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Esmeralda



THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Color Your Life with Crystals; Angels & Gemstone Guardians Cards, and her newest book is Crystals Beyond Beginners: Awaken Your Consciousness with Precious Gifts of the Earth, and many more. Margaret Ann is an evolutionary aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

Heart-centered Consciousness: Angelite and Rose Quartz

The world is a different place when you stay in heart-centered awareness. Your personal world and experience depends on what you think about and believe. It is what creates reality. Decide to feel compassion, love, kindness, harmony, thoughtfulness, and peace. You can experience love daily - first with yourself and then with others. Know that all that surrounds you and all that is attracted to you is love. You are love. Your true essence is love. Be aware that you are love in all you do, say, think, feel, smell, taste or know, and you will be happy and healthy all the days of your life.
-- excerpt from Chakra Awakening



There are days I need an extra reminder to stay in peace and harmony so I'll wear my angelite and rose quartz bracelets. We all need a little extra help to stay heart-centered from time-to-time. Being human and living on a planet of duality, it is best to practice love in all that we do in order to keep our personal world one filled with love and blessings.



There are quite a few gems you can use to amplify your intention. For example, angelite (light blue) and rose quartz (pink) pair up nicely to promote good communication and understanding as well as feelings of love and kindness. Use light blue stone for peace and harmony. Use pink stones to emanate and feel love.

Stay focused on love. Send feelings of gratitude to people, places, and situations that are grateful for. Add a gratitude practice, even for 5 minutes a day. It will naturally lead you to a state of love and grace. Blessings are noticed and amplified daily. Decide on love and well-being for you and everyone and it will be so.



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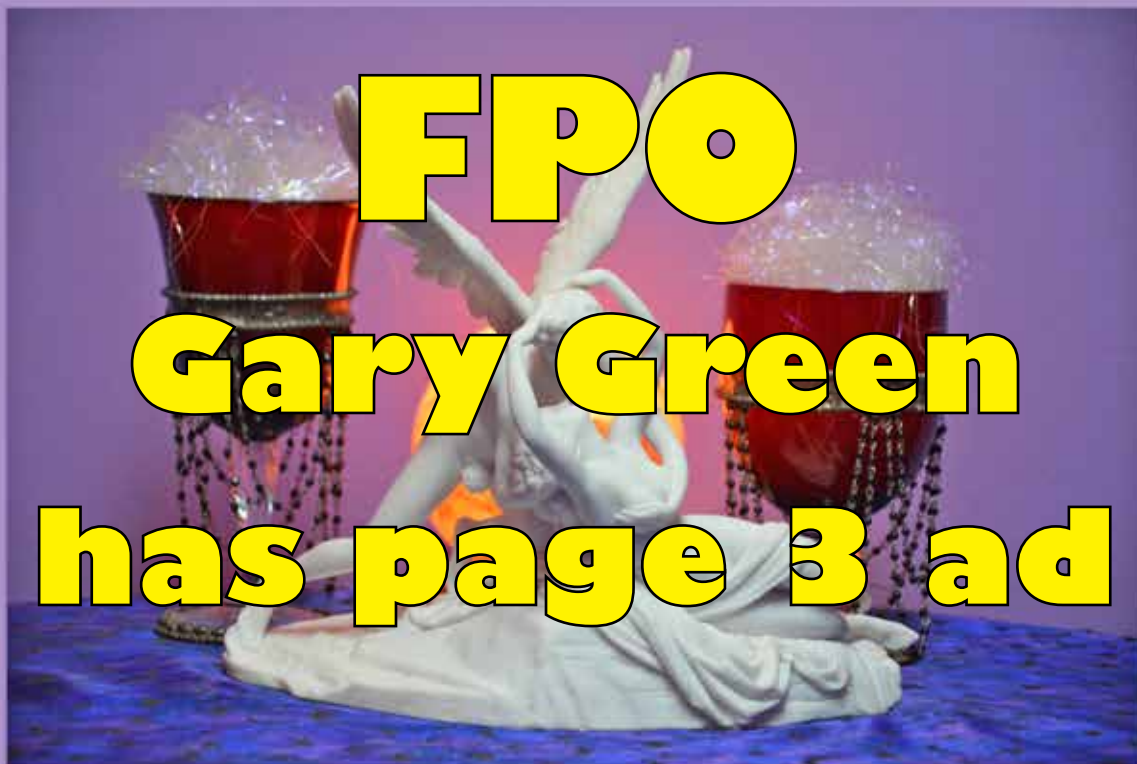
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SUNDAY Services
9:30 and 11:00am
Sunday school at 11:00am
Child care both services



Sunday, February 3rd 9:30 and 11:00am
THE ART OF ABUNDANCE: 10 RULES FOR A PROSPEROUS LIFE Based on book by Dennis Merritt Jones

Speaker: Rev. Beth Head and Guest Musician: Jennifer Ferren
We all essentially want the same things: freedom, inner peace, and a life filled with purpose and meaning. Join us as we learn that a life of wholeness and peaceful satisfaction is readily available to us – we just need the eyes to see it and the faith to claim it.

Sunday, February 3rd 12:30 (after the 11:00am service)
CONCERT WITH JENNIFER FERREN

Jennifer Ferren has been speaking and performing her original brand of positive, inspirational, from-the-heart philosophies for the past 15 years. She is consistently invited to Spiritual Centers and conferences across the United States, where she gives unique, affirmative, insightful messages that are complemented by her powerful, soul-filled original music. She has been a music director at various Spiritual Centers for over 25 years and brings vast ministerial experience to each performance! Her music is published in multiple Unity and New Thought song books.

Sunday, February 10th 9:30 and 11:00am
Honoring Lives and Living

Speaker: Rev. Martha Creek
Expressions of gratitude and generosity enliven our hearts and our lives.

Monday February 12th 7:00pm
SOUND HEALING

Facilitators: Vashti Saint Germain and James Trufan
Time for Heaven on Earth. Lay back and journey with the hypnotic sounds of Sacred Grandmother Drum (Rainbow Warrior) and the vibrations of a Paiste Symphonic Gong. Between Father Sky and Mother Earth, you will be transported to a new realm of inner peace.

Sunday February 17th 9:30 and 11:00am
COME CELEBRATE OUR NEW MINISTER
Speaker: Rev. Valarie Parson
Come be a part of Unity of Melbourne next chapter.

Sunday February 17th 12:30-1:30pm
EFT TAPPING CIRCLE

Facilitators: Julie Jacky, Certified EFT Practitioner
In each session Julie will take you on a deep dive journey to uncover your hidden beliefs, thoughts, feelings, and emotions that are keeping you stuck and no longer serving you -- once you have discovered what is holding you back, then as a group we will tap together on each other's stuff and release it. There is great POWER in coming together and tapping as a group -- each person will experience shifts and leave feeling calm and at ease. *If you have not tapped before please show up 15 minutes early (at 12:15 PM) to learn the tapping points and experience the constricted breathing exercise

ONGOING CLASSES

Tuesday February 5th 9:45am or

Wednesday February 6th at 6:30pm 2 weeks (week 4 & 5)

GOD'S MESSAGE TO THE WORLD: YOU'VE GOT ME ALL WRONG! Based on the book by Neal Donald Walsh

Facilitator: Maggie Rosche

Clean out your God closet. Dust off your basic Unity principles and renew your thinking about you and your divinity. Explore what God is and is not, which, of course, will lead to what you are and are not

From the Book:

If you were thinking this was going to be a once-over-easy book, you were mistaken. If, on the other hand, you are up to an intriguing, often controversial intellectual and spiritual challenge, you've come to just the right place.

Thursday, February 7th 10:00am for 3 weeks
(week 4, 5 & 6) SPIRITUAL HEALING WORKSHOP

Facilitator: Dr. Christina Gilman

All of us can act as a channel for healing. Learn and practice some techniques in this supportive group. Discover ways to allow the vital force to help ourselves and others. We will be sharing Active Listening, Laying-on-of Hands, Leading Prayers and Meditation, and Vocal Sound Healing. For more information contact Dr. Chris at 321-312-0421 drchristinagilman@gmail.com.

ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Melbourne LGBT AA 6:30pm

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**The greatest
optical illusion
is separation**

Publisher/Editor/Creator
Andrea de Michaelis

On the Cover (page 31)
Self and Creativity by
Esmeralda Raven Aponte

Contributing Writers:
Cindy Goodman Stulberg
Ronald J. Frey, Ph.D.
Seth thru Jane Roberts
Michelle Whitedove
Alberto Villoldo, Ph.D.
Ellen Grace O'Brian
with Mark Matousek
Cecelia Avitable
Margaret Lembo
Sonia Choquette
Abraham-Hicks
Ma Yoga Shakti
Karen Williams
Jamie Coulson
Mike Dooley
Alan Cohen
Tom Sannar
Maya White
Jeff Brown

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

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



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

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

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. Time sensitive articles must be submitted 4-5 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Hello and welcome to the February 2019

edition of Horizons Magazine. Art imitates life! I began watching *The Last Laugh* on Netflix last month, almost turned it off early on as it looked a little depressing, then the pace picked up when Chevy Chase and Richard Dreyfuss decided they were NOT ready to live in a senior community so they went on the road with Dreyfuss' comedy act. Hilarity -- and deep insights -- ensued.

A recurring theme: Last season in Netflix's *Frankie and Grace*, their kids talked them into entering an assisted living retirement community LONG before it was time. In *Season 5*, they flee the community in a stolen golf cart, their forbidden fondue pot and toaster in hand, to resume life at home since they are not ready for "that time" of their lives where they need assistance.

But not everyone gets to "that time" where they need assistance. A lot of folks die at home during the course of their natural day, in the middle of gardening, watching tv, sleeping. Not everyone has to get sick or debilitate before passing on.

My mom passed at 64 of her first heart attack, no long drawn out illness or suffering. Her sister is now in her 80's and still going strong, My dad passed of an accident at 64, healthy and active until then. His brother is active and healthy in his 80's.

At 66 I'm healthy, stay active and make a point to eat nutritiously -- for the most part. My life is easier, less stressful than my parents' lives. I can see me doing this happily another 20-30 years and then dozing off in my recliner to wake up to the sight of loved ones who've passed before me. Wait, I have 5 former husbands and sets of in-laws, how does that work??

MAKE A POINT TO MAKE NEW FRIENDS ALL THE TIME

Make a point to make new friends all the time, no matter how old you are. *How do you make new friends? You cultivate interest in something and then start doing it and then be a good friend to whoever you find around you. It's as easy as you let it be.* And while we're on the topic, don't lament when friends begin dying off one by one. That will happen, that is life. Spend time with friends and love them when they're in your life. Reflect on happy memories when they are gone. Close your eyes, remember what's good.

THE GREATEST OPTICAL ILLUSION IS SEPARATION

When friends die before us, we tend to feel they're gone forever when that's not the case. Rather it's as though they're in another room and soon we will be in that room as well. It's like when you're in elementary school and some of your classmates graduate to middle school before you. They are still "in the system" but at a different location and on a different schedule than you, so you no longer see them every day.

Then some friends graduate to high school or go to college or just move away to another town. You may not see them for 10-20-30 years until something like Facebook brings everyone together again, like for a lot of us. Just the same, our loved ones who go before us? We'll see them again in another place and time. No, you won't sit next to them again in Ms. Dylan's class but you'll meet again and know each other and communicate again in real time.

Watching shows about people dealing with their own mortality and in speaking with friends, it gives me a chance to see how I feel about my own.

I advise with many people throughout the week who tell me their concerns and worries, seeking direction in finding a way out of it or a way to make peace with the inevitable. While I'm fairly practiced at staying objective, some of the stories can weigh on me, during which time I'll have some resistance going on.

I talk a lot about staying focused in a happy positive direction, silver linings, etc and friends ask why I EVER attract icky stuff. *We don't always know WHY we've attracted something we don't want, but we know it has to do with having some level of resistance.* Last month, I attracted some aggravating scenarios, in the midst of having a happy life with no (conscious) worries or concerns or fears. That told me I had resistance somewhere but experience told me if I stayed focused on silver linings I could lift myself out of it, no matter the cause.

...continued on page 29...



**WE DON'T ALWAYS SEE THE BIG PICTURE AND WE FREAK
BECAUSE OUR WORLD SEEMS SO TINY, SO LIMITED.**

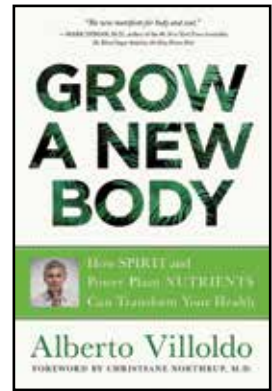
NOTE TO SELF: STOP TAKING SCORE SO SOON.



GROW A NEW BODY

THE GIFTS OF ONE SPIRIT MEDICINE

Alberto Villoldo, Ph.D., is a medical anthropologist who comes from a long line of Earth-keepers from the Amazon and the Andes. The author of numerous best-selling books, Dr. Villoldo currently directs The Four Winds Society in Park City, UT, where he trains people in the practice of energy medicine and soul retrieval. <https://thefourwinds.com/> his excerpt has been reprinted with permission from *Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health* by Alberto Villoldo, published by Hay House (March 12, 2019). It can be found online at Hay House, Amazon, and other major booksellers worldwide. For more information and to order a copy of book, visit: growanewbody.com



We need to bring our connection to Spirit and natural forces back into the healing equation.

To find peace within ourselves and live harmoniously with all beings on the planet, we must go back to the primarily plant-based diet of our ancient ancestors and their way of experiencing the Oneness of the cosmos. To achieve this, we need to upgrade our neural circuitry.

The Limbic Brain and Neural Networks for Fear

When the mind is behaving tyrannically, it's running ancient programs belonging to the limbic brain that focus on survival, and the primary emotion is fear. When we're in its grip, we see danger everywhere. The programs of the limbic brain are known as the Four Fs: feeding, fighting, fear, fornicating. The limbic brain craves sweet comfort foods when you are feeling sad or insecure. Feed it sugar and this brain keeps operating at a dull level of awareness that does not lead to an experience of Oneness.

This brain helped us to survive the **Ice Age** and is obsessed with having food and sex; it craves alcohol and drugs and is biased toward aggression, emotional withdrawal, and self-preservation. When we cut off its supply of sugars, its instincts can be overridden by the neocortex, the "new" brain, which allows us to learn, create, and envision new futures. The neocortex is programmed for beauty, whether it's found in a Mozart concerto or an elegant mathematical solution.

The new brain needs ketones to override the programs of the more ancient limbic brain. On a carbohydrate diet, it sputters along, coughing up the occasional creative revelation but no lasting insights.

The limbic brain, driven by pleasure seeking and emotional drama, does not thrive on spiritual experiences. The limbic brain evolved while we were sitting quietly by the river's edge

...continued on page 27

Dance To Heal The Earth Florida 2019

"Dancing is prayer. Some say that all is dance. Maybe. Now there's a big dance coming, dance to heal the earth. If you're reading this, you're probably part of it. Soon this dance will be done in a big way, in the old way, on sacred ground."
~Cherokee Elder Dee Smith



Grandmother Robin Youngblood, Former Native American elder at the United Nations and Standing Rock. She travels the world sharing indigenous teaching, sustainability and co-creation of a healthy world.

Bert Gunn, MSW, ACSW, is a clinical social worker on the Red Road path over 30 years. He carries the teachings of Tolteka-Mexica Elder Tiakaeel with his permission and other indigenous elders around the world. He is also an editor, writer and publisher of indigenous teachings.

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Welcome!

