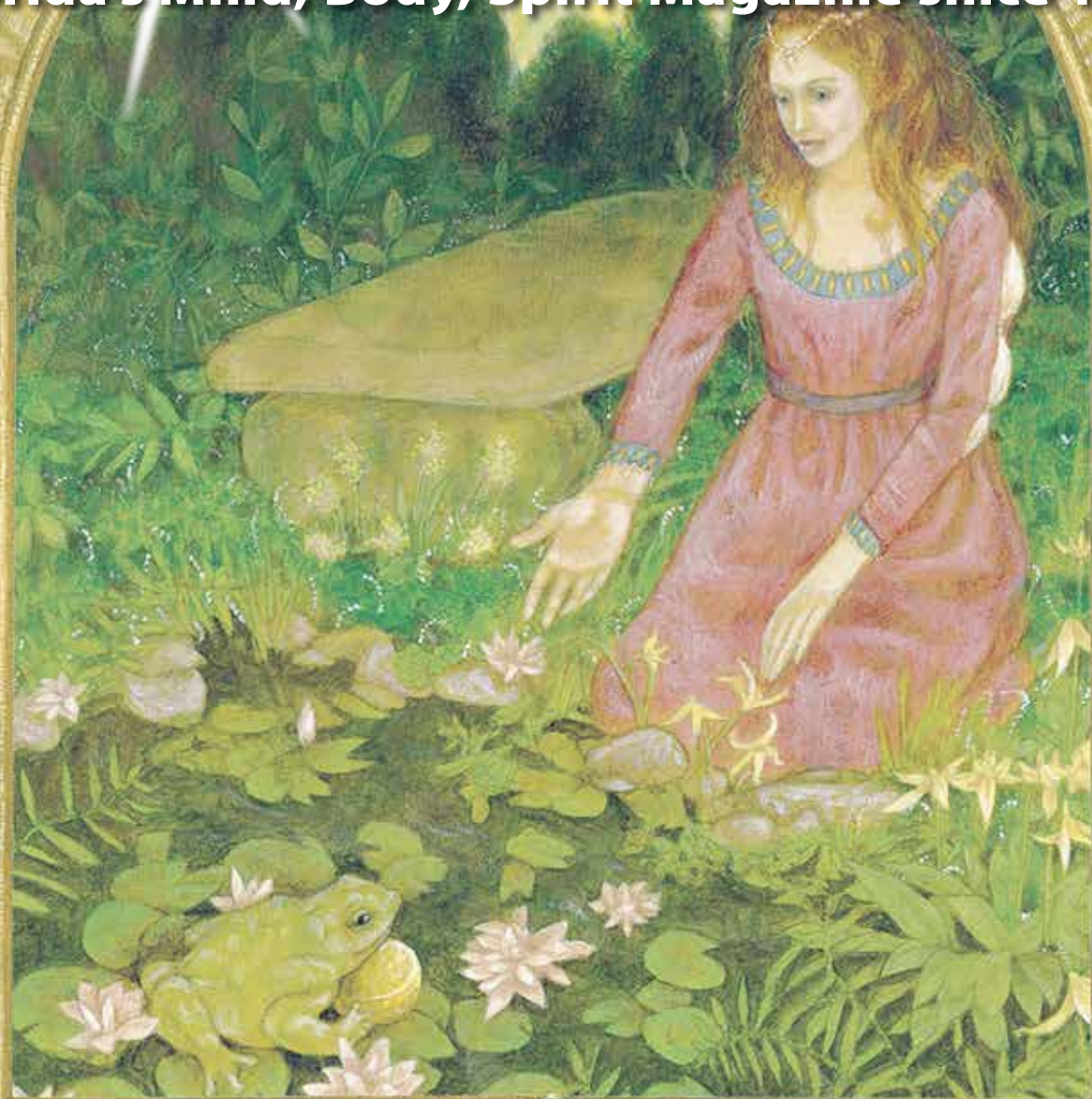


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THE CRYSTAL GARDEN

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

Invite the Divine into your Relationships: Archangel Chamuel and Kunzite

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Petition your angels, archangels, and the Divine with something like this:

Please help me cultivate a wonderful group of friends and colleagues in my life with courage and confidence. Help me shift my energy to allow me to receive love and take steps to do my part in nurturing loyal, caring friendships. Please help me open my heart and have the strength to overcome shyness or a lack of self-esteem so that I can take action to develop strong, healthy connections with great friends and family, including my romantic relationship. Thank you!

Add affirmations or positive thoughts to your daily routine to help you stay focused on what you do want instead of dwelling on what you don't want. Here are loving affirmations that will help you invite the Divine into your relationships. After all, what you think about creates your reality!

I am love. All that surrounds me and all that is attracted to me is love. I attract loyal and authentic friends and romantic relationships. I am blessed with supportive friends. I am grateful for companionship in my life. My friendships and business relationships are important to me. I take steps to cultivate close-knit bonds with people close to me.

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

Sunday, February 2nd, 9:30am and 11:00am

GROWING FORWARD

Speaker: Rev. Valarie Parson

Sunday, February 9th, 9:30am and 11:00am

THE POWER OF STRENGTH

Speaker: Rev. Valarie Parson

Sunday, February 16th 9:30am & 11:00am

WE CAN CREATE MIRACLES

Speaker: Dr. Garland Landrith



Dr. Landrith is a cutting-edge quantum field psychologist/healer whose research was cited in *What the Bleep*. As a child, Dr. Landrith had dreams that manifested in his waking life. He traveled to India and China and during this time he had a near-death experience. As a result of this, he decided to study the mind as a way to demonstrate to the world that we can indeed create miracles with our thoughts. Dr. Landrith was among the first to prove that what we think inside can help improve

the outside world.

ALSO

Sunday, February 16th, 1pm - 3pm
LIVING YOUR DREAMS BY UNLOCKING YOUR SUBCONSCIOUS

Facilitator: Dr. Garland Landrith

This empowering EFT Healing class combines Quantum Tapping, HeartMath, and Ho'oponopono as a means to restructure your subconscious brain matrix. Learn to manifest your dreams and heal blocks in a unique way. Reframe the negative thought patterns into positive ones. Transform your life into one that is trigger free. Each person who attends my seminar receives a free DVD, as well as a 45-page manual, along with other written material to aid the students in their growth. (Suggested Love Offering \$35)

ONGOING EVENTS:

Noon Prayer Service Tuesdays and Thursdays

Tuesdays - Course in Miracles 7:00pm

Wednesdays - Melbourne LGBT AA 6:30pm

Fridays - LGBTQ+ NA 9:00pm

Sunday, February 23rd, 9:30am & 11:00am

MIND YOUR OWN BECOMING

Speaker: Rev. Dr. Martha Creek



Widely known in New Thought, Martha's trainings approach deep inner work as an adventure with a sense of curiosity and wonder. A master of the art of right questioning, she calls forth the most stubborn and self-defeating patterns to create a new way of being, literally.

Ordained in Religious Science and Divine Science, Martha has served as Great Lakes Unity Consultant, and is a member of Unity Institute faculty. She has attended Emerson Theological Seminary (Masters and Doctorate), Byron Katie School for The Work and Hoffman Institute. She

is a Healthy Congregations Facilitator and Trainer. See more at www.MarthaCreek.com.

ALSO

Sunday, February 23rd, 12:30pm - 2:30pm
INFINITE POTENTIAL WORKSHOP

Facilitator: Rev. Dr. Martha Creek

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CLASSES

Tuesdays, February 4th through February 18th, 10:00am - 11:45am
SAGE-ING WHILE AGE-ING with Dr. Christina Gilman.

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Tuesdays, February 4th through March 16th, 7:00pm - 8:30pm

THE ARTIST'S WAY with Fred Goodnight. The Artist's Way is the seminal book on the subject of creativity. An international bestseller, millions of readers have found it to be an invaluable guide to living the artist's life. Still as vital today-or perhaps even more so-than it was when it was first published one decade ago, it is a powerfully provocative and inspiring work.

