am never truly "stuck" in the past, for time ever moves forward. But by dwelling on past pain, I will likely draw new but similar pain-evoking situations and people into my experience. I will likely live a vicious circle.

I even release the idea of being a "survivor." Every time I think and speak of myself as such, I am recalling what I survived. This sort of thinking can usher in new problems and troubles that require more survival.

If possible, I perform some sort of symbolic act today, such as going to a body of water where I mentally release the past, allowing it to rest and be transformed by nature's peaceful flow.



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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>

## THERE ARE THOSE WHO ABSOLUTELY THINK ALL THE RIGHT THOUGHTS.

Yet if they're not doing all they can, with what they've got, from where they are, then you can just guess what else they're probably thinking.

And those other thoughts are busy at work, too.

You are my sunshine,  
**The Universe**

## ONE SIGN OF ACHIEVING ENLIGHTENMENT, OTHER THAN AURAS, TINKLING BELLS, AND A HEALING

touch, is that you start valuing idle daydreaming as much as you value planning.

Another is that you begin talking sweetly not only to plants and trees, but to cars and toasters and computers.

And, quite unequivocally, feeling gratitude for your present challenges, love for lousy drivers, and sympathy for those who don't see service in their work.

Serving 7 billion,  
**The Universe**

## THE VERY SAME MAGIC, THE VERY SAME MAGIC YOU USED TO GET YOUR FIRST JOB, TO FIND A BEST FRIEND, AND TO HEAL WHAT HURT,

that even now finishes your sentences, beats your heart, and inspires your dreams, is the exact same "grade" of stuff that can make what you most want today come to pass.

Point being: You've already engaged it. You've already commanded it. You've already done the impossible... So what's the big deal about doing it again?

Oh, go on...  
**The Universe**

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# HOW YOUR FEELINGS AFFECT HEART HEALTH

## FORGIVENESS AND THE HAPPY HEART

Eldon Taylor is an award winning, New York Times best selling author of over 300 books, and audio and video programs. He is the inventor of the patented InnerTalk technology and the founder and President of Progressive Awareness Research. He has been called a “master of the mind” and has appeared as an expert witness on both hypnosis and subliminal communication. [www.eldontaylor.com](http://www.eldontaylor.com)

**Never underestimate the importance of releasing anger and negativity.** In the spring of 2007, I was going along, playing with horses and enjoying the outdoors while working a full week, as do so many people, when I discovered a burning feeling in my left lung. It would appear when I exerted myself on the treadmill or bike, but I could work through it and it disappeared. I told my wife about it casually because it was strange, but I was convinced that perhaps I had some new allergy.

A couple of weeks passed, and one morning my wife opened a new box of cereal. As she prepared to pour from it, she noticed a warning on the box. She came to me upset. This cereal box described my symptoms exactly and warned that these can be the signs of an impending heart attack.

I was soon undergoing a nuclear stress test, which I promptly failed. Next there was an angiogram, and this one had my wife and younger son in tears. By this time, we were mentally prepared for a stent, but no one was thinking triple-bypass surgery.

**A heavy heart inhibits your immune, endocrine, and autonomic nervous systems from optimal performance**

The long and the short of it came down to my just being very lucky (or looked after). Two of the three main arteries in my heart were totally blocked, and the third was 99 percent blocked, yet my body had found ways to keep blood coursing through the entire heart. There was no heart damage.

The surgery left me with time to reflect on many things. I discovered that I initially felt betrayed, and I was angry. I'd been working out, no longer smoked, ate little salt and less sugar, consumed lots of vegetables and fruit—why me?

As I went into my anger, I discovered two things. The first was that despite my belief that I'd forgiven, I hadn't. I carried all sorts of angry scripts within me, waiting for a chance to act them out. These were often the scripts of my childhood, and when they weren't, they could have been. In other words, my thinking patterns placed being right over being at peace.

You see, when you live in the state of forgiveness—that is, you forgive yourself and all others—you live in a special state of inner peace. Forgiveness is the antidote to anger, blame, guilt, etc.

To test my theory I obtained a software/hardware setup from the **Heart Math Institute** (you can find what I used on my Website: [www.eldontaylor.com/mindprogramming](http://www.eldontaylor.com/mindprogramming)). I installed the software and began working with the system. It's designed to evaluate several measures, including pulse rate and heart rhythm; but most important, it teaches the operator how to develop heart coherence.



*...continued on page 29*



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

## WHY DO SOME COUPLES ENJOY TRIGGERING EACH OTHER?

They enjoy it because they feel they need the triggers in order to bring their unresolved wounds to the surface. For them, their tumultuous connection is the primary way they become conscious of their issues. **Wound-mating.** This is one kind of conscious relationship. I prefer another kind- one where the connection is so stable and kind that your armor melts into sweetness. In the heart of that opening, your wounds and issues feel safe to reveal themselves. Not triggered by your partner, not re-traumatized by the connection, but invited into awareness and healing by their loving presence. That's my kind of conscious relationship.

## A REMINDER

- This is NOT the new world order.
- This is NOT a liberal conspiracy.
- This is NOT a conservative conspiracy.
- This is NOT the arrival of the star people.
- This is NOT a massive cosmic recalibration.
- This is NOT the final chapter of the matrix.
- This is NOT God's way of punishing the evil.
- This is NOT a new dawning and a new earth.
- This is NOT our initiation to the higher realms.
- This is NOT the entry-way to the 5th dimension.
- This is NOT the opportunity the Pleiadians have all been waiting for.

**This is a virus, friends. Protect yourself.**

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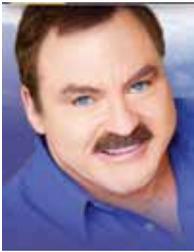
# PREDICTIVE ASTROLOGY

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James Van Praagh

# CHAKRAS DEMYSTIFIED

...continued from page 8...

The heart chakra is in the middle of the body, where it anchors the higher self to the lower self. It controls the blood and circulation, and is associated with the blood, thymus, arms, hands, and lungs.

Lessons of this chakra are divine and unconditional love, compassion, balance, and a sense of one-ness with all life - also acceptance, peace, harmony and contentment.

An out of balance heart chakra may result in depression, emotional instability, and heart and circulation problems

**5) The fifth chakra is the throat chakra.** Its color is light blue, and its element is ether. It is the source of clairaudience, and associated with creativity, self-expression, and expression through sound. It controls the thyroid gland, hypothalamus, throat and mouth.

Lessons include expressing your true self, integration with your higher knowledge - wisdom, honesty and kindness.

When your fifth chakra is out of balance, you might feel unsure of who you are, be afraid to communicate, experience lack of discernment, depression or thyroid problems.

**6) The sixth chakra is also called the third eye chakra.** Its color is indigo and its element is light. Associated with vision and intuition, it is the seat of clairvoyance.

Organs associated with this chakra are the pituitary gland, pineal gland, ears and the left eye.

Lessons include intuition, clear sight, imagination, wisdom, perception, and devotion.