Grandmother Robin Youngblood
Grandfather Bert Gunn



ABRAHAM-HICKS



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

An Abraham-Hicks Exercise:

Something you might do that is a very delicious thing to do is put yourself in your bed and summon the energy. Whether you're summoning it to your face or to your toe, pick a spot on your body and say, "Work on this for me, will you? Psychic cellular surgeons, come forth and work on me. Plump up this cell to its most extraordinary state of well-being. And I will lie here in the most relaxed state of being that I can find with an expectation of that."

And what you will feel is literally a sensation within your body. You will literally feel... Pick a spot and feel it. Choose a spot on the back of your neck, or in the pit of your knee, or across the small of your back. Pick any spot, and as you lie there in that feeling...If we could keep you here for as few as 15 minutes you would begin to actually feel physical movement.

Abraham on What Others See In You:

If someone is arguing with you, or finding fault with you, and not liking what they see, say to them, and mean it lovingly and kindly, but mean it sincerely, "You're seeing something in me, that must be active in you, and I think this is more about you, than it is about me". So if someone is having a bad day, and they are angry at you, it's about their bad day, much more than it is about you. It's always about the beholder. Everything is about the beholder.

So what you want to do is become more aware of what you're seeing in others. That's the thing you want to be aware of. Don't worry about what other people are seeing in you. Don't worry about the love they're giving you, or the love they're not giving you. Let your awareness be about what you're putting out. Let your awareness be about how much you're loving.

We wouldn't be running around saying, 'Who loves me or who doesn't love me?'. We'd be saying, 'Who do I love, what is it about you, that I love?'

Abraham on Well-Being And Attraction:

You can feel good about the flower you are looking at, or the ocean that you are looking across, or about the smile upon the face of the child. You can be focused upon something like that and be feeling utter well-being. And in that moment of that basking, you are attracting the dollars that you want, you are attracting the abundance that you want, you are attracting the mate that you want; you are attracting whatever it is that you want. It is about vibrating and allowing, you see?



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Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit www.herbcorner.net 321-757-7522

NATURAL APPROACHES TO FATTY LIVER

**Lately Fatty Liver has become increasingly common,
it means there is a build-up of fat in the cells in
the liver.**

It is a signal that the body is not burning its fuel correctly. The risk from having a fatty liver is it can cause localized liver inflammation. When a healthy liver is over 5% fat, the more triglycerides get stuck in the liver enlarging it leading to complications like **diabetes, cirrhosis, heart disease or liver cancer**. Usually people with fatty liver have no symptoms at first, later feeling **weakness, fatigue, nausea, vomiting, loss of appetite, abdominal swelling beneath the ribs on the right side or being jaundiced**. You may get blood work back with elevated triglycerides, AST or ALT (liver enzymes on your bloodwork). Fatty liver happens with about 1/2 of the people with high triglycerides (usually the fuel for the liver, but when there is too much, they get stored in the liver changing the way the liver operates). **Fatty liver can be caused by obesity, malnutrition, rapid weight loss, high serum triglycerides, type II diabetes, alcohol abuse, hepatitis, pregnancy or medications**. Thankfully the liver has an amazing ability to heal itself from damage due to toxin exposure, alcohol or pharmaceutical abuse or from everyday wear and tear. The best way to protect the liver is to prevent damage with appropriate diet and lifestyle modifications.

Historically Milk Thistle has been used for treating and protecting the liver. Silymarin and silybin are two constituents within Milk Thistle with antioxidant and anti-inflammatory properties helping prevent scarring and oxidative stress from too many triglycerides within the liver. **Turmeric** has been found to lower fats within the liver improving the body's ability to digest fats, so they don't build up in the liver. **Research has shown that just 1/2tsp. turmeric powder added to milk and honey protects the liver from injury.**

Ginger, another liver protective herb studied for its medicinal uses has been found to reduce oxidative stress and inflammation reducing the build-up of toxins that can be degenerative to the liver. The catechins, epicatechin, epicatechin gallate, epigallocatechin (EGC) and EGCgallate (EGCG) in **Green Tea** have been found to have antioxidant and antidiabetic effects. They have been found to improve liver enzymes, lower triglycerides and total cholesterol improving liver functions. **Dandelion Root** also detoxifies and metabolizes fat that has built-up in the liver, plus it inhibits oxidation of lipids by reducing inflammation within the liver. And the sulfur compounds from **Garlic and Onions** protect the liver by activating liver enzymes. Some other herbs that improve liver enzyme levels and prevent oxidative damage to the liver are **Reishi, Artichoke Leaf, Burdock, Boldo, Licorice, Cinnamon and Sarsaparilla**.

The good news is **Fatty Liver can be reversed or prevented with some simple lifestyle modifications**, dietary changes and with the use of supplements and herbs.

LIVING THE ETERNAL WAY



Ellen Grace O'Brian is the author of *The Jewel of Abundance* and director of the Center for Spiritual Enlightenment in San Jose, CA. Ordained in 1982 by Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, she has been teaching Kriya Yoga philosophy and practice nationally and internationally over 3 decades. www.ellengraceobrian.com.

Mark Matousek (www.markmatousek.com) had the opportunity to speak recently to **Yogacharya O'Brian** (known as Uma to her devoted students) about the importance of commitment in the seeker's life, and the role of discernment on the path of spiritual awakening.

Mark Matousek: I'd like to ask you about spiritual commitment versus escapism. We live in an age where there are many choices and a lot of seekers tend to have trouble committing to a single practice. What is your attitude toward this?

Ellen Grace O'Brian: In the beginning of our spiritual journey, it's important to look around, investigate and learn about the paths that are available, and discern: what is your right path, what is your right way? Most importantly, who is the teacher for you? Once we find that, the best way is to then stay in one place and cease wandering. Any constant movement is counterproductive to that long-term goal.

MM: And how do we know when we have found the right practice?

EO: From my experience, it was a matter of meeting my teacher and hearing the teachings in a way that spoke to my heart, my mind and soul. I had been searching for a long time, but I always felt like I was having to "edit out" things that didn't work for me.

When I met my guru, **Roy Eugene Davis**, who was a direct disciple of **Paramahansa Yogananda**, I had the experience that I could relax. I didn't have to fight with what he was teaching, it felt familiar to me and I felt a deep attunement. It was like a homecoming. It was a felt experience, an intuitive experience. Plus, my mind was there too. It's not just that you fall in love with someone, you have to discern: is this the right path?

And then, we start in. To practice and not follow anyone blindly, but test out what we are learning in the laboratory of our own experience. When we do that and have some experiences ourselves, then our discernment is verified.

MM: After you committed to your guru and to this path, were there no doubts left for you?



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EO: Once we commit ourselves to a path, there is a shift in perspective from looking outwardly for the key to our happiness and our security. We begin to develop our ability to follow the inner way. It wasn't that I didn't have any more questions or doubts, it was that my focus shifted from outer to inner. What our yogi's call a deep, burning desire was there for me.

MM: From looking outward to looking inward is an important point that folks don't always understand. In the beginning, we're looking for someone to answer all our questions. Did you look for a long time before you found your guru?

EO: I was just about to turn 30 when I found my guru and I didn't actually know I was looking for a teacher. There is that saying that when the student is ready the teacher will appear and that was true in my case. I had a readiness to embark upon the path. My motivation was sorrow and suffering, a feeling that something was missing in my life and I later discovered this is a primary motivation for most people. My teacher appeared as a response to my inarticulate by heart-felt prayer: 'Help me, help me.'

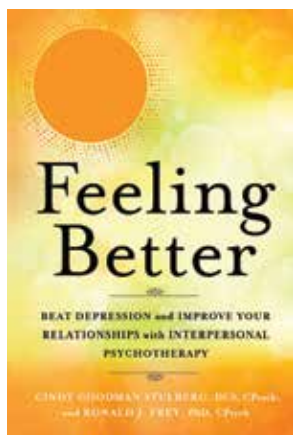
MM: Yes, I know that prayer. Had you tried a lot of practices before coming to a guru?

EO: I had gone to college and read widely and think my first exposure to Vedanta was through the writings of Alan Watts. But I had not engaged in practices or sadhana. That's what was missing for me.