Friday, February 21st, 7:00pm **DRUMMING FOR UNITY**

Facilitators: Ellen Schipul and Fred Goodnight

Monday, February 10th, 7:00pm

SOUND HEALING with Vashti Saint Germain

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The greatest optical illusion is separation

Publisher/Editor/Creator
Andrea de Michaelis

On the Cover (page 31)
Dove by Kris Waldherr

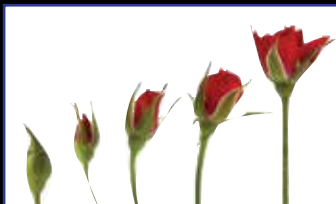
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HORIZONS

Crystal Garden with Margaret Lembo	2
Our Advertising Rates • <i>Low because we're in it for the outcome, not the income</i>	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
A Course in Miracles: Forgiveness Opportunities by Gary Renard	8
The Teachings of Abraham-Hicks	9
Herb Corner with Cecelia Avitable	10
How Intention is Formed, Rewiring Yourself by Dr. Joe Dispenza	11
Navigating When Things Go Wrong by Afi Harrington	12
Seth through Jane Roberts	13
Perspective Affects Everything with Keith Eble	13
From The Heart with Alan Cohen	14
Ask Whitedove with Michelle Whitedove	15
Soul Songs: Abraham Fun with Karen Williams	16
4 Hormones Which Determine Your Happiness	17
Our Calendar of Events	18
Why Hatred Fails by Matt Kahn	19
Psychic Kids: Nurturing Sensitive Souls by James Van Praagh	20
Notes From The Universe with Mike Dooley	21
Spiritual Graffiti with Jeff Brown	21
Our Phone Directory *Pick up Horizons at these stores and locations* ...	22
Mission Statement	23
Monthly Horoscopes	30
Cover Art	31
Roy Eugene Davis, Center for Spiritual Awareness	32

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

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



Horizons thanks everyone willing to take the risk

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine

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



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

WELCOME TO THE FEBRUARY 2020 HORIZONS.

What is **Horizons Magazine** all about? What I'm doing here is sharing a belief and formula for happiness I've found is true for me and for others. To 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 hear of new ideas.

Our **Mission Statement** on page 25 says, *"We're here 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.

We're here 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."

I'm all about living my life with increasing integrity, taking responsibility for the consequences I set in motion and helping those who ask navigate thru their daily 3-D life learning lessons, seeing the silver lining and gleaning spiritual insights no matter what they are in the midst of.

DO IT AS LONG AS IT'S FUN, KNOW WHEN TO MOVE ON

I don't believe anyone should do anything they don't want to do for a moment longer than it's fun or productive for them to do it. Two weeks before deadline, I received notice to seek another monthly horoscope writer. My astrologer was off to new adventures and let me know she'd do **February** if I needed her to but that she was ready to be done. I appreciated her honesty and wished her well.

I applaud friends who can identify and step away from anything they feel might hold them back or tie them down. I'm an Aries times 5 so I know how important it is to cut the cord even from things you enjoy if you have another dream in mind.

I GIVE NOTICE BUT I DON'T DEMAND NOTICE

A friend remarked about *"that was short notice"* and I corrected her. From a vibrational stance, notice is a social convention that may introduce resistance into a situation where there is none. I worked for attorneys for 22 years and I'd change jobs very 3 years because I'm fickle and I'd go for the big bucks. I gave 2 weeks notice each time but my mind was no longer in the old job for those 2 weeks. That did my bosses a disservice. Later, when assistants would give me 2 weeks notice, I'd pay them for 2 weeks and let them leave at the end of the day. I knew I'd more easily attract the next perfect fit for the job once the former energy was out of the way, and they could be onto their dream sooner.

HOW I ATTRACTED ANOTHER HOROSCOPE WRITER

So I wrote on my **To Do List** *"attract a new horoscope writer."* I posted on **Facebook** I was seeking one. Then I forgot it until I got two emails a week later, offering me 2 choices. **THAT'S A 7 DAY MANIFESTATION.** I wasn't worried that I wouldn't have **February** horoscopes by deadline. I know things always work out for me.

I KNEW I HAD TO PRIME THE PUMP WITH THOUGHT AND VISION AND FEELINGS OF APPRECIATION

And it's not as tho it was completely out of my mind for those 7 days. I'd see *"attract a new horoscope writer"* on my **To Do List** all day long and send a little thought energy out. It was easy because I've always attracted good astrologers, so I'd simply recall them and feel appreciation for their work and their having contacted me exactly when I needed them. We're still interviewing horoscope writers and until then I found a couple online whose interpretations I resonate with.

STILL BE YOUR FRIEND NO MATTER WHO YOU VOTE FOR?

A friend posted a meme on **Facebook** of a grey kitten displaying its middle finger and saying, *"Guess who will still be your friend no matter who you vote for? NOT THIS BITCH. Agreeing to disagree is for things like "Which Star Wars movie is the worst?" or "Who is hotter, Hiddleston or Momoa?" Not things like "Should gays and brown people have rights?" and "Is fascism a really cool idea?"*

I'm not sure how I feel about that. How do I define a friend? I have neighbors who believe very differently than I, so we confine convos to *"has the mailman come?"* or *"you left your garage door open."* I know I can call him if I need help and I'm happy to help when asked. Is he my friend? Who's to say? You never know who is really a friend until you need one. I may not sit with them in discussion but I don't snub them in the grocery.

Enjoy our offering this month.
Hari Om.

Andrea



A COURSE IN MIRACLES: FORGIVENESS OPPORTUNITIES

Gary Renard is the bestselling author of "The Disappearance of the Universe," "Your Immortal Reality," "Love Has Forgotten No One: The Answer to Life" and his latest, "Lifetimes When Jesus and Buddha Knew Each Other" – all based on "A Course in Miracles." As a teacher and worldwide speaker, Renard has taught ACIM in 24 countries and 43 states, appeared in seven documentary movies, won the Infinity Foundation Spirit Award, and hosts a monthly podcast. www.garyrenard.com *This excerpt from Disappearance of the Universe by Gary Renard (DU) pgs 29-35:*

There are four major attitudes of learning you will go through during your return to God. Everyone will go through all four of them, and everyone who progresses will occasionally and unexpectedly bounce back and forth from one to the other...

DUALISM is the condition of almost all of the universe. The mind believes in the domain of subject and object ... there (seems to be) two worlds: **the world of God** and **the world of man** ... world of man ... that there is a subject - you - and an object namely anything else ... world ... exists apart from you and can be manipulated by you. "You" meaning the body and the brain that seems to run it ... the body and the brain that you think are you appear to have been caused by the world.

As we will see, this idea is exactly backwards ... (seems) **God** is somewhere outside of you. There is you and there is **God** ... the split mind ... has unconsciously assigned to **God** the same qualities that your seeming separated mind itself possess ...

it seems to exist out there in the world rather than in your own split mind ... So **God** is considered both forgiving and wrathful ... both loving and a killer ...

SEMI-DUALISM ... a kinder, gentler, form of dualism because certain true ideas have begun to be accepted by the mind ... simple concept that **God** is Love. A simple notion like this, however, if it is truly believed, would bring along with it some very difficult questions. For example, if **God** is Love, can He also be hate? If **God** is really perfect Love, then can He also be flawed? If **God** is a Creator, could He then be vengeful against that which He Himself had created?

A primitive form of forgiveness has taken root within you. You still think of yourself as a body, and both **God** and the world still seem to be outside of you, but now you sense that **God** is not the cause of your situation. Perhaps the one person who was always there when things appeared to be going down the toilet was you. Perfect Love can only be responsible for good. So everything else must come from somewhere else. But, as we will see in our next attitude of learning, there is nowhere else.

NON-DUALISM ... (when) we are talking about learning or spiritual sight, we are always referring to a state of mind - an inner attitude and not something that is seen with the body's eyes in this world ... in order for anything to interact, you must have duality. Without duality there is nothing to interact with. There can be nothing in a mirror without an image that appears to be opposite it, attached to an observer to see it.

As some of your scientists of quantum physics know, duality is a myth ... without you to perceive it, the universe is not here, but logic would have to dictate that if the universe is not here, then you are also not here. In order to make the illusion of existence, you must take oneness and seemingly divide it, which is precisely what you've done. It's all a trick.

The concept of oneness is hardly an original one. However, the question few people ever ask is: **What am I really one with?** Although most of those who do ask this question would say the answer is **God**, they then make the error of assuming they and this universe were created in their present form by the Divine. This is not true, and it leaves the seeker in a position where even if he masters

...continued on page 26...



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ABRAHAM ON THE POWER OF EXPECTATION

You get what you expect, have you noticed that? You expect to survive, and so you do. You expect to have a roof over your head, and so you do. You expect to live alright, and so you do. But you don't expect extraordinary things, so they don't come. You don't expect magnificent money to flow into your experience, and so it cannot get in. The only thing that comes to you is what you are expecting to come to you.

And so, how have you been programmed to expect? You expect to decline as you age: You expect to lose your memory, you expect to lose your hair, you expect to lose your teeth. Do you see what we are saying? And so, as you expect, your body just follows the orders. Just as you say I want to stand up and you do, your body does everything that you expect it to do. The Universe responds purely to your expectation. And so everything that we have talked about here today is in an effort to assist you in getting your expectations in harmony with your desires so that what you are wanting and what you are expecting are one and the same. That's the purity of thought that we have been talking about, wanting and expecting.