A blocked sixth chakra can show up as a lack of concentration, cynicism, fear, headaches, nightmares, and a feeling of being detached from the world.

**7) Located at the top of the head, the seventh or crown chakra is represented by the color violet.** Associated with thought and will, it vitalizes the upper brain, pineal gland and the right eye.

Lessons are all associated with the higher self and the human personality. The crown chakra is where you download the higher levels of beings, your oneness with the infinite - inspiration, divine understanding, service, and connection to consciousness.

A closed or unbalanced crown chakra manifests itself through a lack of inspiration, confusion, separateness from the world and a hesitancy to serve and depression.

**Here are some questions to ask yourself to determine if your chakras are healthy, or if they need some fine tuning:**

- Is change difficult for you?
- Do you find it hard to relax?
- Are you having financial worries?
- Do you have intestinal problems?
- Do you feel afraid for no reason?
- Do you have creative blockages?
- Are you having sexual problems?
- Do you feel run down or low energy?
- Are you having relationship problems?
- Do you have a strong fear of rejection?
- Is it hard for you to trust other people?
- Are you afraid of making a commitment?
- Do you have difficulty expressing your true self?
- Do you find you are uncomfortable in your body?
- Would you describe yourself as addictive/compulsive?
- Are you overly sensitive or guarded with other people?
- Have there been unresolved abuse issues in your family?
- Do you ever feel like you are spaced out or ungrounded?
- Do you worry excessively about what people think about you?
- Are you shut off from other people or your own inner knowing?
- Do you find it hard to meditate, pray, or just be with yourself?
- Do you overcompensate for insecurities by being overly friendly and agreeable?

**If you have answered yes to any of these questions, it's likely that one or more of your chakras are blocked. Here's how to begin the process of balancing your chakras.** With focus, you can start to heal your chakras energetically.

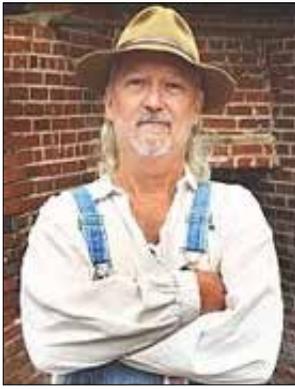
## AN EXERCISE TO PRACTICE BALANCING YOUR CHAKRAS THRU VISUALIZATION:

Sit in front of a mirror and breath deeply, in and out. Plant your feet on the floor and feel your connection with the earth. After centering yourself, attempt to feel what each chakra point is like. Look in the mirror at first. Each chakra has a personality, an energy, a purpose, a character.

Based on the overview above, visualize the color and attributes of each chakra, and imagine that part of your body bathed in a colored light. Begin with the root chakra at the base of your spine and slowly work your way up to each of the seven centers, ending at the crown chakra on top of your head.

As you go picture each chakra spinning and imagine the flow of energy driving it. Pay particular attention to areas where you feel an energy blockage, or have physical symptoms. Note what you experience emotionally, mentally, physically and spiritually.

*I hope you've found this chakra overview enlightening. To learn more, please check out the JVP School of Mystical Arts web site at [www.jvpschoolofmysticalarts.com](http://www.jvpschoolofmysticalarts.com).*



# LOQUAT LEAF ANTI-VIRAL SYRUP TRADITIONAL REMEDY

Songwriter, musician, artist, storyteller and cook Charlie Cracker is a fifth generation Floridian. who shares his unique blend of Cracker wisdom through his music, art, storytelling and the various historical demonstrations and events he appears at throughout Florida. <http://charliecracker.com> See **Charlie December 12th at FORT KING NATIONAL HISTORIC LAND-MARK** [www.fortkingocala.com](http://www.fortkingocala.com) on the History of Distillation in which he will cover some early remedies. You can also see **Charlie at 50th annual AFALIA RIVER RENDEVOUS January 13-24.** The Southeast's largest pre-1840 Living History Encampment. [www.alafiariverrendevous.org](http://www.alafiariverrendevous.org). Charlie is available for workshops and presentations.



**Standard viruses are subject to the power of the Loquat Leaf. There is evidence that suggests the Loquat leaf produces a variety of acids that have an anti-viral effect.** These acids produce antigens, which are anti-viral agents. Two of these chemicals are called megastimane glycosides and polyphenolic constituents which are known to produce viral antigens. Further, the triterpene chemicals help to directly reduce rhinovirus infections (colds of various kinds).

I felt that the info here might benefit some people suffering through COVID-19. This is part of the research I have been doing for an upcoming publication. If it helps you or someone you know, please let me know.

A fruit of wide appeal, the **Loquat** (*Eriobotrya japonica* Lindl.) is a member of the Rosaceae or rose family and is also called the **Japanese Plum**. The Loquat is indigenous to southeastern **China** and possibly **Japan**, where it has been grown for over 1000 years. It may have been introduced into Japan sometime earlier, though. The Japanese use **Loquat** leaves as a traditional remedy for preventing and treating respiratory ailments.

The western world first learned of the Loquat from the botanist **Kaempfer** in 1690. By the early 1800's it was being cultivated from France to England, throughout **India** and southeastern **Asia**. It was growing at the medium altitudes of the **East Indies**, in **Australia**, **New Zealand** and **South Africa**. By 1867 the **Nispero**, as the Spanish call it, was being cultivated in **Florida** and throughout much of the temperate world.

Through various methods of propagation there are now hundreds of varieties of **Loquat** being grown worldwide for ornamental use, fruit production and as a medicinal.

**Loquat leaf tea (Biwa Cha) is a traditional herbal tea used as a remedy for preventing and treating respiratory ailments.** The tea ceremony in Japanese culture has long held an important place in daily life. Various herbs are often used as part of the ceremony to promote wellness. **Senjira** means to infuse in **Japanese** and is a time tested brew method used to extract the beneficial elements or essence from an herb and to bring out its true flavor.

## HERE'S ONE METHOD FOR INFUSING THE ESSENCE FROM LOQUAT LEAVES:

The leaves are picked green, washed and the underside scraped thoroughly to remove the membrane, if present. The leaves are then shredded and used green or dried for later use.

### SENJIRA:

1. Pour a little more than 4 cups of pure **water** into a kettle.
2. Add about two heaping tablespoons of dried **Loquat leaves** or 4-5 fresh leaves to kettle.
3. **Heat** uncovered to a full rolling boil.
4. Turn down heat and cover tightly. Let **simmer** for 15 minutes.
5. Turn heat off and let **cool** for 10 minutes. Remove lid carefully allowing the liquid containing essential oils to drip back into the kettle.
6. Strain and serve hot or cold.

**Traditional Chinese medicine** dates back more than 2500 years and is still in wide use today. A popular **Chinese cough medicine** is **Loquat syrup**. It is made with **raw honey** and a blend of **herbs**, including **Loquat leaves**. Reportedly, the recipe was created during the reign of **Emperor Kangxi** (1654-1722) of the **Qing** dynasty by **Yang Xiaolian**, a Chinese provincial commander. The commander is said to have visited doctors and traditional practitioners all over the land trying to find a cure for his ailing mother.