MM: So, it was more intellectual?

EO: Exactly. What is needed was a way in. Sometimes, we're caught in that whirlwind of what the yogis call samsara, the suffering of the world. We're going round and round, we're collecting books, maybe even collecting teachers, trying to find a way out of that suffering. But until we find the key that shows us how to look inside, how to discover the divine self within, there is that tendency to keep shopping.

...continued on page 21...



TAKING YOUR EMOTIONAL TEMPERATURE

Cindy Goodman Stulberg, DCS, CPsych, and Ronald J. Frey, PhD, CPsych, are the authors of *Feeling Better* and directors of the Institute for Interpersonal Psychotherapy. Visit them online at <http://interpersonalpsychotherapy.com>. Excerpted from the book *Feeling Better*. Copyright ©2018 by Cindy Goodman Stulberg and Ronald J. Frey. Printed with permission from New World Library – www.newworldlibrary.com.

I know a successful tennis player who always checks his heart rate before he serves. He knows that if his pulse is too high, he's much more likely to fault on the serve and risk losing a point. Consistently (and discreetly) checking his heart rate is his way of optimizing his physical performance.

You can optimize your interpersonal performance by doing something similar: taking your emotional temperature. You probably won't be looking at your smart watch — unless you've made a connection between your heart rate and your emotional state. Instead, you'll be taking your emotional temperature by asking yourself that all-important question: How am I feeling? Your answer will determine what you do next.

It'll be easier to optimize your interpersonal performance if you don't wait until something throws you off your game to check how you're feeling. Take your emotional temperature at regular times of the day: when you wake up, when you arrive at work, at lunch, before you leave work, before you pick up the kids from day care, before your spouse walks in the door, before bed. You can also do it whenever something happens that messes with your emotional mojo. And then take it again after you've taken action to bring things back into balance.

There are some great ways to moderate your emotional temperature — to cool things down if they've become too heated or warm things up if they've become too icy. We've included a few to try.

WAYS TO COOL THINGS DOWN

Give yourself some space. Count to 50 (10 usually won't cut it). Take some deep breaths. Do some push-ups. Tell the other person you need some time to cool down.

Create helpful mental pictures. Visualize turning the volume down. Imagine a thermometer and put ice around the base.

Think of a traffic signal and turn the emotional red light to yellow. Think of yourself as a sieve, and let hurtful words or emotions that aren't helping you run through the holes.

Keep it respectful. Think about how your words will be received by the other person before you say them. When sharing what has made you angry or hurt, focus on the person's behavior rather than making statements about the person.

For example, instead of saying, "You're rude," say, "When you say that, it feels rude to me." Help the other person understand where you're coming from without belittling them or making them feel ashamed.

Clarify. Repeat what you heard the other person say: "So you're saying..." Ask for clarification if you're confused. This will make the other person feel listened to and clear up misunderstandings; it'll also give both of you a chance to take a breather.

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SETH ON WHAT WE SHOULD CONCENTRATE UPON:

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

Lynda Madden Dahl did a search of his original 11 books, looking for the words "concentrate upon" and came up with the following list.

- **CONCENTRATE UPON** those thoughts or feelings that give you the results that you want.
- A great many unsatisfactory conditions result because individuals become frightened at various periods in their lives, doubt themselves, and begin to **CONCENTRATE UPON** "negative" aspects.
- Above all, do not **CONCENTRATE UPON** past unfavorable events, or imagined future ones.
- **CONCENTRATE UPON** the fact that the point of power IS now.
- You must **CONCENTRATE UPON** the attribute-not, for example, upon the fact that you have not used it well thus far.
- Do not **CONCENTRATE UPON** any lacks, just upon your desire.
- To continually reinforce negative aspects, **CONCENTRATE UPON** them to the exclusion of conflicting data, and so bring them into experience through natural hypnosis.
- If you **CONCENTRATE UPON** a personal illness, you will find any improvements insignificant because of the great focus of your attention upon the negative aspects.
- The main point is not to **CONCENTRATE UPON** the liabilities but to pursue those abilities that you have, for the great energies of your personality will be directed in those avenues.
- Your love can get lost if you **CONCENTRATE UPON** those variations that are less than idyllic.
- You get what you **CONCENTRATE UPON**. Your mental images bring about their own fulfillment.
- But do not **CONCENTRATE UPON** (your problems), nor let them close your eyes to the joys and freedoms that you have.
- It is a good idea for now not to **CONCENTRATE UPON** that leg, or what it must do eventually in order for walking to take place. It might help if now and then he imagines his walking taking place as easily and naturally as his thoughts come and go.



Rev. Andy Conyer




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FROM THE HEART



Alan Cohen is the bestselling author of the newly-released *Spirit Means Business*, illuminating how you can succeed with money and career without selling your soul. Become a certified professional life coach through Alan's transformational Life Coach Training beginning September 1. For more info visit www.alancohen.com.

A HAPPY OUTCOME IS ASSURED

Can you imagine being an adopted child reunited with your birth mother after 60 years?

My friend Diane signed up for a genealogy research service, did a DNA test, and found that she had a cousin unknown to her family. Diane contacted Sherry, who confirmed that she had been adopted and, through previous inquiry, knew that her mother's name was Marcia. Diane's aunt is Marcia, which sealed the match. Deeper inquiry into secret family history revealed that Marcia had a child out of wedlock 60 years ago and gave her up for adoption. She later married and had several children, but never told her husband, children, or other family members about her older daughter.

Diane invited Sherry to come and meet her long-lost cousins. When Sherry arrived at her cousin's home, she found a sign posted on the door: *Welcome home, Sherry*. Consider Sherry's relief and reward to finally be reunited with her family, for whom she had searched for 60 years. The stage was set for a joyfully tearful weekend.

Before long, knowledge of Sherry's family membership got around the clan. While Marcia initially denied the birth, her children convinced her to meet Sherry. You can imagine the intensity of that meeting. When Marcia held her daughter in her arms, she wept and said, "I should have kept you." After many years of angst in the hearts of mother and daughter, the saga had a happy ending.

A Course in Miracles urges us to remember, "A happy outcome to all things is sure." What a powerful affirmation to hold in mind when things seem to be going wrong! We all struggle with some relationships, and wonder if they will ever be resolved. Take heart. Somehow, some when, they will.

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The pain is just a chapter, not the conclusion. When Jesus dictated *A Course in Miracles* to Dr. Helen Schucman, he told her, "Midterm marks are not entered on the permanent record." It is likewise said, "The record books do not show the score at halftime."

Because love is our nature and destiny, eventually everything will be healed. "*Nature bats last*" does not apply only to the physical world. Our spiritual nature has the final say. Yet we tend to be fooled by appearances, which often indicate separation, lack, and brokenness. But appearances generally run contrary to reality. *A Course in Miracles* also tells us, "Only the creations of light are real."

But what if someone with whom you have enmity dies, or leaves you, or you have lost touch with this person and you will never see them again? How in such a situation can a happy outcome be assured? The answer lies in the truth that our real nature is spiritual. Geography or even the end of the body does not stop our relationship. True relationship is not of the body; it is of the soul. It matters less what the bodies are doing, and more what spirits are doing. You can be living in the same house with someone, sleeping in the same bed, and have no real relationship. You can also be physical separated, with an ocean between you, but if there is love, you are together.

If someone has passed away or left your life, you can connect with them in spirit. In prayer or meditation, call this person to you and speak to their soul. Their reality does not depend on what their body is doing. Say what you would say to them if they were sitting in front of you and they fully received your communication. You will find that your connection with this person has not been severed by the absence of their body. Real communication is not of the body, but the spirit.

Many years ago a friend became upset and stopped speaking to me. I regretted the loss of our friendship. Yet over the years I have had many dreams of him, in which we are together, laughing, hugging, enjoying each other's company. In my heart we are still connected. Our relationship is very much alive in spirit. It is only on the physical or personality level that there seems to be separation. Meanwhile only union exists.