And so, the way that you have to do that - we'll say it very bluntly to you - is that you have to stop giving so much credence to the physical evidence that surrounds you. All those statistics and all those facts - all that stuff that everybody calls reality - it's not reality. It's garbage. It's not reality, it is illusionary. It is somebody else's physical manifestation of the balance of their thought.

It is not statistics that has anything to do with you. And so, instead of looking at all of the facts, and trying so hard, rather than putting any of your attention upon the physical evidence, if somebody quotes a statistical evidence to you, just laugh - it means nothing; the statistic is worthless (all it is is the evidence of something that somebody else is doing, it has nothing to do with you) - and give all of your attention to your awareness of Law of Attraction, and all of your awareness to the way you feel, which is a pure indication of which side of the balance you are attracting from: either what is wanted or the lack of it. It is really as simple as that.



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ABRAHAM ON HAVING COMPLETE CONTROL OVER YOUR OWN THOUGHTS

You can find yourself in an endless loop where you explain that you feel negative because of the negative behavior of someone else. But if, instead, you take control of your own emotions and you think an improved thought because it feels better to do so, you will discover that no matter how the negative trend got started, you can turn it around. You have no real control of what anyone else is doing with their Vibration (or with their actions, for that matter), but you have complete control over your own thoughts, Vibrations, emotions, and point of attraction.

ABRAHAM ON ILLNESS:

All illness, without exception, exists because of the allowance, usually over quite a long period of time, of negative emotion, or a very strong belief in illness, which is also accompanied by negative emotion. We do not know any of you who choose illness over health.

...continued on page 28...

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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 321-757-7522

SPICE UP YOUR LOVE-LIFE WITH HERBS HERBS FOR THE BEDROOM

Herbs have been used to enhance sex for centuries.

The word "aphrodisiac derived from Aphrodite the goddess of love, were mentioned in Egyptian documents dating back to 2200BC and in the Bible. Herbs can be used to enhance sexual desire, pleasure and arousal. Some work by bringing more blood flow to sexual organs, others balance hormones, reduce stress and fatigue, supply energy and increase libido. Aphrodisiacs can be powerful, consult your herbalist especially if you are taking medications. Sometimes you need to get creative because herbs don't work the same for everyone.

Yohimbie is a powerful aphrodisiac stimulating libido increasing blood flow thru out the body especially sexual organs with the effects being more noticeable in men. It was traditionally used in wedding ceremonies by African Bantu tribes; just be careful if you have diabetes or high blood pressure.

Damiana is known as a sexual rejuvenator its Latin name *Turnera aphrodisiaca* says it all. **Damiana's** volatile oils stimulate the genital areas increasing sensitivity helping to reduce impotence. **RECIPE:** You can make a nice cordial with Damiana by soaking 2 tablespoons Damiana, ½ cup vanilla extract and brandy and 1 tablespoon honey for one week. After that week strain off and share with a friend. If you are short on time you can make a tea with ½ part Damiana, 1/8 part Spearmint, Sarsaparilla, Licorice (or Fennel), 1/10 part Rose petals, ¼ part Yohimbie (or Muira Puama), ½ teaspoon Cinnamon and ¼ teaspoon Ginger. After mixing these herbs together use 1 teaspoon of the mixture for every 8 ounces of boiling water steeping for about 15-20 minutes, straining and drinking. Honey can be added for more sweetness if you like.

Honey has been used as an aphrodisiac over the centuries. Hindus believed it to be "the elixir of love". It can be flavored with powdered herbs like cinnamon, cocoa powder, roses, anise, fennel, or vanilla and drizzled on erogenous zones.

Your kitchen spice rack is full of herbs that can spice up your love life. **Cinnamon** stimulates sensuality through scent. **Ginger** is known for its warming and stimulating properties in Asian, Indian and Arabian cultures. **Fennel** increases libido, helping you enjoy sex longer plus it helps to balance hormones. **Anise** stimulates desire more-so in women because of its hormonal compounds. **Fenugreek** helps to relieve male impotence and increase female sex drive. These along with **Cardamom, Vanilla, Cloves, Cilantro,** and **Orange** can be blended for flavoring teas or to make a **Chai** or they can be to foods.

Aromatherapy is another way to incorporate herbs into a romantic evening. Aromas increase desire by creating specific moods. Some scents boost pheromone production, increase blood flow, relax the body and mind and reduce anxiety. You can light candles, create a massage oil or scatter rose petals.

Why not plan a whole evening stimulating all of the senses? It doesn't take much but you will enjoy the results.

HOW INTENTION IS FORMED



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Dr Joe Dispenza is an international researcher and author who teaches how we can rewire our brains and recondition our bodies to make lasting changes. His passion is the latest findings from the fields of neuroscience, epigenetics, and quantum physics to explore the science behind spontaneous remissions. He uses that knowledge to help people heal themselves of illnesses, chronic conditions, and even terminal diseases so they can enjoy a more fulfilled and happy life. www.drjoedispenza.com

HOW THE INTENTION IS FORMED

The intention is, you may say, I want a Healing, I want a New Job, I want a New Relationship.


Now, the moment you ask the question, the What-If question; *what would it be like to be in love? What would it be like to have a new job? What would it be like to be in a new relationship? What would it be like to do whatever to be healed?*

The moment you ask that question, the part of your brain called The Frontal Lobe which is the crowning achievement of the human being; 40% of your brain is the Frontal Lobe, it's the workshop, it's the creative center. The Frontal Lobe has connections to all other parts of your brain.

The moment you ask an open-ended question, you speculate a Possibility, the creative center turns on and it looks out over the landscape of the entire brain, begins to call up different Networks of Neurons that are stored in your brain, based on something you've learned intellectually, knowledge or something you've experienced in your life.

Like, well I know what it is to be in love, or, I know what it is to have a good job, or, I've read a book about it. And it begins to call up these different Networks of Neurons and then it seamlessly pieces them together to create a New Idea, a New Vision. And when you Put all those Networks together and they Fire in Tandem, you'll get a Clear Picture in your mind. And that Clear Picture is called The Intention.

...continued on page 27...




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WHEN THINGS GO WRONG

5 Tips for Navigating “Why Me” Moments

Afi Harrington is a Certified Adviser with the Independent Business Alliance and a Martha Beck trained life coach. She offers a holistic business advisory and coaching approach marrying objective business analysis with personal introspection. She also offers life empowerment coaching to examine your goals and the underlying beliefs that keep you from achieving them. You can find her at www.akeaconsult.com.

“Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.” -C.S. Lewis

Have you ever been cruising down the highway of life only to unexpectedly hit a major pothole that completely threw you off? Maybe you lost a job, ended a relationship, or were betrayed by a friend. It’s easy to wonder “why did this happen to me?” and stay buried in the pothole. It’s up to us to break free and regain our cruising speed on our life journey. Easier said than done, right?

I hit a major pothole in my professional life that blindsided me and left me feeling alone and unsure of what to do. Pulling it together after this blow was definitely a challenge professionally and personally, and I learned some 5 valuable lessons about getting through the “why me” moments in life.

1. DON'T GET CAUGHT UP IN YOUR STORY

When bad things happen, it’s very easy to get caught up in the drama. We can get a lot of things from repeating our story to others such as sympathy, support, and encouragement. But wallowing in that story keeps you living in the past and not focused on being present to what’s in front of you right now.

2. DON'T CONSUME YOURSELF PLACING BLAME

It’s easy to focus on placing blame on yourself and/or others when difficulties arise. What could I have done differently? Why did they do this to me? Why didn’t I try harder? Focusing on all these “what ifs” won’t change the situation or ease your pain and sorrow. Focus your energy on what you can do right here, right now to move forward.

3. ACCEPT WHERE YOU ARE

As hard as it may be, you have to accept what happened. You can try not to, but it will only bring you more pain. Accepting your present circumstance is the first step to moving forward. We have a natural tendency to judge and analyze the things that occur in our lives and label them as right or wrong, good or bad.

Once we decide something is wrong or bad, we often spend a lot of time and energy complaining about it, feeling sorry for ourselves, pondering on how it could have gone differently, and/or trying to ‘fix’ it. Shifting from that place of judgment and ‘fixing’ to a state of acceptance frees up that energy to explore new possibilities available from our current reality. That doesn’t mean you have to like your current situation, but you do need to accept that you are where you are. It will clear your mind to take action to move to a better place.

4. FIND THE LESSON

This can be really hard because most potholes appear to be nothing but trouble when you hit them. But over time, you’ll likely realize that the pothole was actually there to teach or show you something. Perhaps a job loss is setting you up to pursue something you’ll enjoy more. Maybe ending your relationship with your significant other frees you to meet the true love of your life. It may not be apparent immediately, but there is a lesson to be learned and an opportunity to grow.