**One traditional recipe** for the cough syrup contains at least 16 ingredients. A mixture of 1 part raw local honey combine with 1 part infusion of Loquat leaves (**Biwa Cha**) may provide the most benefit.

### MOST BENEFICIAL METHOD:

Prepare **Loquat leaf tea (Biwa Cha)** as described. While still warm combine with equal parts of **raw local honey** and stir until well blended. Cover tightly and store in cool dry place, such as a refrigerator. **Take one tablespoon of the syrup in the morning and at bed time.** May also be used as needed to help with sore throat and cough.

**CAUTION:** The leaves of the Loquat contain a mixture of triterpenes, along with tannin, vitamin B and ascorbic acid; in addition, there are traces of arsenic in some varieties. Young leaves contain saponin. May cause allergic reaction in some individuals. Never try any herbal remedy without first consulting your Doctor or a trained herbalist. You are encouraged to do your own research into this and other herbal remedies. ©2020 CT Charlie Cracker Langrick

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Jamie Turndorf

# SIGNS YOU'VE MET YOUR SOULMATE OR SOMETHING ELSE ENTIRELY

*...continued from page 11*

When it comes to mate selection, rather than speaking of soul mates, social scientists talk about compatibility and the research shows that there are 10,000 people worldwide who would be perfect mates for each and every one of us.

## HOW DOES COMPATIBILITY RELATE TO THE CONCEPT OF SOUL MATE?

In my first Hay House book, *Kiss Your Fights Good-bye*, I explain that the instant sense of compatibility or click we feel for another person can be an unconscious signal alerting us to the fact that we have met someone who emotionally resembles a parent who hurt us in childhood. Since we all crave to heal what I call, Old Scars, we tend to replay them with a person who emotionally resembles the parent who let us down. So, it's no surprise that we will emotionally recognize a person who is like a parent with whom we struggled. The reason we feel a sense of elation upon meeting someone who triggers our Old Scars is because we hope that this person will help us heal the pain of the past.

## BUT IS HEALING OLD SCARS A SOUL MATE EXPERIENCE?

In a way, it is! After all, the highest and most divine purpose of our intimate relationships is to help each other heal our Old Scars. As we heal together, we remove the obstacles to loving others and ourselves more fully, which is what we have been put on earth to do!

Traditionally, psychoanalysts have believed that the instant bolt of lightning, love at first sight attraction that we sometimes feel for another is nothing more than the unconscious mind's recognition of a person who has traits that are like the parent that we had problems with. In these cases, the emotional bells and whistles we feel come from the unconscious excitement at the prospect of being able to re-stage our original trauma (with a player who feels like our parent).

If we can succeed in getting from our partner the emotional goodies we didn't get from our parents, it will feel as though we are getting the goodies from our parent and this will achieve a resolution to the original trauma (what I call the Happy Ending). You'll know if you have unconsciously chosen a parent rather than a soul mate if you find yourself caught in fight cycles that recreate the emotional pain you felt growing up.

I also know that the lightning bolt feeling can also signal a meeting with a soulmate. I experienced this when I met my husband, Jean for the first time and shot through a tunnel to the end of my life!

## HOW DO YOU KNOW YOU'VE MET YOUR SOULMATE?

First, know that there are many kinds of soul mates. Some are designed to be with you for a short time, to assist you in evolving by helping you learn an important spiritual lesson; other soul mates are meant to be with you for life; and still others, like Jean and I, have a soul pact ministry that has bonded us for eternity.

## 5 SIGNS YOU'VE MET YOUR SOUL MATE

- 1) When you meet, you have an immediate sense of having known the person your entire life. And the pull to this person is as inexorable as the tide.
- 2) You have a tremendous sense of feeling at home with this person. There is a passion combined with a sense of comfort, like slipping into a well-worn slipper.
- 3) You will often feel a sense of destiny and purpose associated with the union. Many soul mates feel a calling to share their life work. Often that work involves changing the world in some important way.
- 4) Compatibility is associated with homogamy (or similarity) in all the areas that count. Couples who are compatible are similar in terms of their tastes, values, interests, life goals, etc.
- 5) Since the highest and most divine purpose of our intimate relationships is to help each other heal what I call our Old Scars from childhood, soul mates are often brought together for the express purpose of helping fulfill their mutual soul destinies. To that end, soul mates feel a burning desire to help each other heal in mind, body, and soul and this includes helping each other heal these Old Scars.

If you've recently lost your soul mate, you don't have to say goodbye to the love and the connection you shared while you were together on earth. There is a way to reconnect and resolve any unfinished business you didn't have a chance to do while your loved one was with you on earth. Simply asking to reconnect while meditating can be enough to open the channel of spirit presence. You can learn more about how to reconnect with a loved one in spirit here.

So remember, soul mates come in all forms and you may have multiple soul mates over your lifetime. Love never dies and love is never in short supply.



Esther Hicks

# ABRAHAM HICKS

*...continued from page 9*

**GUEST:** Whether we're conscious of it or not.

**ABRAHAM:** A lot of creating by default going on by a lot of people because you're offering vibrations all over the place not tending to them because you've forgotten that it matters how you feel. It's a very common thing. People will say, "I must speak the truth. I must face reality." And we say why keep active in your vibration something that you don't want. "Because it's true."

We say but surely there are things that are true that cause alignment with source. IOW, just because it's true, it doesn't deserve your attention. Pick the things that are true that feel good when you focus on them and let that be the vibrational base of your life experience. Good.

## ON NEW YEAR'S RESOLUTIONS

**ESTHER:** Abraham, How do you feel about New Year's Resolutions? And how would you approach a New Year's Resolution if you were in our physical shoes.

**ABRAHAM:** They are a wonderful idea. They fall into the same category as **Segment Intending** or **Positive Expectations** or **Deliberate Creation**. Most New Year's Resolutions, like any new decisions, are made from a rather clear awareness of what you do not want or of what has not gone well, and so, in order to set your New Year's Resolutions into motion with enough momentum to keep them going, it is necessary to spend some time lining up your energy with your new decision.

Many people make resolutions, and often by the first or second day of the new year they have gone back to their old habits, and then they feel discouraged. Every day provides a wonderful opportunity to set forth your clear intentions. You do not have to wait for a new calendar year.

**EXERCISE:** Find a comfortable place where you will not be interrupted by. Write at the top of your notebook page:

## MY DOMINANT INTENTIONS

Then write four sub-headings:

1. **My Current Intentions Regarding My Body**
2. **My Relationships**
3. **My Home**
4. **My Work**

Then, write a general description of how you want to feel and be, regarding each of the four categories. Be general and easy. Let these words come easily from you.

Now, go back to the first category, focus on the topic, and sit back, relax, and daydream about this. Imagine your body looking just as you would like it to look. See it in your mind's eye.

Try to imagine how that beautiful body would feel. Move it, in your imagination. Take it for a walk, dress it in something that pleases you. Appreciate its stamina and flexibility and clarity. Spend as much time daydreaming about this wonderful physical vehicle as you can. Stay in your vision until you feel refreshed, and continue to be there as long as you can.