If you look back on all the things you worried about in your life, you will realize that very few of them turned out as you worried they would. Usually things resolve themselves naturally. Even if some of your worries came true, they provided you with valuable life lessons that helped you grow, and they too were resolved. Why, then, would you think that your current worry is any more justified than your past worries? The ego tries to convince us that our current situation is an exception to Universal truth. It is not. The same love that has always guided and taken care of you, will continue. The grace that has upheld you will not stop now. "*Surely goodness and mercy shall follow me all the days of my life. . .*"

February is Valentine's month, when we celebrate loving relationships. While we tend to focus the holiday on romantic relationships, all relationships are holy and important. Let us use this month to create happy outcomes, and know with deep certainty that one day only love will remain.

ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends www.MichelleWhitedove.com

Dear Whitedove,

I'm having a great crisis in my life. My wife died unexpectedly and we were a two income family. I'm going through real financial struggles and having to make some difficult decisions. I'm grieving and depressed with only **God** to turn to. Can you tell me will I be able to survive this awful time?

Dearest,

I am so sorry for the loss of your beloved and I understand this time of upheaval is extremely difficult. Although it's important for you to know that crisis is a pathway to evolution. Most souls only recognize this in hindsight many years after their time of tribulation. Catastrophe is actively breaking down of the old because a new chapter of life is emerging. Birthing a new reality is painful because there is loss which is beyond our control especially when we are shedding aspects that no longer serve our evolution such as our material possessions, a job, or a mate. Remember crisis leads to discovery as we are searching for solutions.

Grief and mourning are natural but depression is something to veer away from. **Great Spirit** suggests to work through the grief with prayer, meditation, high vibrational music and call upon **God** and your **Guardian Angels** for support. Throw yourself into something important - your career or a spiritual calling. Stay productive and keep moving forward with the important decisions ahead of you. Be sure to ask **Great Spirit** for guidance and signs along the way.

It's unfortunate that human souls learn and grow the most out of hardships and tragedy. Now is the time to be brave and let go of the old you. This crisis is your opportunity to say yes to the Universe and actively participate in co-creating your emerging new reality. You are like a caterpillar going into its cocoon and as this transformation occurs, you will be emerging into a new life and you will learn to fly.

Dear Whitedove,

I am back in touch with my high school sweetheart. She contacted me to let me know that she is in an awful marriage and is considering leaving. Yet she doesn't. I feel like I need to rescue her from a bad situation. What do you think?

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Dearest,

Most people are lying in the marriage bed that they helped to create through actions of their own, settling for poor treatment, their inaction to make changes and their karmic ties. One thing I do know for sure we cannot rescue anyone unless they are 100% ready to leave their situation. It takes a lot of courage to leave a relationship and it's more difficult when there will be a division of assets and children are involved. And leaving can look like a monumental task when the person doesn't have the funds to get a divorce attorney.

What your friend needs is emotional support from you and her loved ones. You can plant seeds of inspiration, offer insights of a different way of life, help her decide where she can move to, but ultimately she needs to want to make lasting changes. As you know, many people return to unhealthy relationships, they rationalize bad behavior, they don't want to give their mate fifty percent of their assets, or they fear the unknown: will my life be worse if I leave? Stay supportive and ask her what changes she is willing to make? Break ups are difficult because it's not over until the heart says it's over.

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DON'T FUEL IT, COOL IT

MANAGING POST TRAUMATIC STRESS

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

PRACTICE MEETING DISCOMFORT WITH GRACE.

Discomfort, failure, pain, loss, disappointment, upset, rejection - these are inevitable parts of being human. Rather than put our energy into resisting or avoiding this fact, we can accept it and respond with grace. We can use moments of discomfort to cultivate what we would like to see more of in the world - love, peace, gratitude, kindness, courage, compassion... Discomfort is just one aspect of the miracle of life. To try to eliminate discomfort will only create it in other forms. There is a great deal of authentic confidence that comes from acknowledging the truth of discomfort and trusting in your ability to work with it gracefully.

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to STARVE the cancer cells by not feeding it with foods it needs to multiple. What cancer cells feed on:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Note: Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with nut or oat milk, cancer cells will starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork.



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ABRAHAM FUN



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

Soulsong #416 Beneath the Surface Shifting Energy with Your Thoughts

Despite the rock-solid appearance of things in physical experience, everything is energy. And in order to change a stubborn, unwanted situation, I must approach it beyond the physical level. I must shift the energy of it.

How do I do that? By my thoughts. I can use my thoughts to change the energy of any circumstance - lack of money, illness, loneliness, work overload, hateful people, low self-worth, or lack of purpose, for instance.

In fact, I came into physical expression fully aware I was entering a mixed-bag world full of things I would want and things I wouldn't want to touch with a ten-foot pole. That was A-OK by me, for I knew the power of my thoughts. And now I'm remembering what I once clearly knew.

Every time I encounter a persistent, unwanted situation, I can transmute the energy of it by asking, "What do I want here?" The answer might be more money, good health, companionship, a manageable workload, enjoyable people around me, self-confidence, or a sense of fulfillment and meaning.

When I use *what I don't want* as a trigger to think of *what I do want*, I transmute energy. It may take a little while for the results of my efforts to show up in physical reality, but it will be dramatically worth the wait.

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CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-750-3375 with credit card info. No calendar listings taken by phone.

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

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

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2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak. scribe@ironoak.org 321-722-0291

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

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NOTES from the Universe

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

For those who ponder and wonder and wrestle with the idea of what it is they really want, I have an answer that each would wholeheartedly agree with: "HAPPINESS."

And for those who ponder and wonder and wrestle with exactly what will bring them true happiness, I have an answer that each would wholeheartedly disagree with: "Just do something, do anything, as soon as possible, and do it with care."

So I'd add, "Trust me."

The Universe

SPIRITUAL GRAFFITI



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

It doesn't matter how much two people love one another if they are developmentally incompatible, or if there is not a shared willingness to become conscious. This is why they call it a relationship instead of a loveship.

Love alone is not enough. If you want it to last, you have to relate to each other in ways that keep the ship afloat.

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TAP INTO YOUR SUPER POWERS FASTER

Sonia Choquette is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher. She's the author of several best-selling books, including The New York Times bestsellers *The Answer Is Simple*, *Ask Your Guides*, *Trust Your Vibes*, and *Soul Lessons* and *Soul Purpose*. *Your 3 Best Super Powers*. www.soniachoquette.com

Once we imagine people to be a certain way, that is usually how we treat them, and consequently that is the behavior we draw out of them. If we imagine them to be wonderful, for us they will be. If we imagine them to be sour grapes, then we will get vinegar. They simply reflect back to us the images of themselves that we project on them, which may not be at all who they truly are. Try these exercises, they will help you tap into your super powers faster.

1 - Imagine This: An Interesting Experiment Jump Start

Get together with one or two people you know really well. On separate pieces of paper, list 10 things that best describe the other person or people. At the same time, list 10 things that best describe you. In both cases, it is important to be honest but kind so that you and your friends can trust each other and feel safe in this exercise. This is not a "gotcha" moment in which you get to criticize or be criticized. Instead, it is an opportunity to stretch your imagination to see beyond your subjective point of view. When you are finished, have your friends read their descriptions of themselves to you. Then have them read their descriptions of you. You do the same.

1. Do the descriptions match?
2. Does anything absolutely contradict?
3. Were there any surprises?
4. Might you be limited in how you see others and yourself?
5. Were there any specific positive qualities overlooked?
6. Were there specific differences in how you saw one another?
7. Were there any qualities either you or they saw that, once pointed out, you were able to see, whereas you didn't before?

The important thing here is not to agree or disagree with one another's perspectives, but rather to expand your own to include more than you normally see. For example, you may view a friend as cautious, but he or she describes herself as adventurous. While this may not be your experience of this person, instead of refuting this, now is the time to say, "Wow. I never saw that in you before. Tell me where and how you are adventurous because I would love to know that side of you."