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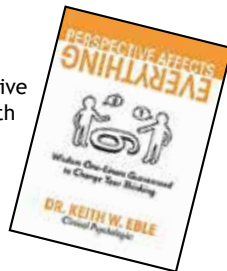
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...continued on page 31

PERSPECTIVE AFFECTS EVERYTHING



Keith Eble is a psychologist with a focus on Cognitive Behavioral Therapy. He currently works mostly with adults experiencing depression, anxiety, grief, relationship issues, PTSD. You can find Keith Eble on Facebook. He also has a FB group called Perspective is Everything, which is the name of his book which is available on Amazon.



IDENTIFYING AND DISPUTING AUTOMATIC NEGATIVE THOUGHTS

I noticed recently that I was looking at a simple math problem and the answer came to me immediately. I did not really have to focus or 'think' about it to get the solution. Also, I realized that when greeting someone, I say 'hi' or 'hello' automatically; and if it is someone close, my inflection increases automatically, too. So, clearly there are times when my thoughts seem to come and direct my behavior without any real focus from me.

What about when the thoughts are negative and come just as automatically. This has been named ANTS--automatic negative thoughts. Without really trying to think these thoughts, they just pop into our minds and produce a negative effect. Some people might argue that such thoughts are 'just not me'. Well, if they are not you, who would they be? Is there a little man or woman in your head that pulls levers and causes these thoughts, without your authorization? Is it an alien? No, more likely these are ANTs.

Where did these come from and how did they become automatic? Socialization and self protection. Most of us have been taught by our society that to succeed, we must do our best always. This easily leads to an ANT (automatic negative thought) that any failure was due to poor effort or being incompetent. How does that make you feel? For self protection, many of us learned in school that to avoid being embarrassed, never take a risk by raising your hand or volunteering--another ANT.

What we can do about ANTs?

First, we can pay attention and notice how many and how often ANTs occur. Then, we can accept that these thought really our own, not some foreign body. Next, we can begin to 'dispute' or challenge the truth or helpfulness of such thoughts. Finally, we can find an alternative thought that may be milder or even neutral, such as "forgetfulness is part of being human" or "no one can ever be perfect".



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

SETH ON CORE BELIEFS:

"Now let me give you a brief example of a core belief. It is a blanket belief: human nature is inherently evil. This is a core belief.

About it will spring events that only serve to reinforce it. Experiences--both personal and global--will come into the perception of a person who holds this belief, that will only serve to deepen it further.

"From all the available physical data of newspapers, television, letters and private communication, he or she will concentrate only upon those issues that 'prove' that point. Suspicion of others will grow, to say nothing about the individual's personal distrust. The belief will reach into the most intimate areas of his or her life, and finally no evidence will SEEM to be available to disprove it. ...

"Another more personal core belief: 'My life is worthless. What I do is meaningless.' Now a person who holds such an idea will ordinarily not recognize it as an invisible belief. Instead he or she may emotionally feel that life has no meaning, that individual action is meaningless, that death is annihilation; and connected to this will be a conglomeration of subsidiary beliefs that deeply affect the family involved, and all those with whom such a person comes in contact.

"In writing down your list of personal beliefs, therefore, leave nothing out. Examine the list as though it belonged to someone else. I did not want to imply that you make a list of specifically negative ideas, however. It is of supreme importance that you recognize the existence of joyful beliefs, and take into consideration those elements of your own experience with which you have had success.

"I want you to capture that feeling of accomplishment, and to translate it, or transfer it, to areas in which you have had difficulty. But you must remember that the ideas exist first and the experience physically follows.

"You make your own reality. I cannot say this too often."

FROM THE HEART



Alan Cohen is the author of many inspirational books including *A Course in Miracles Made Easy*. Join Alan for his life-changing Holistic Life Coach Training beginning September 1, 2020. For information on this program and Alan's books, videos, audios, online courses, retreats, and other inspirational events and materials, visit www.AlanCohen.com.

WHERE TO FIND THE LOVE OF YOUR LIFE

When I asked my friend Brenda, "How's your love life?" she sighed and answered, "Working on it, like everyone." Were we really born to be constantly working on our love life, or were we born to be enjoying it?

After many years of coaching and leading seminars, I have discovered two areas that most people ask about most frequently: prosperity and relationships.

Most people are looking for their love mate, or, if they have one, are seeking a better connection. Since February is the month of Valentine's Day, let's dive in to illuminate what makes relationships work.

The simplest answer comes from a woman named Georgia who told an astounding story in a seminar in Greece. Georgia reported that she had been married to an emotionally abusive man. When she requested a divorce, her husband refused. In Greece it is harder to get a divorce than in America, so Georgia realized she had to stay with him, for a while at least.

In the meantime, Georgia decided to give herself the love she was missing from her husband. She wrote herself a passionate, poetic love letter as if from a man who worshipped her. "Georgia, my love, you are the light of my life. I am entranced by your ravishing beauty, deep wisdom, and generous heart. You are sexy beyond words. I have never felt so deeply for anyone. I want to hold you in my arms and love you like no one ever has. I cannot wait to see you again. Until then, my heart is with you. I love you forever."

Receiving such an inspired missive, even from an imaginary lover, felt so good that Georgia decided to write herself another love letter the next day. And the next, and the next, until she was writing and receiving an impassioned message daily. Gradually she felt lighter, freer, and more filled with the love she had been missing.

Then her husband found one of the letters. Since it was unsigned, he believed it had been written by a secret lover. He came to Georgia, waving the letter in his hand. "I can't compete with this," he blurted out. "You can have your divorce!"

Georgia literally loved herself out of a bad marriage. When her husband had been unkind to her, she was agreeing with her diminished self-worth. Thus the empty marriage kept the two stuck together like pieces of Velcro with matching hooks. When Georgia upheaved her vibration and established her mind and heart in self-love, there was no more match. Her husband had to either rise to meet her or leave.

Just as you can love yourself out of a bad relationship, you can love yourself into one. The way to do this seems antithetical to the way nearly every romantic book and movie has taught you to find a great partner. You have been taught that when you find someone who loves you, you will know that you are loveable. Yet it works just the opposite way: When you know you are loveable, you will find someone who loves you. To try to get someone to love you when you don't love yourself defies the law of attraction, which clearly states that as you think and feel, so you attract. Great relationships are not achieved from the outside in. They proceed from the inside out.

When clients complain to me that their partner is not meeting their needs, I ask them a question that seems completely insane in light of how we have been trained to have a happy partnership: "Why do you allow your partner's behavior to be a factor in your happiness?" This question seems absurd because we have been taught that the role of a partner is to make us happy. But if you have ever given the power of your happiness to your partner, you know that this approach always backfires. If you wish to have a good relationship, you must look not outside for love, but within. Any sincere journey within will lead you to all the love you have sought without.

This does not mean you cannot have a great partner with whom you share deep love, and who enhances your life. This will happen only when you come from wholeness, rather than seeking a person to make you whole. When two whole people get together and celebrate and support each other rather than trying to get from each other, your relationship becomes completely satisfying and miracles of love manifest.

A Course in Miracles tells us that relationships offer the quickest route to healing. Not by finding someone who will satisfy your needs, but by joining with someone with whom you can practice knowing that all your needs have already been met. Empty people create empty relationships. Whole people create whole relationships. The recognition of your deep, innate, perfect loveableness is the key to finding someone who matches the light you are, and with whom you both shine brighter. When you are your own Valentine, your perfect Valentine will show up beside you.

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DEAR MICHELLE, My nephew had a tragic life; the loss of a sibling, drug addiction which he overcame and then a terrible car accident. The accident was so bad that he had to learn to walk again. He suffered much trauma to his lower body although he is now almost completely healed. Here's the thing, Tim is so different now; I mean completely different! His personality is much happier and now he's quite the intellectual. His style has changed so much that people don't recognize him and he even eats foods that he used to hate. He didn't have head trauma, so can you explain this miraculous change?

DEAREST, your nephew has received more than a miracle. He seems like a new person because he is! A very rare spiritual phenomenon has occurred although I have seen this before. As you know, only **God** can ordain life and each soul is given a birth date and a couple of optional death dates depending on the development of the soul. In your nephew's case, his soul took on more than it could handle. Life events took a toll on his emotions, his ego, his temperament and his body. His soul wanted to give up and go home to Heaven. But each soul is important, we meet up with thousands of other souls in a life time and each of these interactions is valuable for the soul's evolution.

Sometimes when a soul is weary (but death is not an option) and wants to leave this realm and return to heaven, there is another solution. When **God** grants this, the soul steps out of the body and another soul volunteers to step in - this is called a **WALK-IN**. The body remains but the soul is different.

In the cases that I have encountered, there is a vast improvement of temperament and personality. I say improvement, just because the previous soul was weighed down with inconsolable grief, emotionally scarred from tragic hardships and deep depression. Whereas the **Walk-In** comes in fresh from **Heaven** and has a bright outlook on life although they are confused as they wake up in this body without a memory of Heaven nor the lifetime memories of the body that they stepped into.