**Now, go to the second category,** and do the same thing. Bring an image of the most significant person in your life experience and see that person with you. Feel appreciation for that person. Mentally speak your appreciation. Imagine that person loving you back. Praising you, and complimenting you. Feel your mutual appreciation and admiration. Stay within the vision until you feel refreshed.

**Now, go to the third category,** and feel appreciation for your home. Make mental pictures of your home as you want it to be. See it orderly, if you desire that, and beautifully furnished, if you desire that. In an easy and carefree manner, imagine it however you would like it to be. Take pleasure from your vision and stay there until you feel refreshed.

**Now, go to the fourth page,** and gather a mental picture of your work. Feel appreciation for the excuse it gives you to flow energy toward something. Acknowledge how expansive it is, and feel appreciation for its ever changing nature. See yourself expanding and thriving. Stay there until you are refreshed.

**There is no right or wrong way to approach this.** The thing that is important is that you choose areas of your life that matter most and that you conjure positive images that thrill you. And as you do that, you have not only resolved, in your own mind, how your New Year will be, but you have notified everyone and everything in the entire Universe and you have solicited their assistance in achieving your intentions. And from that moment forward - the entire Universe will conspire to assist you.



# BREAK THRU BLOCKS

...continued from page 14...

Kim Chestney

## 6. LET THE GUIDANCE FLOW

As these impressions start to flow, you can write them down in your journal as they come, or go with the flow and write them down afterwards. Either way, be sure to honor every impression that resonates with you...ESPECIALLY the ones that are telling you what you DONT want to hear.

If we have a block, chances are good that we have been choosing to ignore an intuitive prompt.

## 7. HIGHLIGHT EVERYTHING YOU RECEIVED THAT YOU DON'T WANT TO DO

Pay REALLY close attention to anything that you wrote down that you 'think' is wrong. Pay even more attention to anything you are rationalizing not doing. This is where the gold mine is. This is where the secret to your break-through resides. Forget about the fluffy, feel-good answers that you already know. You already got that right.

To have a break-through, you need to go deeper...push into your resistance until it breaks. And it will break. All it needs is the light of consciousness. All it needs is for you to take a chance, and try a different approach or open to something new.

## 8. THE LAST (+ MOST IMPORTANT) STEP: TRY DOING THE THING YOU DON'T WANT TO DO

Even if it is just for a day - or an hour. Give it a chance. Just be open to the idea that your Intuition knows something that you don't.

If you do this whole-heartedly, authentically - you will be amazed at what happens. The Universe itself will reach out to support you. It will practically jump for joy that 'at last!' the message got through!

The dam opens. The block clears. And you think: Ugg! Why was I so thick-headed for so long!

But it's okay. Because this is how we learn. And this is how we learn to trust in the Universe.

Want to learn more about how to follow your Intuition? Check out the tons of mini-lessons and micro-videos on our Intuition Revolution TV - join the Intuition Revolution with us and discover why - for all of us - 'knowing' is becoming the new 'thinking!' (and it's WAY easier, once you get the hang of it!)

Good luck busting down those blocks! Onward!

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Eldon Taylor

## HOW YOUR FEELINGS AFFECT HEART HEALTH

*...continued from page 18*

It's a simple yet powerful device, and I quickly saw a correspondence between thoughts that were angry and incoherent versus peaceful, loving, even laughing thoughts and coherence.

I tested others. My wife had a very coherent heart pattern—until I asked her to think about something that angered her. In came the anger and out went the coherence, and so it was with everyone I tested. I was learning more, not only about the power of forgiveness but also about what I termed a happy heart.

### A HAPPY HEART IS A COHERENT HEART

**What does it take to have a happy heart, and why would you want one?** Here's some of what I learned:

Would you believe that a heavy heart inhibits your immune, endocrine, and autonomic nervous systems from optimal performance?

That means that your life is in all likelihood shortened and the quality is lessened. "Life sucks and then you die" is a self-fulfilling prophecy and reflects the attitude of a heavy heart.

**What is the difference between a heavy heart and a happy one?** Did you know that typically in less than one minute in front of the television, you enter an altered state of consciousness (brain-wave activity) that's thought of as a state of hyper-suggestibility?

This is exactly what most would define as the state of hypnosis. While you're watching television, what kind of hypnotic suggestions are entering your mind and in what way will they be triggered later?

**In watching movies, you have vicarious experiences in violence and other matters that are incompatible with happy heart coherence. Since discovering all of this, I've found comedies and uplifting television viewing much more healthful**

Maybe you've visited the supermarket and impulsively picked up some product that you've never purchased before.

**WHY?** Could you be responding to a sort of posthypnotic suggestion (command) that has lain dormant until the trigger, an image or symbol, goes off when you spy the product in the store (even peripherally)?

**Do you know what heart coherence is?** It can be seen in wave patterns that are smooth and even. What you witness in watching an EKG chart or other visual method of displaying heart activity are recursive sine waves—even, smooth, sine waves. When there's a lack of coherence, the heart is struggling (not operating optimally), and for many people this becomes the normal pace of life.

**What Generates Irregular And Incoherent Heart Patterns?** Did you know that your heart's coherence tells the tale of a happy or a heavy heart? Did you know that games involving "shoot-'em-up, bang-bang" themes prevent heart coherence?

How about the fact that anger, excessive anxiety, and stress all bring about incoherence?

Were you aware that in watching movies, you have vicarious experiences in violence and other matters that are incompatible with the happy heart (heart coherence)? Since discovering all of this, I've found comedies and uplifting television viewing much more healthful.

Are you aware that thoughts are related to heart coherence, and that just holding the memory of something sad, evil, mean, or violent—just thinking of someone you still hold anger toward—will generate irregular and incoherent heart patterns? In other words, thoughts translate to feelings.

**Do feelings last forever?** It's easy to see why it's so important to protect against errant and undesired thoughts entering our minds and so important to neutralize all negative emotions. My advice is to put a smile on your face (smiling fools the brain into increasing the body's natural opiate distribution) and fake it until you make it.

In my book *Mind Programming*, I talk about my personal experience with the powerful effect of forgiveness on your health.

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# HOROSCOPES DECEMBER 2020

## ARIES – (March 19 – April 18)

An ideal of life and projects are in the spotlight, dear Aries! At the end of the year you are always focused on this desire to rise to your ideal. The Sun and Mercury in Sagittarius, until the 21st, infuse their desires and optimistic thoughts! Mars, your planet, at home, gives you unparalleled energy.

Venus in beautiful appearance from the 16th, brings you idealism and joie de vivre and before, she brought the beautiful accentuation of your carnal desires. Your socio-professional destiny ends the teachings of Jupiter and Saturn who, from the 19th on, poured into Aquarius and into the real of your projects and friends. Excellent! On the other hand, for the third decan, Pluto still in Capricorn, continues its regeneration of this same sector. Uranus invites you to take care of your credit, first decan. From the 22nd to the 31st, take stock of this year, it's the ideal moment!