Again, be aware of how you communicate. True interest comes across in your voice very differently than it does when you are being subtly challenging. Have fun with this exercise. It is an eye-opener if you engage in it with the right spirit. And if this goes well and you want to go deeper with the same friend or friends, you can move on to...

2 - Imagine This: Change The Conversation Booster

Instead of talking about the same old things you usually talk about, invite them to use their imagination with you. Bring up the following questions for discussion and let your imaginations run wild together. Before you dive into the questions, make sure everyone understands that this is an invitation to imagine the possible and not a time to be pessimistic or negative, as it will ruin the fun - and defeat the purpose.

1. What inspires you most?
2. What delights you the most?
3. How wonderful can you imagine your life will be?
4. What has been your best creation to date?
5. How much positive energy can you comfortably receive?
6. What is your heart's desire right now?
7. What captures your imagination today?
8. What do you wonder about?
9. What new discovery have you made about someone you know well?

Many over the years have told me that it is difficult for them to imagine positive things in their lives. Their lives have been so disappointing, so traumatic, so painful that they can't imagine anything different from what they have experienced so far.

Julia Cameron, author of *The Artist's Way*, suggests when we are trying to create something new, better, and wonderful, yet find ourselves filled with doubt and fear, we seek out generous and loving friends who will uphold, reflect, protect, and believe in our dreams for us until we start to believe ourselves

It reminds me that we need support and need to allow ourselves the ability to comfortably ask for and receive it if we are to succeed in tapping into this great super power of ours.

Are you someone's "believing eyes"? Do you encourage others to imagine and believe in their dreams? Do you believe with them? Being generous of spirit by believing in others costs no money and little time, and quickly engages your imagination in a wonderful way.

The great thing about being another's "believing eyes" is that your own imagination grows along with your generous spirit and you start to believe in your own dreams as well.

For more of these simple exercises, see my book, *Your 3 Best Super Powers*.



LIVING THE ETERNAL WAY

...continued from page 11...

All of the mystical traditions provide that key. Most often, you need to get this from a teacher who can share consciousness with you, who can share the practices with you and be an inspiration for beginning to turn your life from the outer to the inner.

MM: There's a popular cliché that tells us we need to separate the teacher from the teaching. Don't look too close at the teacher's behavior and just listen to what he or she says. What is your attitude toward that?

EO: All teachers are human, regardless of how revered or enlightened they are. They're all going to have human characteristics and flaws, so we have to keep that in mind. I'm not of the school of thought that one should ignore ethical violations of the teacher. We have to take our hearts with us into our relationship with our teachers, but also our minds. We love the divine nature that we revere in our teachers, but we should also hold them accountable as we would any other human being. I think many of the problems Westerners got into with gurus had to do with leaving their discernment at the door.

I wrote a little saying, 'The ticket to enlightenment is not transferable.' A teacher can't give it to us. We have to immerse ourselves in the teachings and practices we are given. The teacher can't do it for us although the teacher is a bridge for us.

MM: And when the teacher is not walking the talk, is that a sign for us to look elsewhere?

EO: I think it depends on what it is. If there is something egregious, it needs to be addressed. Sometimes, a student won't understand a teacher's behavior. A student can say, 'I'm confused about this behavior and this is the teaching, can you help me understand?' Isn't it an ideal situation where one can have a respectful conversation about how the teachings are to be understood?

MM: There is a period of having to take the teaching in, working it in the inside and integrating it into one's life and practice. How do we know when we've taken a practice as far as it can go and it's just not working for us? How do we know when it's a bad marriage or when it's our own resistance?

EO: That's difficult because as individuals, we have samskara imprints, we have karma. Although it is a universal nature to the path, it's also quite unique in terms of how it is we work our way along the path.

I think there is great value in satsang, in spiritual community. We can talk to others and find out about their struggles or get suggestions. In the highest sense, there is always the teacher we can go to and say, 'What is this? I've been practicing and... nothing.' Sometimes we have an idea based on the experience of others, but it may be that what we may or may not be experiencing is exactly right for us.

There is a beautiful story about **Sister Gyanamata**, one of the senior disciples of **Paramahansa Yogananda**. She was a yogi of wisdom and her path was counseling other disciples. **James J. Lynn**, was called **Saint Lynn**. As another disciple, he had very dynamic meditation experiences, and **Sister Gyanamata** did not. When she got ready for her transition, **Paramahansa** was at her side and asked her if there was anything that she wanted at that point to complete her life experience. She said she had not had the samadhi experiences in meditation and wondered if she was missing that. His response to her was: 'Sister, you are already there. Why would you want to have an experience when you are already in the light of divine truth and wisdom?' So, her way was different than the way of **St. Lynn**.

MM: So, it has a lot to do with expectation.

EO: Yes, and when we are in a community, it can happen like that. We compare ourselves to what others are experiencing and that's an obstacle.

MM: What is your attitude toward bringing other practices from other traditions into your hybrid, personal, spiritual life?

EO: One needs to be dedicated and stable on their path and then there's no problem with being inspired or enhanced by a reading or literature or even a form of meditation from another path. But that period of time usually takes years. We have to understand that ultimately, a spiritual path is about freedom. But is freedom just moving from system to system, from practice to practice? The yogis would say, 'No.' Is it freedom to be so constrained that you feel you could never be inspired by anyone or anything that's not part of your lineage? That's not freedom either.

MM: Let me ask you about discipline, Uma. When folks hear that word, they think of a tyrant with a whip. How do you define and teach discipline?

EO: Students from the West do hear the word discipline as self-punishment doing something that you don't want to do, because it's good for you. I explore that by asking, 'What is your experience?' I invite them to re-define it, and also offer a deeper explanation. I define discipline as doing what pleases the soul. The right discipline, whether it's the right diet or a daily meditation practice or being kind in a relationship, all of those things please the soul. They bring us higher or deeper happiness. I focus on self-discipline as being self-care or providing self-love. Self with a capital "S."

...continued on page 26...

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LIVING THE ETERNAL WAY



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MM: But discipline may please the soul but not the ego.

EO: In the short run it does not please the ego but in the long run it works out. The goal is to purify the ego and have the ego serve the soul.

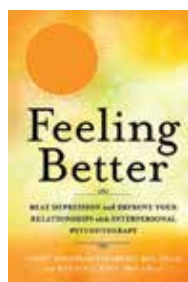
MM: One last question about spirituality and escapism. A lot of folks use the seeker's life to separate from their familiar context, thinking that truth and wisdom are somewhere else. What do you think about bringing spirituality home?

EO: Paramahansa Yogananda said that it's an obstacle when we create a false separation between our material and spiritual existence. As a devotee, I came to the path hoping to escape. I thought, Oh good, meditation and transcendence, get me out of 'here.' Life is messy, relationships are messy, the body can be difficult. I thought I could just meditate and leave it all behind.

Initially, yoga did take me out of the world, in that I shifted my focus to developing an inner life. But I discovered as others do, that the more you develop the inner life, the more you come into touch with yourself, with others and with the world. Yoga took me out of the world but brought me back in a very profound way. It didn't allow me to escape, it just transformed my relationship with the world. I think we might count that as one of the benefits of sticking to a path.

MM: So, we're integrating our practice with our everyday life.

EO: We have to. Being in the world gives us plenty of sand to polish the oyster. There is that saying, 'It's easy to be a saint on a mountaintop.' I tell people, 'You don't have to go looking for a spiritual intensive, you have one just living your own life.'



EMOTIONAL TEMPERATURE

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WAYS TO WARM THINGS UP

Ask people how they feel about the way you're acting. If you're feeling lonely or left out and want to increase your feeling of connection to others, practice assertiveness by asking someone you trust how your behavior makes them feel.

Is your anger making them pull away? Is your "poor me" attitude making them feel as though nothing they do or say helps you, so why bother? Is your negativity causing you to misinterpret their words and behavior?

It'll take courage on both sides — yours to ask directly and theirs to answer honestly — but you may learn something and have the opportunity to clarify, which could make you feel better.