...continued on page 28...



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

REWARDS PROGRAM

Life doesn't necessarily reward me for my work ethic, although a fulfilling job can be a wonderful experience.

Life doesn't necessarily reward me for helping others, although being of service can offer me purpose and meaning.

Life doesn't necessarily reward me for being a good, ethical person, although abiding by a moral code helps me to sleep at night.

Life rewards me on the basis of one thing alone: my vibration. My thoughts and resulting feelings comprise a vibratory signal that I emit every moment. The happier my signal, the greater my rewards in terms of health, finances, relationships, "luck," and all my heart's desires.

Thus, working on my vibration is my most important, far-reaching endeavor.

When I feel irritated or resentful, I can practice shrugging things off. When I feel self-pity, I try to reach for just a smidgen of appreciation. When I fear the future, I perhaps make peace with the worst-case scenario and then seek thoughts of optimism.

Thought-by-thought, I move step-by-step to my dreams. And in the process, I can't help but leave everything I touch a little better off.

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4 HORMONES THAT DETERMINE YOUR HAPPINESS AND HOW TO USE THEM TO YOUR ADVANTANGE

THERE ARE 4 HORMONES THAT DETERMINE A PERSON'S HAPPINESS: ENDORPHINS, DOPAMINE, SEROTONIN AND OXYTOCIN

It is important to understand how we generate these hormones so we can generate them upon demand to stay happy. Raising your levels of these hormones boosts your mood and overall sense of well-being. Any activity that increases the production of these neurochemicals will cause a boost in mood. It's really that simple.

ENDORPHINS When we **exercise**, the body releases **Endorphins**. This hormone helps the body cope with the pain of exercising. We then enjoy exercising because these **Endorphins** make us feel happy. **Laughter** also generates **Endorphins**. We need to spend 30 minutes exercising every day, read or watch funny stuff to get our day's dose of **Endorphins**.

DOPAMINE Accomplishing tasks releases various levels of Dopamine. When we get appreciated for our work at the office or at home, we feel accomplished and good because it releases **Dopamine**. Studying the limbic system (our emotional brain,) I now know why people play computer games. Playing the game stimulates **Dopamine** production. You get points by activating the "seek and find" mechanism and your dopamine surges each time you get the points.

That's what happens when **Benny the Cat** hunts as well, that's what happens when we strive to meet quotas, shop or pursue new lovers. That happens with our **FitBits** and **To Do Lists**, too. We set a goal of steps then keep checking to see how close we are to it. That little delighted **Ummph** we feel is as a result of our **Dopamine** surging.

SEROTONIN is released when we exercise, get enough sleep, have good nutrition, keep our body temperature cool, expose ourselves to 15 minutes of morning sunlight and breathing ionized air. It's also released when we act in a way that benefits others, when we give or help others. Helping others can take on many forms, so find ways to give and to give often. Opening a door, helping a stranger change a tire, donating money or time, and giving advice are all wonderful ways to give. Anytime we step outside of ourselves long enough to help someone else, something wonderful is waiting for us when we return: the neurochemicals are all boosted.

OXYTOCIN is known as the bonding hormone . It is released when we become physically close, when we hug our friends or family, when we shake hands or put our arms around someone's shoulders, oxytocin is released.



SO, IT IS SIMPLE, TO BE HAPPY WE HAVE TO:

1. **Physical exercise every day to generate Endorphins.**
2. **Accomplish little goals to generate Dopamine.**
3. **Be nice to others to generate Serotonin.**
4. **Hug our loved ones to generate Oxytocin.**

This is the scientific formula to get happy. When we are happy, we can deal with our challenges and problems better.

TO MAKE YOUR CHILD MORE HAPPY DAILY:

1. **Motivate him to play outside to generate Endorphins.**
2. **Praise your child for small achievements for Dopamine.**
3. **Teach your child to share to generate Serotonin.**
4. **Hug your child to generate Oxytocin.**

BRAIN CHEMICALS: THE EFFECT OF REDUCED SEROTONIN, MELATONIN, DOPAMINE LEVELS

Brain Chemicals and Modern Life: It all comes down to our chemistry. Fidgeting, concentration, sleep, energy levels, mood swings, even the ability to sweat are controlled by the chemicals lurking about our bodies. Serotonin, dopamine, norepinephrine aka noradrenaline, melatonin, insulin, and prostaglandins are some of the more important ones... and these in turn are influenced strongly by stress, diet, exercise, sunlight, sleep and other life style factors. Of course the life style of today is radically different than it was 20,000 years ago.

Consider how these factors from modern life commonly influence us:

Being indoors (lack of sunlight): **Reduced melatonin**

Stress: **Reduced serotonin**

Lack of exercise: **Decreased serotonin and dopamine**

Lack of sleep: **Reduced serotonin**

Poor nutrition: **Reduced serotonin**

Boring classes/job, lack of activity: **Reduced dopamine & norepinephrine.**

...continued on page 29

CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before.
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WHY HATRED FAILS

Matt Kahn is author of the best-selling *Whatever Arises, Love That* and *Everything is Here to Help You*. A spiritual teacher and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His 9 million True Divine Nature YouTube channel viewers find the support they seek to feel more loved, awakened and opened to possibilities thru the invitation to join the "Love Revolution That Begins with You." See mattkahn.org.

I get it. Just like you do. There are millions of people existing on this planet with only a tiny percent hoarding the majority of funds so many could use just to get by. There are children whose only meal each day comes from a school cafeteria that barely has the funding to feed the future of our country. There are countries where kingdoms and mansions are flanked by street-side beggars. There are displaced children who have been separated from their parents at border crossings who live in unimaginable conditions, perhaps worse than an industrial prison complex. There is human trafficking occurring in underground tunnels just beyond the sightline of our everyday awareness. I say this not to disappoint, shut you down, or make our mission of global peace seem more out of reach than it actually is. With all of these examples occurring at this very moment, there are many things each of us can do to support positive change. While each of us will receive specific impulses to know the level and capacity of our offering,

There is one thing you can do right now: make the decision to abolish hatred from your consciousness.

The objective of this is to make such a compelling case as to why hatred fails, that releasing it out of your energy field won't seem as effortful as it is relieving. The more you have become absolved of the tendency to hate, the greater a contribution you can make for the greater good of all, whether on a social, civic, community, or energetic level. No one can tell you the right role for you to play, but as long as we all agree to extinguish the vibration of hatred within ourselves, each and every unjust action can be met with the swift precision of conscious responding.

Hatred is a blind fury towards the actions or activities you are unable to control. Some people hate minorities for simply having a different racial skin tone or the belief that other ethnicities will bring down the neighborhoods of those living in fear. There are also those who hate the unconscious action of a global elite. While the latter example seems more conscious-minded than the first, both forms of hatred vibrate at the same level of unconsciousness. When we hate the things we cannot control, we often retaliate by reflecting the same hateful energy back toward the people we believe are causing such activities. If we are to respond to atrocities in a way that creates resolve instead of resentment, we must see how powerfully hate shuts us down from transforming each inner victim into the embodied spiritual hero awakening in every heart.

I remember getting glimpses of the unconscious power of hatred as a kid. I remember growing up learning about the

Holocaust, where many of my distant relatives lost their lives in concentration camps. I asked my parents why nothing was done to stop this. Their answer was blaming the power of **Hitler**. I thought to myself, "*So you had time to discuss the abusive tendencies of a dictator, but nothing was done to stop it?*" My parents responded, "*You can't just stop what you're doing and go over there.*" To which I replied, "*If we had assembled as a group, would it have had the power to have stopped it? When we've stopped everything in our lives and come together for a common goal, isn't that how every bit of social progress has been created?*" My parents looked on with pride as the fury of injustice stirred in the heart of my young self.

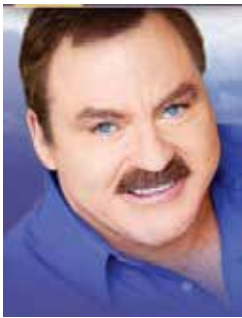
Over the next many years, I took the time to study hatred in my own personal observations. I would notice unjust things happening in the world, situations that elicited hatred responses from the general public; then I noticed how the more hatred one felt towards something they couldn't control, the more they were led to a pit of despair or apathy where the problem seemed too big to fix. Those who were shaking their fists in outrage inevitably walked away with their heads down in defeat.

Even before I began channeling consciousness on behalf of the **Universe**, on some level, I knew the strategy was to never hate in response to hateful acts. When and if it occurs, you are merely reflecting back the same unconscious energy toward a perpetrator from a more righteous standpoint. Believe me, your battle cry more than likely contains much merit, but if it's expressed through hatred, it is merely recycling the same energy you are opposing back into the collective field. This is why statements like "an eye for eye" or "fight fire with fire" are only excusable mantras in motion pictures.