### Love in General:

You are carried all month by positive and idealistic impulses! Your inexhaustible energy allows your nature its purest expression. Until the 15th, your feelings are exclusive, your passion a touch excessive, from the 16th to the 31st your way of loving is optimistic, deprived of pettiness. You communicate easily until the 20th, so live these beautiful energies!

### In a relationship:

Nice moments for two in perspective! Whether you are a long-time couple or not, the planets provide sensual fuel for a certain blooming, while Venus, passionate and idealistic by nature, boosts your emotional expression. The eloquence of your words will also serve your married life.

### Single:

The odds are in your favor to cross the path of someone with an important erotic magnetism or a different culture to yours and fall in love! With the tender heart you have, do not repress this little bit of pure romanticism, it suits you so well! Your Libido is vigorous and cheerful!

## TAURUS – (April 19 – May 19)

Introspection and Epicureanism reinforced, dear Taurus! Until the 21st, Sun and Mercury in Sagittarius, impose on your spontaneous nature a dive into yourself, accentuated by Mars in Aries, illuminating all month, your sector of life attached to your inner life. Venus facing your sign until the 15th, facilitates the expression of your intimate or associative life.

From the 16th, your carnal needs increase, your relationship to money is sharper. First decan, Uranus distills its liberating power. Last decan, Jupiter and Saturn leave your sign: what have you changed within yourself? From the 19th, these planets enter Aquarius and activate your socio-professional destiny,

first decan. Pluto continues its beneficial regeneration, last decan. From the 22nd to the 31st, the Sun and Mercury in Capricorn elevates your spiritual awareness and supports your end-of-year efforts.

### Love in General:

A lot of emotional intensity! Venus in Scorpio, until the 15th, refocuses your inner life towards the other, favoring mutual exchanges and mutual interests. From the 16th to the 31st, your libido is powerful but a bit excessive, do not rush your sensual nature to perfection. However, you may lack a little self-confidence, understand that this is only passing!

### In a relationship:

The expression of your feelings flows naturally towards your spouse. Your rapport is thus facilitated, until the 15th, intensity and depth characterizes your conjugal life. A drop in your libido is possible but this does not alter the quality of your love life. From the 16th, your carnal spirit is boosted, keep sharing.

### Single:

Your mode of action is somewhat at half-mast and could hinder a pleasant meeting because of lack of self-confidence. Your nature loves emotional simplicity more than anything else, but monthly influxes are more complex. Until the 15th, however, Venus is favorable to you: whoever tries nothing has nothing!

## GEMINI – (May 20 – June 19)

Projects, friends and a focus on the intimate, dear Gemini! Until the 21st, give room to others. The Sun and Mercury in Sagittarius animate your conjugal or associative sector.

Mars in Aries, in beautiful aspect to your sign, energizes your projects and activates your social circle! Venus until the 15th, helps you in your work and your health and from the 16th to the 31st, softens your intimate life. Jupiter and Saturn completes a cycle, last decan, and returns to Aquarius on the 19th, announcing an opening to an elsewhere, first decan. Pluto still shakes the last decan, stay positive! Your socio-professional destiny requires a special concentration, second decan. From the 22nd to the 31st, the Sun and Mercury in Capricorn can announce an important financial affair, many interior reflections as well as an increase of your sensual needs. Happy Holidays!

### Love in General:

Nice emotional energies! Until the 15th, your daily life receives the benefits of Venus, depth and peak health, and your affectivity is pulsing! On the 16th, it's even better, your feelings are optimistic and happy! Mars as a sign of fire powerfully

*...continued on page 31*

# HOROSCOPES DECEMBER 2020



supports your carnal desires. A warm end of year, surrounded and filled with love, draws itself for your sign. A nice present from the sky!

## In a relationship:

The universe promotes your married life through the help of energies that are beneficial to your constellation. An inexhaustible sensual energy, all month and a sentimental expression that is easy until the 16th or even perfect for your married life from the 16th to the 31st. If you were scrambled with your other half, it is now the ideal moment to reconcile, preferably in the bedroom!

## Single:

The end of year could offer you the most beautiful of gifts: an emotional meeting! For that, several periods are favorable to you, with even more of a chance from the 16th to the 31st. Your melting-pot of friends might help you there, unless a friendly meeting turns into a love story?

## CANCER – (June 20 – July 21)

The focus is on relationships and daily affairs, dear Cancer! Your sector related to work comes alive under the rays of the Sun in Sagittarius until the 21st and from Mercury to the 20th. Be practical! Mars in Aries activates your socio-professional destiny. Be pragmatic! For the last decan, your inner relationship axis still reacts to the changes imposed by heavy planets.

However, Jupiter and Saturn arrive in Aquarius as early as the 19th and the last decan can now say bye bye to the pressure! On the other hand, these energies shake up your relationship with money, sexuality and the mystery of life, first decan. Venus intensifies your loves until the 15th, then softens your daily routine. Your social circle is renewed, first decan, your spiritual opening progresses, second decan. From the 22nd to the 31st, the influx of Capricorn gives back to your intimate life, a place for choice!

## Love in General:

Until the 15th, you are in great shape, emotionally! Venus in Scorpio, in beautiful aspect to your sign, announces a renewal of passion and intensity all in subtlety! Your libido is strong and energetic, spare your partners! From the 16th to the 31st, emotional energies are joyous, optimistic, devoid of pettiness, your daily life is doing well and you are too!

## In a relationship:

It goes well in your behavior, your other half will see bursts of love like at the beginning. In turn you are sensitive, conquering, passionate, a white knight and your partner will not be bored with you this month. When we know that boredom kills love, we long for you!

## Single:

This month's energies do not block the possibility of a meeting, they even favor them! Whether in your daily life or at work, if you are active or on a cultural outing, the opportunities will be there. They will be even stronger after the 22nd, a powerful meeting could capture your heart.

## LEO – (July 22 – August 21)

Love and expansion, dear Leo! Your emotional sector receives the beautiful lighting of Sagittarius and the Sun, until the 21st and Mercury until the 20th. Whether you are a parent or not, in love or not, your heart will beat stronger.

Venus also lands in Sagittarius from the 16th to the 31st, for beautiful and sentimental energies! Before, it was to your home that this beautiful planet distilled its benefits. Mars in Aries, harmonic to your sign, gives you the desire to travel, to spread your consciousness, to open yourself up to learning. The last decan sees Jupiter and Saturn start on the 18th, your professional sector is lighting up to start and in Aquarius, a new page of your relationship turns, first decan. Uranus squared shakes up your destiny, first decan, opportunity or sharp turns: adapt! From the 22nd to the 31st, your daily routine takes you completely.

## Love in General:

Superb energy at the service of your sensuality and your well-being. Venus in Scorpio could awaken your jealousy, especially concerning your home, do not be too protective! From the 16th, love is more serene, optimistic, open and generous! These qualities that you naturally possess make you the undisputed king of this zodiac's vibrant heart!