Put yourself in the other person's shoes. Imagine how you'd feel if the roles were reversed. What could you do or say to make the interaction more successful? You can also ask them straight out what they need.

Stay open to possibilities. Don't assume you know how someone else is feeling and why. Ask the person directly, and then accept what they say. Your boyfriend may want to see you less, but that doesn't necessarily mean he's stopped loving you.

Maybe his expectations of a romantic relationship are different from yours.

Maybe he misses his friends. Or maybe he needs some alone time to recharge. If he says he still loves you, try believing him. It's enough to take care of yourself without taking on everyone else's feelings too. Respect the people in your life enough to believe what they're telling you.

Pick a good time. Approach someone for a discussion when there aren't a lot of distractions, when you're both feeling well rested and well fed, and when you have the time to talk. Agree to a time that works well for both of you.

Don't forget to ask yourself, "How am I feeling?" again after you've tried something to warm up or cool down your emotional temperature. If you're feeling better, fantastic. Remember what you did and try that approach again another time!

If you're still feeling angry, sad, lonely, disappointed, left out, or afraid and it's affecting your mood or your relationship, you might need to take other steps to feel better.

Cindy Goodman Stulberg, DCS, CPsych, and Ronald J. Frey, PhD, CPsych, are the authors of Feeling Better and directors of the Institute for Interpersonal Psychotherapy. Visit them online at <http://interpersonalpsychotherapy.com>.

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GROW A NEW BODY

...continued from page 8...

and is not geared to the digital world. Under stress, primitive emotion overtakes us, and we become blind with rage, paralyzed with fear, or so riddled with anxiety that we can't think straight. When it becomes overstimulated, it hijacks the entire neural apparatus, restricting blood flow to the frontal lobes of the brain, so we can no longer come up with creative solutions to problems.

Often we're not even aware that we're operating out of instinctual fear—we think the world is a dangerous place, that there are tigers or viruses around the corner waiting to eat us, that there aren't enough resources to go around, and that death means the end of our existence. Beliefs like these become etched into the neural networks in the limbic brain. Each time we think dark or fearful thoughts, we reinforce these networks.

Neural networks are information superhighways that quickly interpret what we perceive through the senses. They tell us red means danger, green means go, who is sexy, who is dull. They hold a dynamic map of our world and how our reality works. This map contains sights, sounds, scents, memories, and early childhood experiences.

Many of our maps of reality are formed in the womb. If your mother was not sure she could count on her partner to protect her, your reality will be one in which you can't count on people to be there for you, where the world will not support your endeavors. If, on the other hand, your mother was confident she could count on her loved ones, your map will reveal a world you can count on—and will infuse this reality into your relationships.

These neural networks become stronger as your day-to-day experience proves your map true, with more connections between neurons formed every time that pathway is used. Over the years, this path becomes the road most traveled and eventually the only route used. A brain scan will actually show neural networks in a particular area of the brain "lighting up" as you think certain thoughts.

The opposite is true as well: when a neural network falls into disuse, the void in that area of the brain will show up on a scan. S

...continued on page 28...




YOGA: A Natural Pathway To Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907 www.yogashakti.org 321-725-4024 and email yogashaktipalmbay@gmail.com Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life.

The great Sage Patanjali said in his "Yog Darshan" (2nd Sutra) "Yoga means controlling the waves of the mind, the thought waves." The mind is waiting for your orders. You can create any kind of wave you want. You can generate happy waves or unhappy waves. You can create anger or joy within yourself. You can laugh, smile or cry. You can do it at your will. Usually we are carried away. We don't know when we are going to cry or be angry but yoga teaches you that it is at your will. You can generate any kind of wave at your will. Learn to master your mind. Don't let your mind run wild here and there. Learn to control the waves. If you know all this you will not be disturbed by little things in this world. Your mind will have depth and you can sustain energy. You will not be hurt in this world.

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GROW A NEW BODY

...continued from page 27...

So even if you have a spiritual awakening during a week-end meditation retreat, unless you make a conscious effort to reinforce that insight once you return to your everyday existence, the epiphany will fade away.

Our neural networks make us creatures of habit. We stop having innovative thoughts and original ideas very early on. In fact, most of our neural networks are set by an early age. The childhood fears, the anger, the suffering, and the feelings of abandonment encoded in our neural networks cause us to repeat the underlying themes of these memories, even if we don't recall the events themselves.

As I reflect back on my own life, I notice that I have always suffered around the same themes—lost love, hurt, and abandonment. And fear. When I moved to **New York City** for a summer, decades ago, I arrived at my new apartment on a hot and muggy day. A bunch of beefy guys in sweaty T-shirts were sitting on the front steps. I was convinced I'd moved into a neighborhood of muggers and killers. Later, I discovered these men were my neighbors, came to know them, and found they couldn't have been nicer. I had unknowingly superimposed fear-filled childhood memories on these innocent neighbors.

Psychological themes run in families, passed down from parent to child. In the **Amazon**, they call this a generational curse. It can trigger heart disease or cancer. Autoimmune diseases, which involve the immune system attacking its own cells, often run in families with poor emotional boundaries—family members have trouble acknowledging what is yours and what is mine.

Whatever willpower we exert to change our habits, we often fall back into the old themes because of our ever-efficient neural networks. The good news is that we can rewire our neural networks for joy and more nourishing outcomes. But first we have to detoxify the brain. Remember, the poisons in our food and water are stored in fat cells, and the brain is largely made of fat. We cannot lay neural networks for bliss, creativity, or curiosity if our brain cells are loaded with toxins.

NEUROPLASTICITY

Neuroplasticity, the mechanism by which our experiences affect the brain's functioning and structure, is a relatively new discovery for science. However, this cutting-edge discovery also matches what sages have known for millennia about how the world molds and shapes the brain.

Not so long ago we believed that after the brain developed during childhood, it remained unchanged for the rest of our lives. Today we know that in response to an injury, or as a result of an epiphany or personal realization, individual neurons can change and even large-scale transformation of the brain, known as cortical remapping, can occur.

Neural networks act like filters that screen out certain experiences, allowing us to perceive only a limited slice of reality. So like the old Aztec scouts, we will fail to notice the conquistadors' ships, which later seem so obvious to us. We may fail to read the emotional warning signs from the person we are dating, before we become entangled in a toxic relationship.

Your neural networks create self-fulfilling prophecies. If you believe the world is full of thieves and liars, then that is what you will encounter. Talk therapy isn't very effective in dismantling the neural networks formed during childhood trauma. Too often, instead of helping us write a better story, it only reinforces the old script.

Studies show that the brain can remap itself very quickly, that in effect you can teach an old dog new tricks. In a 2005 study, medical students' brains were imaged using a brain-scan device before and after their exams. In a few months, the gray matter in the young doctors' brains increased significantly, indicating that the learning was clearly forming new neural networks in their brains and increasing their brain volume.

Since 2000, scientists have discovered that neurogenesis—the birth of new brain cells—happens regularly, particularly in the hippocampus, the brain structure associated with learning and memory. The shamans discovered the plants that triggered the production of neural stem cells without being able to explain the science.

Tasting Oneness from the fractured world of the limbic brain can help you change lanes in the information superhighway in your head so that you see the world with new eyes. It becomes easier to shed old stories and write new, more interesting, and more beneficial ones that will guide you to live in abundance and fearlessly. Today we know the science—and we start by ridding our brain of toxins that prevent us from experiencing Oneness.

This excerpt has been reprinted with permission from *Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health* by Alberto Villoldo, published by Hay House (March 12, 2019). It can be found online at Hay House, Amazon, and other major booksellers worldwide. For more information and to order a copy of book, visit: growanewbody.com



This month's thoughts about things...

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

... from page 7

I delayed a week going to the doctor for a wound because the office I called kept losing my appointment. I'd gone to this doctor years ago since he was around the corner from me.

LONG STORY SHORT: Twice last month I arrived for an appointment and twice was told I didn't have one. In fact, they couldn't find record of me anywhere although the clerk remembered talking to me. The delay caused me a week of anxiety and pain. I learned from that, though.