WHEN YOU HATE, YOU ARE:

Reflecting the vibration you oppose back into collective orbit.
Exhausting the same energy you could use for resolution (through reactivity and resistance).
Preparing to shut down in response to the power unconsciousness has over you.
Putting yourself in a position where the egos of others go to battle with your ego.
Turning away from the light of consciousness by judging the inexcusable actions of others.

...continued on page 27...



PSYCHIC KIDS NURTURING SENSITIVE SOULS

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>

At a recent workshop a woman brought up the topic of psychic children. The student had a five-year-old niece who often revealed facts and memories about relatives who had passed on before she was born. At first her family didn't think much about it, but as the girl kept mentioning deceased great aunts, grandparents, and friends, they realized that something unusual was going on. My student, who had a strong Spirit connection herself, was able to help the girl's parents accept and appreciate their daughters' gift. More important, she provided loving support to her niece - making sure the young girl knew there was nothing to fear.

After my student told her story, many other people in the room shared their own experiences with sensitive, psychic, and mediumistic children. It took me back to my own childhood,

when I had frequently seen ghostly images and communicated telepathically with souls on the other side. I was happy to have the chance to share some ways these adults could provide comfort, wisdom and support to the sensitive children in their lives!

Helping your child hold onto their Spirit Connection.

It's not unusual for small children to be aware of spirits around them, be highly sensitive to energy, and to share insights and wisdom that seems beyond their years. Some are able to hold onto these gifts for longer than others, and when this comes to the attention of the people around them are labeled as crystal, indigo or rainbow children. Many other children are too young to express themselves in a way that adults can understand, and their gifts can go unnoticed.

Your child's ability to hold onto their spiritual connection depends a lot on parenting. The world is in desperate need of the love and enlightenment they have to offer, and it's the responsibility of the adults in their life to protect, nurture and encourage them.


Encourage your child's light.

There are some simple things you can do to help your child stay in the heart space and keep from letting earthy influences dim their light.

- Encourage your child to lead with their heart, not their head by asking them to share what they feel, instead of what they see.
- Honor their instincts about people and places. Let them pick the playground you visit, and don't insist that they give scary Aunt Lillian a kiss just to be polite if they clearly don't want to.
- Foster a love of nature and animals. There's plenty of time for movies, amusement parks and technology - balance out those activities with walks in the woods, days at the beach and quality time with pets!
- Meditate together and incorporate mindfulness into everyday activities. It will help both you and your child to connect with each other, and with the universe.

...continued on page 27

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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>

OK. OK. I confess. No matter what you're after in life, getting what you want always boils down to at least a little bit of divine intervention.

But then, I'm talking about yours, not mine.

**Bada-boom,
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

When you grow up in a very imprisoning home environment, it is easy to conclude that the world will be equally as imprisoning. Because your childhood home was your whole world. If it wasn't safe, how could a world filled with strangers be safer? It's hard to imagine that the unfamiliar world could actually be a warm and cozy place. And this generalization from early experience can easily become a self-fulfilling prophecy that keeps our suffering alive in our adult years.

We continue to pick unsafe people and situations, either because this is all we know ("better the devil you know") or because we don't believe that anything else can exist. Or, we commit to absolutely nothing real, because we associate all forms of commitment and attachment with imprisonment. We move through our lives imagining ourselves "free spirits", when all we really are is trauma survivors on the run from unresolved pain. When you were locked in with aggressors, escape was your only hope. But after they are gone, the real freedom comes from being able to commit to everything that serves you, and to know that you are safe in the heart of the world. That's real freedom, right there.



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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.

Andrea de Michaelis
Publisher



A COURSE IN MIRACLES: FORGIVENESS OPPORTUNITIES

...continued from page 8...

Gary Renard

the mind ... he will still not reach God in a permanent way. Yes he will achieve oneness with the mind that made the duality waves. This mind, in a non-place that transcends all of your dimensions, is completely outside the system of time, space and form. This is the logical and proper extension of non-duality, yet it is still not God. It is, in fact, a dead end. Or better yet a dead beginning ...

PURE NON-DUALISM: Still, there is another step required, where the mind that is the maker of the illusion chooses completely against itself in favor of God. One of things he (Jesus) had to realize was not only that the universe doesn't exist, but that he didn't exist on any level other than pure spirit. That's something that practically no one really wants to learn. It's terrifying to all people on an unconscious level because it means the relinquishment of any individuality or personal identity, now and forever ...

GARY: *So you're not here, you don't even exist, and the mind is projecting these duality waves so they can seem to become solid particles by interacting with each other like in a movie. Also, you're saying that few people have ever been aware of the real reason they're appearing here.*

ARTEN: What you said is too limited. It's not just that I don't exist, you don't exist and neither does the false universe. When we talk about returning to reality and God, we're not just blowing hypothetical smoke. You can't have both you and God. It's not possible. You can't have both your universe and God. The two are mutually exclusive. You have to choose. There's no hurry, for time is hypothetical smoke, and we'll relay some of J's teachings to you on how to escape it. It's not easy, but it's doable. The Holy Spirit wouldn't give you a way out that wasn't workable. You'll be afraid of losing your identity at times. That's why we went out of our way earlier to point out that you're really giving up nothing in exchange for everything. But it will take time and more experience for you to have faith in that ... the unconscious mind goes to such lengths to avoid God that you will either ignore Him, or even more likely you will attempt to devolve non-dualism into dualism.

PURE NON-DUALISM, the end of the road, the final step ... each of the four major attitudes of learning are long roads ... and you will sometimes bounce around like a Ping-Pong ball in between them. The Holy Spirit will correct you along the way and set you back in the right direction. Do not feel bad when you temporarily lose your way ... all that is necessary is to be willing to receive correction. Just as a navigator or computer constantly corrects the course of a jet airliner along its route, the Holy Spirit is always correcting you, no matter what you may appear to do or on what level of spiritual awareness you may appear to be. It may be possible to ignore Him, but it is never possible to lose Him. The jet airliner is always going off course, but through constant correction it arrives at its destination. So will you arrive at your destination ... the real question is, how long do you want to prolong your suffering?"



WHY HATRED FAILS

Matt Kahn

...continued from page 19...

Hating the unconscionable actions of others won't stop the activities taking place. Equally so, choosing not to hate such unsavory behavior does not mean you support it. It's a matter of a tipping point in consciousness.

If you are meant to take to the streets, by all means, assemble as peacefully as possible for each and every goal our world deserves to have resolved. If you are called to assemble on an energetic level, then each and every atrocity in sight creates countless opportunities to anchor the light that brings justice and positive change for all sentient beings.

Whether the mantra is "I am the light, the light I am", "May your dignity be restored", "I forgive you", or any affirming statement of collective resolution, simply by taking the time to meet the unconsciousness of hateful action with a more conscious response, you are assisting in creating the tipping point on a vibrational level; a tipping point that once tipped in the direction of consciousness brings to this planet an orchestration of synchronicity that allows positive change to expand from within and into every sector of our human experience.

I cannot tell you how to respond to the horrors in plain view, but I can invite you to take a closer look at why hatred fails. If you choose to hate, it will be nearly instinctive to exhaust much of your energy in moments of dissent so that you have no gas left in the tank to put towards the solutions our world is being energetically primed to receive.

While no one wants to believe they are easily manipulated, each and every time you hate in response to hurtful worldly affairs, you are falling victim to a game of manipulation that makes you one less effective voice to step forward in conscious response.

No matter how atrocious the actions in view are, the moment you hate, you take the bait – hook, line, and sinker.



Dr. Joe Dispenza

HOW INTENTION IS FORMED

...continued from page 11

MENTAL REHEARSAL, REWIRING YOURSELF TO THE FUTURE

The more you have Conditions or the more you have Specifics about that job like, for example, I want to make this amount of money more a year, I want to have health benefits, I want to have 3 weeks vacation, I want to travel, I want to work with great and unlimited creative people. That all are the elements that help to add to that Vision.

Now, the picture you get in your mind could be the word Job or it could be just an Image that's personal to you; but the Image then Represents All of Those Conditions.

So you can have several conditions that make up your Intention; but the Intention typically is a Symbol like, you may see a Retreat Center that you may want to start and you have a Picture of it; but once you see that picture, the next thing that happens, you Start to Live that dream.

The moment you start to take that dream that turns into a Living Motion Picture, now you're in that Imaginary place.

And what happens is; the moment it Starts taking on Form, and it Starts taking on Time; you Start to Experience all the things you're going to do. You're actually Living in that Future, and your brain does not know the difference between the Actual Event that takes place in Your Life, and what you're Imagining in Your Mind.