## In a relationship:

Success is predicted! In a long-term relationship or not you will certainly be on the same wavelength! Communication is facilitated until the 20th, feelings and needs of the body are in phase from the 16th, unless there is an external issue, your married life promises to be fulfilled. Your sensuality is enriched by a touch of intuition, second decan.

## Single:

Do not deny your pleasure! Dare to say your feelings, dare to verbalize your needs, there is no weakness to show when it is benevolent and sincere! King of the zodiac, certainly, but your emotional music is universal, we all know the song! Brazen chances!

*...continued on page 32*

# HOROSCOPES DECEMBER 2020

*...continued from page 31*

## **VIRGO – (Aug 22 – Sept 21)**

Your heart sways between your home and your loves, dear Virgo! Until the 21st, Sun and Mercury in Sagittarius, square of your sign, animates your home, many discussions in perspective! From the 16th to the 31st, Venus softens this sector and the possible tensions disappear. You benefit from intense energy, Mars activates your senses and your relationship to the money of others.

The planets in Capricorn change the expression of your creativity until the 19th, last decan. In addition, Jupiter and Saturn inaugurates a new chapter of your professional life and daily routine, first decan. Neptune, facing your sign, allows others to open you up to the invisible, second decan. From the 22nd to the 31st, the Sun and Mercury in Capricorn end this year by re-focusing on your loves and your children, if you are a parent. Happy Holidays !

### **Love in General:**

Your feelings will not always be in sync with your desire to express them. Until the 15th, Venus in Scorpio facilitates your exchanges and boosts your communication. On the 16th, Venus, on the other hand, troubles your sentimental modesty a little bit, with typical Sagittarius optimism. A hyperactive Mars wakes up your libido but will you follow his insatiable appetite? Not sure !

### **In a relationship:**

Your home is very active and could facilitate your married life but the energies jostle you a bit! Aside from Venus until the 15th, in beautiful aspect to your sign, the emotional monthly energies remain delicate. You communicate better together from the 21st. Your sensuality could be strong, light those candles!

### **Single:**

The emotional changes are still in progress, last decan, change the way you love or your emotional aspirations. Mars invites you to give shape to your desires, forget your fears and believe in yourself! There is the possibility of meeting someone in the neighbourhood or through a family event. Are your thoughts clear?

## **LIBRA – (Sept 22 – Oct 21)**

Optimism and relationships are important, dear Libra! Until the 21st, the Sun and Mercury in Sagittarius strengthens your mind and supports your optimism! In front of you, Mars in Aries gives place to the other, intimate or associated. You complete a family or residential cycle, third decan, while the first decan begins a new page emotionally, structured and fulfilling.

Venus until the 15th can beautify your credit and allow a salary increase, then from the 16th to the 21st, promotes your relationship and your travels. As early as the 22nd, the Sun and Mercury tumbles into Capricorn, square in your sign and focuses your attention on your home or your family relationships. Do not let yourself be annoyed by small offenses, your legendary diplomacy should help you, at the end of the year, to calm things down. Happy holidays!

### **Love in General:**

Your sentimental life should be active and fulfilling, if you accept the opinions of your other half and others, which corresponds to your balanced nature. Venus in Scorpio awakens your heart to a hint of possessiveness until the 16th. Beyond that, a beautiful harmony settles between you and others, Venus in Sagittarius and Mars in Aries allows for this agreement of the heart and the body.

### **In a relationship:**

Much intensity to expect in your married life. Under the powerful effect of Mars in Aries, your other half should take their place, allowing a revival of dynamism and passion between you! Your feelings, joyous and catchy carry you, especially after the 16th. A friendly end of the year for your couple!

### **Single:**

Real opportunities to meet someone are present. Do not hesitate to go out of your neighborhood or move to meet people, it's the right time of year for it, so enjoy! Be careful not to rush into any decisions, Mars might favor a meeting with someone proactive. Any hesitations will fly away!

## **SCORPIO – (Oct 22 – Nov 20)**

Charisma and beautiful energy, dear Scorpio! Highlighting your possessions, Sun and Mercury in Sagittarius until the 21st and Venus from the 16th, festivities are favored! Until the 15th, Venus in your sign illuminates your magnetic personality. Your important energy receives support from Mars in Aries.

The first decan, from the 19th, will welcome Saturn and Jupiter, infusing their teachings to the residential or family sector. While for the last decan, Pluto continues its beneficial intellectual metamorphosis. Uranus alters your intimate relationship at the beginning of your sign. Your way of loving, second decan, opens you to wonderful romanticism? From the 22nd to the 31st, the energies of Capricorn announce nice contacts and pleasant, festive trips? Your morale is good and strong, it pleases those around you. Happy Holidays !

*...continued on page 33*

# HOROSCOPES DECEMBER 2020

...continued from page 32



## Love in General:

You shine until the 15th under the escort of Venus in your sign, a beautiful team! Your sex appeal should be at its zenith and allow for an easy love life. However, your libido will have to be channeled, in order to stay constructive and happy. Your possessiveness could wake up a bit, be careful, you could make your partners flee. Pity!

## In a relationship:

Harmony on the program! Especially if your partner knows how to adapt to your volcanic nature, a bit unpredictable! Your feelings are easily expressed from the 21st, just like your sensuality throughout the month. Add a pinch of romance, thank you Neptune, this month looks nice!

## Single:

Your daily life and professional sector could foster an emotional encounter. Until the 15th, your charm is at its height, your strategic flair sharpens under the influx of Pluto and your energy is very strong, in short: the sky helps you concretely to change sentimental status. Do you really want it?

## SAGITTARIUS – (Nov 21– Dec 20)

Love and friendship in focus, dear Sagittarius! Until the 21st, the Sun and Mercury are in your sign, Venus from the 16th to the 31st: a nice trio! You are inspired, charismatic, communicating! Especially as Mars in good appearance comes to shake your emotional area harmoniously and gives you an overflowing energy! At home, Neptune brings its share of doubts, second decan, stay zen.

A beautiful evolution of your relationship and your morale is born as of the 18th, when Jupiter and Saturn will enter Aquarius, first decan. Pluto always in Capricorn seeks to change your source of income, last decan. From the 22nd to the 31st, the Sun and Mercury in Capricorn invite you to reflect on this area as well as the expression of your inner talents. Merry Christmas!

## Love in General:

Until the 15th, your feelings remain secret and modest? Mars, however, watches, throughout the month, to inspire you with love or a conquest, to awaken the devoted admirer who sleeps in you! From the 16th, all fire, all flame, your heart roars, your sentimental life is illuminated. You have the right words until the 20th, celestial energies pamper you.

## In a relationship:

If you go beyond a tendency to repress your feelings and express them fully especially since the 16th, then this month promises to be rewarding and joyful for your married life. Your sensual expression should be strong, Mars gives you an emotional appetite to share without moderation. The cold outside will not bother you, quite the contrary!

## Single:

Dramatically active, voluntary, dynamic, your emotional status should occupy your thoughts! Bet on your close entourage, neighborhood or during a trip for hopes of a meeting. The chance could also smile on a cultural or fun outing: a person with an uninhibited temperament could respond to your emotional appeal!