I learned I should have called my own general practitioner 12 miles away rather than opting for someone around the corner, thinking it would be quicker. The behavior I attracted out of the closer office left me a week without treatment. When I finally called my GP, they had me in the office within the hour.

In fact, my guy was unavailable so they scheduled me with a **Nurse Practitioner** with whom I felt immediate connection. I also felt in very good hands and wouldn't be surprised if the entire reason for my boo boo was so we could connect. Why? I have no idea but I'm sure it will make itself known to me.

I absolutely believe that everything that comes into my life is there because on some level I am vibrating in harmony with it, I am dialed into that frequency just like on a radio. That means I am likely to attract whatever else resides on that station also, like delays and mishaps, or magic and miracles.

For some reason last month, as yet unknown to me, I was in a downward place due to my choice of focus so I got on the wavelength of one medical office that didn't have their shit together, then thankfully on the wavelength of one that did know what they were doing and corrected the situation immediately.

The experience stretched me, it got me out of the house several times and into groups of new people. It made me drive after dark to pick up prescriptions, made me stay up when I should be asleep, made me contemplate my part in the process of it all.

All in all a valuable experience and today it's all good. I wouldn't change a thing.

Enjoy our offering this month.
Hari Om.



Andrea

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Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro*Carto*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. www.MayaWhite.com

HOROSCOPES FEBRUARY 2019

Cusp dates are accurate for 2019. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2019.

ARIES - (MARCH 20 - APRIL 18) Mars and Uranus have been traveling close together for too long now. This pair has a cantankerous relationship and you'll feel a sense of relief after February 14th when Mars leaves your sign and energizes your money sector. It's possible that something good can come out of this pair, but to receive the benefit of explosive growth rather than just an explosion, you have to slow down.

TAURUS - (APRIL 19 - MAY 19) A daily practice of gratitude and/or prayer pays dividends now; you receive the riches of a satisfied mind plus financial rewards. Stay out of lower emotions such as fear and anger and surrender to the peace of an untroubled mind. Imagine yourself in the arms of a grand protective force, and just let it be, Taurus. Relax into your spiritual side and leave worry behind; just for today, and then, for tomorrow.

GEMINI - (MAY 20 - JUNE 19) The Aquarius sun until February 18th warms your soul Gemini. Because Mercury, your ruling planet is traveling with air head Neptune, you may not feel as focused as usual, especially around the 19th. It's a great month for movies, books, and spending time in nature. Working too much just brings more frustration. Enjoy these special days when the rays of Light spark a special glow into your soul.

CANCER - (JUNE 20 - JULY 21) True wealth is living the life you want. Money can buy practical things, but not what your heart is longing for. Slowly, the wheels of fate have been turning to deliver true wealth. Claim your destiny, Cancer. You've had to fight your way out of a web of family obligations, and now there is a Light at the end of the tunnel. Follow that path because it's your true destiny.

LEO - (JULY 22 - AUGUST 21) Celebrate Valentine's Day with gusto, Leo. Life just isn't the same without a partner; if you haven't yet found someone, consider this your year to become 'lucky in love'. If you already have your special mate, show him or her some affection. Take a deep breath and get honest. Venus is impacting you in a pragmatic way, but this is just what you need. Go deep, Leo and surrender to love in a way that you never have before.

VIRGO - (AUGUST 22 - SEPTEMBER 21) With both Neptune and Mercury engaged in your 7th house, your partner will inevitably need attention. This combination is ok for your intimate life, but Mercury conjunct Neptune, exact at full moon on February 19th, is more problematic in business. Professional agreements are best put in writing, and sealed at the attorney's office. Be thorough because Mercury retrograde next Month will come back to haunt any shortcuts you take now.

LIBRA - (SEPTEMBER 22 - OCTOBER 21) Sometimes you have to let go or give up something in order to reap the rewards. This month, Venus, your ruling planet, joins Pluto and Saturn. Mythology teaches that Saturn and Pluto are brothers, and your avatar goddess is now dining at their table. Just like rich uncles, they have a gift for you, but they are rather serious fellows. Play it cool, Libra. You want their benefit, but there will be a price to pay.

SCORPIO - (OCTOBER 22 - NOVEMBER 20) February is a prime month for planning, Scorpio. If you have not already made a 2019 Master Plan it's time to get that done ASAP. If your Master Plan is in place, consider a mini retreat to refine your plans, and take your life one step further. You need a get-away to a tropical island to develop your plan, Scorpio. Seriously! And, it can be as simple as a weekend in the Florida Keys. Just do it.

SAGITTARIUS - (NOVEMBER 21- DECEMBER 19) Your ruling planet Jupiter journeying through Sagittarius puts us all in a happy place, but there's also a new Sheriff in town - his brother Neptune. These two planets dancing in and out of a dynamic square calls for a reality check and you'll have to lay all your cards on the table. Neptune can feel like a high tide that washes your sand castles away, or, he can make you strong.

CAPRICORN - (DECEMBER 20 - JANUARY 18) Venus comes to warm your heart when she enters your sign on February 3rd and stays there all month. You may feel a bit breathless on occasion, especially on the 18th when Venus conjuncts Saturn, and again on the 22nd when she joins Pluto. This is a big month, Capricorn. Pluto and Saturn can be way too serious and Venus opens doors that may otherwise feel insurmountable. Enter and enjoy.

AQUARIUS - (JANUARY 19 - FEBRUARY 17) Pay attention to your dreams this month, Aquarius. Venus will deliver a wealth of information as she spreads her love into the fertile ground of your solar 12th house. Seeds of inspiration will be sprouted; the needs of your soul are recognized. Interestingly, this planetary combination also delivers justice to those who have wronged you. It's all about divine timing.

PISCES - (FEBRUARY 18 - MARCH 19) What is your next step, Pisces? Mercury conjunct Neptune on February 19th lands right on the Full Moon Supermoon, placing your emotions front and center. It's about partnerships, too. If you're in love - love more, deeper, sweeter. If you're looking for love - search with intention. Your heart is on the table now. Is it going to be feast or famine? It's totally up to you.



COVER ART

Self and Creativity by Esmeralda Raven Aponte

Self and Creativity is about our personal labyrinth. It can take a lifetime to realise that we carry the direction of our lives ourselves. All it requires is a little introspection.



What you love is achievable so it is important to keep pushing your ideas into reality. In time from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off your restrictions and expose your heart. Explore. Dream. Discover. Live off your passions.

To dream and create is to express what resides deep in your soul in order to connect with yourself and then be able to share with others. Do not be fearful but instead be courageous because your ideas are worth trying.

We need creativity in our lives to keep us expressive and open to emotion. We need it for development. It gives us the ability to communicate the deeper aspects of some things that are beyond the capacity of words to express. Creativity deepens and extends our existence individually and collectively. The more you do it the better you become. Improving in your field is endless and that in itself is beautiful. Believe in yourself and know that others out there want what you express.

The pomegranate symbolizes prosperity. The many seeds in a single fruit stand for the seeds of life, the abundance of creativity. If we look upon our lives much like the pomegranate we are abundant with ideas to try out and to grow from.

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

Esmeralda finds inspiration through her dreams composed of fantastical creatures and other-worldly settings. Her beliefs into the mystical forces greatly influence her paintings and allow her to explore their blending together with the aspects of life. Her world full of wonderment expresses different states of experience and exposes the strong relationship between plant, animal and human world.

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



DON'T FUEL IT, COOL IT

... from page 16

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells.

To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines will become purified and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Florsence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer can be a disease of the mind, body. Anger, unforgiving and bitterness put the body into a stressful and acidic environment. Each cancer in the body has a different emotional cause which has been identified; in other words the emotional cause for cancer of the left breast is different to that of the right breast and to cancer of the colon, etc. Major stress causes suppression on the immune system. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life. The carefree extrovert seems to be far less vulnerable to cancer than the caring introvert.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

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

When we think that the
world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti

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

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