We call it, Mental Rehearsal, in my work. But you're literally Rewiring Yourself To The Future.



James Van Praagh

PSYCHIC KIDS

...continued from page 20...

-If your child tells you about paranormal experiences - seeing ghosts or having memories of past lives - listen respectfully. You might even encourage them to write out and draw their experiences.

-Share books and articles about the spiritual world. I wrote Looking Beyond: A Teens Guide to the Spiritual World to help young people embrace their spirituality and enhance their gifts. It's not just for teens - parents and younger children can learn from the lessons too.

-Encourage your children to be around other people who share their sensitivity and compassion. Don't push them to play team sports if they would rather be helping out at the animal shelter.

PARENTS MAKE A DIFFERENCE

As a young boy, I could see dead people. My deceased grandfather often visited me, standing at the foot of my bed, and sometimes other spirits showed up as well. I was lucky - when I told my mother about my visions, she made them seem perfectly normal. She told me that she could see spirits too, and that I had a gift.

Parents can make the difference between children fearing their special gifts and accepting them as the blessings that they are!

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ABRAHAM-HICKS

...continued from page 9...

Esther Hicks

The feeling of vulnerability that is fostered in your society came before the idea of cancer. In other words, when you emerge are there not more standing to guard you against the pitfalls? They say, "Watch out for this, watch out for this, watch out for this, watch out for this."

Your television is filled with warnings, and before your television, you were doing it to one another face to face, all of you doing it for the most part out of your wanting to clear a path for somebody else.

In other words, you're not believing that you're causing detriment when you offer somebody a warning, but every time you offer somebody a warning, what you're saying to them really, the block of thought that they're receiving is, "You are not a being that is capable of having the perfect life."

Therefore, because I see you as incapable of having it the right way, I'm going to help you by virtue of this warning, or by virtue of this physical relationship that we have, to protect you because you are weak and vulnerable and unable to take care of yourself."

The medical field perpetuates that thought, the parents perpetuate that thought, spouses perpetuate that thought between one another, and it is that underlying feeling of vulnerability that causes a sense within you that you must protect.

In the moment that you say, "I must protect," that you really feel that, now you're watching out. Watching out for what? Things that might get you. So what is your attention upon? Things that might get you.

And when you're watching out for things that might get you, you're attracting more of that data, you're hearing more about it, the commercials become more pervasive and they become more penetrating to your being because now you are alerted to it.

You begin attracting around you, by Law of Attraction, those who are experiencing the very thing that you're wanting to guard yourself against, so that the evidence seems quite strong. And then you reach the point where you are one of those that says to Abraham, "Abraham, you are not real, you are not a realist. You are a dreamer because the facts are these."

And we say it is not easy for us to watch you let others create evidence by virtue of their thought process, and then you use their evidence as something to scare yourself.



ASK WHITEDOVE

...continued from page 15

Unbeknownst to the family and doctor, they believe that the person suffers from a type of amnesia and must work to help their loved one remember their past. Your nephew has a bright future in store as he moves forward in this journey of life. Don't be surprised if he doesn't feel a deep family connection. Only great loving gestures will help him to develop attachment to his relatives. So give him much love and support him. His journey is important.

DEAR MICHELLE, Not long ago my horse died. I spent time with her every day and I'm grieving as if my best friend has passed. I just can't help it. I need to know, do you believe that our animals go to heaven?

DEAREST, There is religious controversy on this topic and many different belief systems. As a spiritual medium I have the ability to see the departed and so many times I've seen beloved pets. So contrary to what others may say and believe; I attest that it is true animals do go to Heaven! They reside in the first level of **Heaven** called **Paradise**; every species that you can imagine. They are not sitting in the choir next to the angels, animals have their own process and that is different from a human soul. They have a collective soul, a communal consciousness and a specific purpose to support the **Universe**. Animals have souls so rest assured that you will see your horse on the other side!

DEAR WHITEDOVE, I've had several instances of **déjà vu**, the feeling that I am re-experiencing an event or conversation. How do you explain these types of happenings?

DEAREST, The concepts of "Time and Space" can be difficult to wrap your head around. So here goes: "Spirit" has explained to me that our past, present, and future, are all one. Time is like an onion, with many layers of actual events and possible futures. As the mass consciousness changes so does our future. It's important to recognize that humans are multi-dimensional beings who are in charge of creating their reality. So when you experience **déjà vu**, your mind is connecting with the event as a memory. In linear **Earth** time, the event must occur in sequence. But on a higher level of awareness, your soul connects to this event with familiarity because you have already experienced it. Now you are just going through the physical motions.

There is also "**Past Life**" **déjà vu** that many people experience when traveling abroad. We are sometimes drawn to places where we experienced a past incarnation. Your past life memory triggers this type of **déjà vu**. For example: You go to **Egypt** for the first time, yet you are familiar with the many places that you visit without prior knowledge.

4 HORMONES THAT DETERMINE HAPPINESS

...continued from page 17

Deionized air: **Reduced serotonin**

Modern food processing: **Fatty acid imbalances and chemical sensitivities**

High sugar/carbohydrate and low-fat diet: **More insulin; prostaglandin imbalance**

REDUCED SEROTONIN LEVELS from stress, lack of sleep & exercise, poor nutrition, and lack of sunlight are connected with ADD, irritability, depression, aggression, anxiety, lack of concentration, chronic pain, restlessness or fatigue, nausea, obsessive-compulsive disorder, weight gain or loss, fibromyalgia, arthritis, chronic fatigue syndrome, heat intolerance and other syndromes.

Fluctuating Serotonin levels are connected with bipolar disorder (manic depression) and hypomania. You don't have to feel depressed or anxious; symptoms may be purely physical.

REDUCED DOPAMINE/NOREPINEPHRINE caused by boring surroundings and lack of exercise may manifest as ADD, impulsivity, lack of concentration, restlessness, and depression or loss of pleasure. Dopamine is the "feel good" chemical which illegal drugs mimic (such as cocaine, heroin, marijuana) as well as cigarettes, coffee and alcohol. Ritalin and other ADD drugs are thought to increase Dopamine activity.

REDUCED MELATONIN from lack of sunlight may disturb the sleep cycle and cause seasonal depression (called SAD).

LOTS OF SUGARS AND CARBOHYDRATES lead to increased insulin levels. High insulin tells the body to store what you just ate as fat, thereby dropping your blood sugar concentration. Your brain can burn only sugar, so it is deprived of food. Poor concentration and depression can result.

HYPOGLYCEMIA (LOW BLOOD SUGAR) CAN LEAD TO DIABETES. Also, the low blood sugar makes you hungry, which causes you to eat more sugar or carbohydrates, and the cycle is repeated. Finally, insulin levels affect Serotonin levels and many systems throughout the body.

POOR NUTRITION can result in lower levels of chemicals like Serotonin. Vitamins B6, C and E (the stress vitamins) are especially important.

Some people may be born with inherently lower Serotonin levels, which causes the neuro-receptors to become more sensitive. This in turn may result in higher highs and lower lows, and an increased vulnerability to depression and other related syndromes. The same may be true of Dopamine, insulin and other chemicals.

THE GOOD NEWS

There are actions you can take to restore the imbalance that modern lifestyles tend to cause:

- **Make lifestyle changes to decrease stress**
- **Try meditation or Yoga**
- **Try stress reduction courses.**
- **Change your diet to restore fatty acid balance**
- **Go to bed on time** (have a slow-down period each evening before bed), and wake at the same time each day. Those all-night sessions on the Internet put a strain on your Serotonin system. Altho you may feel good while you're "wired", you'll experience the fog lift once you've had a good night of sleep.
- **Expose yourself to early morning sunlight**, or buy a specially designed light unit and use it each morning. Avoid bright light later in the day. Morning sunlight increases the level of Melatonin in your bloodstream at night, which induces sleep, and also increases the level of Serotonin
- **Try the 30-30-40 alternative dietary guidelines: 30% protein, 30% fat and 40% carbohydrates at each meal**, especially if you often crave food or experience sugar drops. This is what people ate 20,000 years ago. High carbohydrate diets result in higher insulin, lower blood sugar, and more cravings. Several published studies have shown that athletes perform better and diabetics improve when some of the carbohydrate calories of the average diet are replaced with fat calories. Most people should also reduce total calories. Carbohydrates temporarily raise Serotonin levels, but apparently at a price.
- **Take stress vitamins: the B vitamins (especially B6), E, and C. B6 is used to create serotonin.** Chromium is important for lowering insulin levels. Minerals important in serotonin production are magnesium, zinc, copper, manganese, and iron; people are often deficient in magnesium. Don't take iron supplements unless you know you're anemic (typically women). Excess iron has been implicated in heart disease and other conditions.
- **Keep cool.** Heat dramatically lowers Serotonin levels because Serotonin is used up trying to cool down the body. That's why everyone gets so cranky when they're hot. People with low Serotonin levels have trouble staying cool.
- **Exercise!** Regular exercise increases both Serotonin and Dopamine, and affects other important systems as well. Generally speaking, the more the better (unless you spend all day at the gym). The role of exercise for both physical and mental health has been well established.
- **Buy an air ionizer.** Yes, it sounds weird, but air with negatively charged particles appears to help out Serotonin in the brain. Pollution and the modern world have nearly eliminated naturally charged air in urban areas. You can feel the pleasant effect of negative ions wherever there is running water, like an ocean beach or near a waterfall.