## CAPRICORN – (Dec 21 – Jan 19)

Introspection and financial structuring, dear Capricorn! Your thoughts are secret, your social personality in withdrawal, until the 21st, under the effects of Sagittarius, as a preparation before you're in the spotlight on the 21st. Pluto again regenerates your sign, third decan, while Jupiter and Saturn, your master, ready to leave on the 19th, to enter Aquarius, boosts the first decan.

Your pecuniary affairs are growing in size and structure, the collective and even militancy attracts you. Mars in Aries, square in your sign, invites you to calm things down at home, with your family, unless a move is in the works? Love awakens you, first decan, you are inspired, second decan. The 22nd, the Sun and Mercury in your home, strengthen your aura. Taste the wisdom embodied in your sign. Happy Holidays !

## Love in General:

Love is not your priority at the end of this year. Venus in Scorpio until the 15th, in harmony with your constellation, favors your social circle. From the 16th, Venus in Sagittarius, you inspire the taste of secrecy, Mars makes your libido a bit virile, love is not simple. Friendship will be better lived than love. It will be better next month!

## In a relationship:

A complicit couple and lovers, influxes do not influence your married life, perhaps you feel a need to isolate yourself a little bit. If your relationship is fragile, Mars might start conflict at home that will need to be controlled! Humor, diplomacy and letting go will make this contrarian phase pass quickly.

...continued on page 34

# HOROSCOPES DECEMBER 2020



...continued from page 33

## Single:

Your friendly sector could favor a meeting thanks to Venus in Scorpio until the 16th. However, this concretization could be delicate, Mars provokes you and you do not like to pass for someone who is weak. A complicated atmosphere for a meeting unless the person understands that your icy-ness is only protection!

## AQUARIUS – (Jan 20 – Feb 17)

Many interactions between yourself and others, dear Aquarius! All fire all flame until the 21st, the Sun and Mercury in Sagittarius, boosts your social circle and your projects.

You benefit from the support of Mars in Aries, your morale and relationship is at the top! From the 18th, Saturn and Jupiter settles in your constellation, the last decan finds a new breath while the first begins a new promising cycle! A sudden change could occur concerning your residence or your family, first decan. Venus softens your socio-professional destiny until the 15th, beyond that, harmony is at the rendezvous. From the 21st, Mercury and the Sun enters Capricorn, creating a need for you to reflect or pause for a balance. Live this serenely. Happy Holidays !

## Love in General:

Until the 15th, you will live a love with a bit of tension, at work, it will be more beneficial. From the 16th on the other hand, Venus and Mars in beautiful appearance, announce a lot of passion, a joy of love that you will have at heart to share! Your expansive nature will be supported by the universe, you are popular and your emotional life perceives the benefits.

## In a relationship:

Harmony. Complicity. Regain of passion. This month foreshadows a beautiful end of the year as far as your married life is concerned, the festive stars should be in your respective eyes! Mars supports your libido, the Sun your good mood and Venus from the 16th, your feelings. Stability and evolution are on the agenda.

## Single:

Bet on your social circle to promote a sentimental encounter. You radiate a little less after the 22nd but Venus fully supports you from the 16th. Your personality is enriched with anchoring and optimism from the 18th, what you lose in light you gain in depth. It's your turn to play!

## PISCES – (Feb 18 – March 18)

Introspection and professional movement, dear Pisces! A professional shaking up is possible until the 21st, the Sun and Mercury in Sagittarius, square in your sign, asks you for more work. Your monetary sector is energized a bit in excess by Mars so respect your budget.

Always under the reforming influence of Pluto, your sign cuts back, sorts through and makes choices when it comes to your social circle and your projects, third decan. Jupiter and Saturn pours into Aquarius from the 18th, to you a beautiful introspection, first decan. Do not panic, it's a beautiful journey that awaits you, the most beautiful trip: a meeting with yourself! Love will evade you until the 16th, then facilitate your relationships with a possible hierarchy. From the 22nd to the 31st, you cherish your friends, think diligently and plan for the future. Happy Holidays !

## Love in General:

The planets relating to your sentimental life make little attempt to take care of your sky. Aside from Venus in Scorpio, until the 15th, which greatly favors your emotional fulfillment, infusing a powerful idealism, the rest of the month will be calm. Forget about work on your way home, concentrate your energy, a little destabilizing, on what makes you feel good, your loyal friends for example!

## In a relationship:

A revival of possessiveness could appear between you and sensuality is on the rise too. Your loving temperament adapts to the contingencies of everyday life, it is a beautiful force. The energies of fire jostle your inner balance a little, relativize. Enjoy a favorable Mercury from the 21st, to discuss in depth with your other half.

## Single:

Until the 16th, the sky favors your emotional attempts, especially during travel or with a person of culture different to yours. If your heart has been racing for a new world recently the universe tells you the right time to act. After the 16th, financial or professional questions occupy your thoughts.

## Advice from FREE Horoscope:

Jupiter and Saturn in Aquarius announces, for your sign, long months of beneficial introspection. A certain celestial protection accompanies you, you mature more and you assert yourself, first decan. Open your heart, isn't that what you like to do?



# ASK WHITEDOVE

...continued from page 15...

I love what I do, sure it comes with its downsides, but I do not focus on that. I only focus on the good. I do not pay attention to negative.

In fact, many of you know when we get someone who is new to social media or immature or emotional or rude on social media, I just delete their comments. Hey, if they do not have the maturity or common sense to reach out privately when they have a challenge and instead want to spread their negative energy to all of you, no no no. I won't have it.

People need to know they cannot just say whatever they want in any old rude way they want to because negativity is toxic. There are ways of doing things. We all know better. Anonymity is no excuse for rudeness and I will just not have it.

In short and back on topic, I am no different from you, I am good at something and there is a need for it and thus I have a trade/skill I can barter with and do from time to time. You just need to find what your gift/interest is. I promise you have one, smile. You have so much power in you.

Often I trade my time for something of perceived value. It is important to note, there are many people with natural gifts in any number of fields, but if they do not work hard to develop them and put the time in to hone their craft, others who are not as naturally gifted may end up surpassing them.

Putting in the time and work is essential. And there is a key consideration with this. I have met many people who claim to have 20 years of experience in a field. But, upon closer examination, they never stretch themselves and really they simply have one year of experience twenty times. Do you know what I mean?

Often people share they just don't know what they want to do. That is when I share with them to pick an industry they are passionate about. Go into that industry and find your best fit because within an industry there are any number of different roles and options.

You have to start somewhere. I had a friend who said they always dreamed of being a concert pianist, but did not have the chops. So instead of pursuing being a concert pianist, they instead got into the music industry. More specifically, marketing. They love it.

Bottom line, we are all so deliciously unique. No one person any more important than any other. Each on our own journey. And remember, love is the only thing we take with us when we leave. But the more back up plans you have for the period of time we are in, the better.



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## Haunted History Museum

Photos and documents, bizarre and macabre displays  
[www.facebook.com/cgreenshauntedhistoryhouse](http://www.facebook.com/cgreenshauntedhistoryhouse)

The human nervous system is always looking for data. When I intentionally feed it stillness, by not attaching to the emotional fire hose of the limbic system, it must feed off the stillness and a new feedback loop is established. Stillness, silence becomes the new input to the system, the nervous system feeds on itself. That's why the ancients said to seek the peace within.

Eric L. Knouse



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# SETH SPEAKS

*...continued from page 13...*

The epidemics then serve many purposes – warning that certain conditions will not be tolerated. There is a biological outrage that will be continually expressed until the conditions are changed. Even in the days of the **great plagues in England** there were those smitten who did not die, and there were those untouched by the disease who dealt with the sick and dying.

Those survivors who were actively involved, saw themselves in a completely different light than those who succumbed, however: They were those, untouched by despair, who saw themselves as effective rather than ineffective.

The sight of the dying gave them visions of the meaning of life, and stirred new ideas of sociological, political, and spiritual natures, so that in your terms the dead did not die in vain.

Epidemics by their public nature speak of public problems. In your society scientific medical beliefs operate, and a kind of preventative medicine, mentioned earlier, in which procedures [of inoculation] are taken, bringing about in healthy individuals a minute disease condition that then gives immunity against the more massive visitation.

In the case of any given disease this procedure might work quite well for those who believe in it. IT IS, HOWEVER, THE BELIEF, AND NOT THE PROCEDURE, THAT WORKS.

... The survival of your civilization is quite literally dependent upon the condition of each individual; and that condition is initially a spiritual, psychic state that gives birth to the physical organism. That organism is intimately connected to the natural biological state of each other person, and to each other living thing, or entity, however minute.”

## **NOT ALL MAIL COMES FROM THE POSTMAN**

Seth: "My purpose is not to come between you and your own freedom by giving you "answers," even to the most tragic of problems. My purpose is to reinforce your own strength, for ultimately the magic of your being is well-equipped to help you find fulfillment, understanding, exuberance, and peace.

Your problems are caused by your own doubts. These doubts arise because you have been out of touch with the validity of your own existence. Let me here reinforce that validity. Let me reinforce faith in your innate ability to find joyful acquiescence and to rise above any problems that you have.

If I presume to solve problems for you, then I deny you your own power and further reinforce any feelings of powerlessness that you have. I know that you can grow tired, however,

and that sometimes a gift of energy can be quite a boost. So, again, with this letter, I send my joyful recognition of your existence and energy that you can use to reinforce your own vitality and strength.

*All mail does not come from the postman. So, each of you should have your own kind of inner response from me to whatever letter you have sent by mail. I serve in many ways as a speaker for your own psyche, however, so the inner message will be from your own greater being to yourself. And, at that multidimensional level of reality, I salute you.*

## **SETH ON AGING**

Seth: "To begin with your imaginings may seem foolish. If you are elderly, poor, and lonely, it may seem highly ludicrous to think of yourself as twenty, wealthy, and surrounded by friends and admirers. ...

You are to realize that this imaginative world DOES exist - but not in the world of facts that you know. TO SOME EXTENT, however, according to your freedom within it, such an exercise will automatically rejuvenate your body, mind, and spirit and begin to draw to you whatever equivalent is POSSIBLE for you within the world of facts that you know.

Using age as an example now, it may seem to you that you ARE a given age, that within your subjective experience it must be paramount, that regardless of your age you are to some extent closed off from the experience of being any other age. In some simultaneous existences you are very young, however, and in others very old.

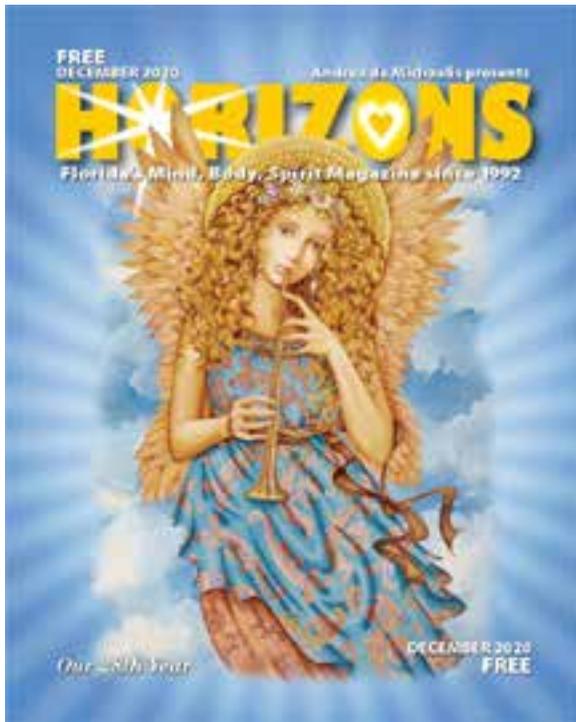
Some of your physical cells are brand new, so to speak - the regeneration of fresh life is physically within you; in your terms this is true not only until your death but even after it, when your hair and nails can still grow. Identify then with the constantly new energy alive within you in this NOW of your being and realize that on all levels you are biologically and psychologically connected with that greater identity that is your own....

In itself, such an exercise creatively alters probabilities, for you no longer live with the problem as an unchanging concrete reality. This is a psychological and psychic impetus, altering the messages that you habitually send to your body and to its cellular construction. You are then creatively manipulating in several layers of experience.

*Take for example the two instances just given: The older person imagining youth will, during such an exercise, reactivate certain hormonal and chemical changes, BECOMING younger; and the woman who feels rejected does the same thing when imagining herself loved.*

Such practice also activates within the self all of its unconscious but quite valid experiences, drawing out similar episodes on the part of other simultaneous lives. In one existence the old person IS young. The unloved woman IS indeed beloved. These unconscious realities become turned on through the use of the imagination. Each day is a window into each life."

# RENAISSANCE ANGEL FLORENTINE GODDESS OF SONG by Holly Sierra



Our Celestial beauty plays a golden horn, with a backdrop of billowing clouds on high. Her blond curls are 'spun silk' and her halo is of beaten gold. I am very 'taken' with [Sandro Botticelli's](#) paintings and had a fantasy that the girl who modeled for this painting might have just stepped out of [Botticelli's Florentine](#) studio and onto a quaint medieval street in the fifteenth century.

[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 image is a vertical advertisement for Predictive Astrology. It has a dark blue background with a glowing, ethereal pattern of light blue and white. At the top, the text "PREDICTIVE ASTROLOGY" is written in a bold, white, sans-serif font. Below this, there are two columns of text. The left column is titled "UNCOVER YOUR SOUL'S MISSION" and describes how knowing which planets are affecting you each month brings insight into what area of life you're working on spiritually and gives you guidance to overcome challenges. The right column is titled "A TRANSIT REPORT" and describes future trends, thoughts, people and places you are likely to encounter, and how to make the most of it. In the center, it says "Report only \$28". Below that, it says "Email and Paypal to horizonsmagazine@gmail.com". At the bottom, it provides the website "http://horizonsmagazine.com/astrology".

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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

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