Original article at <http://borntoexplore.org/neurochem.htm>

HOROSCOPES FEBRUARY 2020



Expanded text for each sign available at www.free-horoscope.com

Aries – (March 19 – April 18) Career is the focus of the month. You feel a change in your source of income is emerging. It's a time this month to reflect on what is fundamental in your life with a beautiful inspiration! Significant career challenges are likely to dramatically monopolize your life this month. A fighter like you, these kind of stakes do not displease you. Be aware, however, to take the necessary breaks, respect your sleep and everything will be well.

Taurus – (April 19 – May 19) Particularly idealistic, this month, you will aspire to live your relationship in a passionate way, which will destabilize your partner! Your ordinary calm nature will turn you into a Taurus closer to someone in the bullring than in the meadow. Nevertheless, appeased by a gentle way of communicating, you will be able to make yourself understood without rushing your other half too much.

Gemini – (May 20 – June 19) Increased transformations this month, friends will count a little more than usual and love could be renewed this month. Communication is paramount. Compromise and dialogue could be the perfect recipe for your relationship this month. This month could promote meetings of potential partners. Be aware that your eagerness to defend your points of view could make the other run rather than seduce. Be inspired, diplomatic and be open to change.

Cancer – (June 20 – July 21) It seems inevitable that you will let go of what must be, in order to welcome renewal in your life. The sectors of family, home, and residence will not lack work! You will seek to understand the workings of your emotional life with thoughts which will take you in another direction. Your view on love changes and will change again. Stay confident. This may represent a great emotional turning point in your present life. Most often for the best.

Leo – (July 22 – August 21) The work and health sector is very dynamic. There is a restructuring of your daily life, it is a slow process. You will soon forget your daily hassle if you share time with partners as cheerful as you. Mercury helps you deepen your relationships. Your frank and loyal nature might show a more personal side this month. Shaken by internal movements your partner might be baffled. Nothing very serious.

Virgo – (Aug 22 – Sept 21) You will not lack work but you are armed for it! These influxes will be beneficial! Your home will be the place of many activities perhaps related to projects for two. Lots of communication, fluid until the 17th, then, will come a more introspective time. This month is part of the most important part of your life that the universe installs for you.

Libra – (Sept 22 – Oct 21) Uranus anticipates in re-evaluating what counts for you and that comes from others or your family in terms of money. Your sweet and easy daily life this month could evolve into good professional surprises for a contract or partnership. You know to adapt yourself well to your happiness and that of your partner. Go out! Have confidence.

Scorpio – (Oct 22 – Nov 20) You advance, boosted by a strong and conquering mind! Nothing and no one can erode that great self-confidence. Inspiration in your remarks should encourage communication. You should also seek an increase in your financial resources. You love only with intensity but this is not on the menu this month. In a relationship it will be up to you to negotiate the turns and other secondary roads so as not to mistake the destination! Surprises and drama! An active month on every level. Do not neglect a necessary rest because everyone needs to recharge their batteries.

Sagittarius – (Nov 21 – Dec 20) A beautiful energy is on the program! Conquering and dynamic as you are, it will take a lot to tire you! Active on the roads or in the development of your projects, major events could concern your assets, your domestic life or your home. The pecuniary questions will take up a lot of space, which suggests that your relationship should go through a quiet phase as Mercury and Venus, in the sector of your home, announce a lot of exchanges and well-being. Your taste for freedom could be alleviated during a spontaneous encounter.

Capricorn – (Dec 21 – Jan 19) A particularly beneficial month, the fruits of this work should be seen in financial and relationship sectors! Neptune continues to relax the second decan by making you inspired and spiritual. If you are preparing a project, wait until the 18th and start! There may be change in the air for you. Your relationship could go through a phase of great creativity. Communication should be facilitated but be careful not to scare your partner by acting too fast. You could meet someone at a family meal but the romance could be short lived. Do not get carried away!

Aquarius – (Jan 20 – Feb 17) Your finances will animate through contradictory energies, be wise! Your nature is complex and you like it, introspection will be important this month, you will advance a bit masked. There's a strong desire to cast off suddenly, you aspire to revolutionize what has proved its worth until now. Your family or household may experience an unexpected change. Usually so communicative, this month is not easy for the expression of feelings. Mercury in your finance sector encourages you, instead, to look at your accounts and forget sweet words. On the other hand, when Venus passes into Aries you will become warmer.

Pisces – (Feb 18 – March 18) Your career will not be outdone this month, with a fiery, combative Mars, before it dynamizes very seriously your projects. You could receive gifts or see the financial sector improve via a promotion. You are inspired this period and this should be conducive to your emotional life. You think more than usual and this introspection in the middle of month will prove beneficial in your emotional exchanges. Even if the love sector is not really highlighted this month, it is nonetheless true that you will want to love and be loved which foreshadows a very favorable disposition.



Afi Harrington

WHEN THINGS GO WRONG

...continued from page 12

For me, the end of my partnership freed me to advise other small business owners. During my time in the partnership, I learned how to run a small business and picked up several skills directly from my partners. I'm grateful because all of this prepared me to do what I do now which is extremely gratifying.

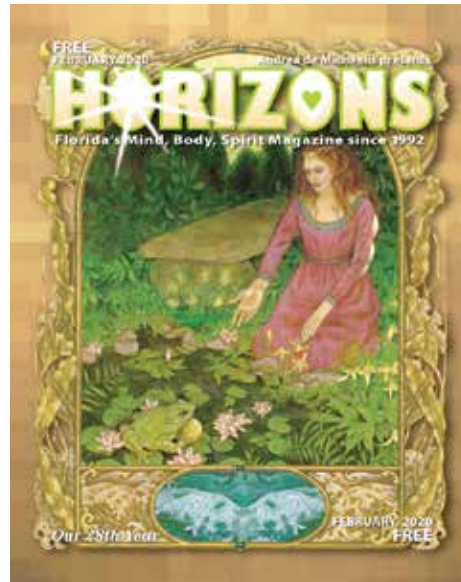
5. FOCUS ON YOUR VISION

Instead of holding a pity party, take the time to think about what you really want. Developing a vision of what you do want in your life (instead of focusing on your current situation and what you don't want) is very powerful. If you pile all of your energy into thinking about what happened and how it could have gone differently, you'll stay stuck. Create a new vision for yourself so you can move forward. Focus on the positive things you want to see in your life and set the intention to pursue them.

This may require some rework of your previous plans, but that's okay. Change can be good and may lead to things better than you could have imagined.

COVER ART

FROG by Kris Waldherr



This painting by **Kris Waldherr** comes from her **Sacred World Oracle**, a 44-card oracle deck that celebrates the beauty and diversity of the earth and its creatures. It was painted in oils over watercolor and pencil on paper. In **The Sacred World Oracle**, frogs are presented as a symbol of fertility and good luck. The ancient **Egyptians** depicted **Heqit**,

the goddess of childbirth, with the head of a frog. **Hindu** folklore maintains that frogs bring rain when they croak. However, in **Europe** the best known frog story is a fairy tale, **The Frog Prince**. When a young princess lost her golden ball in a pond, a frog offered to retrieve it if she would share her dinner, let him sleep on her pillow, and give him a kiss. Eager to have her toy back, the princess agreed; once the ball was back in her hand, she ran off home. That night, the frog appeared at the castle demanding she honor her final promise. She reluctantly complied. Happily, her kiss was the magical solution to a magical problem: the frog was an enchanted prince who needed the love of a princess to transform back into a man.

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



As a visual artist, **Waldherr** is the creator of the **Goddess Tarot**, which has a quarter of a million copies in print, and the **Sacred World Oracle**, a *Coalition of Visionary Resources* best product of the year. Her art has been exhibited in many galleries and museums including the **Ruskin Library**, the **Mazza Museum of International Art from Picture Books**, and the **National Museum of Women in the Arts**. **Kris Waldherr's** upcoming books include her debut novel **The Lost History of Dreams** (Atria Books), a Victorian-set reimagining of the myth of **Orpheus and Eurydice**. She works and lives in **Brooklyn**. Learn more at KrisWaldherr.com.

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