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FEBRUARY 2023

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Yoga Retreat/ Celebrate Holi in Haridwar India

Sightseeing: Agra/ Ranthambore/ Jaipur/ Delhi

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The second part of this trip (optional) is **sightseeing March 13th to March 19th** for an additional \$950. We will visit **India's Golden Triangle**, which connects the national capital **New Delhi** (**Akshardham** and **Lotus Temple**), **Agra** (**Taj Mahal**) and **Jaipur** (**Amber Fort**). We will also stop at the tiger sanctuary in **Ranthambore**. All transportation, entrance fees, accommodations and two meals a day are included.



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Alexandra



Alexandra provides spiritual counseling through many ancient shamanic practices, Sacred Peruvian practices, Munay-Ki, Nusta Karpay Rites & more. .

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Regan is a Psychic, Animal Communicator, Sound Bowl Therapist, Reiki Practitioner, Yoga Instructor and Angel Connector.

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>
Email dr.tomsannar@gmail.com

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

1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all 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 the spiritual source of my choice.

**The greatest
optical illusion
is separation**

HORIZONS

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On the Cover page 14
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Co-incidence has meaning. If you find yourself reading these words, there is a message for you.

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



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

HORIZONS MAGAZINE is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

**HELLO AND WELCOME TO THE FEBRUARY
2023 HORIZONS MAGAZINE. A new year --
yay -- time for do-overs and fresh starts.**

I'm a big believer in using my inner dialog, my self talk, to motivate me toward my goals. On **Facebook** I posted a fave affirmation of mine, something I sing song in my head when I need a reminder.

*My cash flow is never ending
Twice as much as I am spending*

Galpal **Laura Sue Wilansky** put a tune to it and I SO DUG WHAT SHE SAID that I wanted to share it here. **Laura Sue** is widely known as **The Silver Nightingale**. She's a musician, composer, copy editor, author, artist, activist. Renowned for her magical flute music, she delights in creating harmony everywhere.

And **Laura Sue** is no woo woo pied piper Peter Pan-ning it thru life, she's serious about the work she does and has researched the actual effect it has on people. She received an award from **President Obama** for her decades of hospice music work.

She wrote: "When I was working on curing my depression through natural means, I made up a bunch of songs

I called **BRAIN CHANTS**. REALLY fun to sing these to myself, and in combination with some food and other changes, they worked!

I'm enjoying the affirmation you posted that started this thread too. Trying to think if it fits any song I can think of otherwise will probably make up a little tune for it. Setting things to music really supercharges them as I'm sure you know (hence, commercial jingles!)

Then she set my affirmation to music!

This affirmation can be sung to the tune of Glory, Glory Hallelujah (Battle Hymn of the Republic) if you like:

*My cash flow is never ending!
Twice as much as I am spending!
My cash flow is never ending!
My cash keeps rolling in!*

See her article on page 14. I'm a big believer in using self talk to motivate me because I know opportunities come in response to my self talk.

OPPORTUNITIES COME IN RESPONSE TO YOUR SELF TALK

Opportunities are presented to you in response to your self talk. Ask for new doors to be shown to you, then ask (within/silently) in every situation and as you stand before every person, what good does this person or situation have for me? If your thoughts are wrapped up rehashing past problems, you're not actively looking for your good. When you look for your good, people will come into your life to help you achieve it. Situations will unfold that will delight you. Be on the lookout for **WHAT GOOD DOES THIS DAY HOLD FOR ME?**

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Reiki Master/Teacher

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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.

Abraham on Listening To What DOES Work:

If you watch those who are great at whatever they are great at, you'll notice that they are not willing to stand around and listen to people talk about what will not work. They don't want to hear that. And even if somebody is saying it, they're not listening to it; they're always listening for what does work. You just tune yourself to it, and little by little, those beliefs that have been holding you back lose their grip.

You see, you can't dig in and get those beliefs, and ferret them out and tromp on them and destroy them, you just have to let them become less active and more dormant. So it's about what you are thinking about, not about what you are no longer thinking about, because when you try not to think about it, you're thinking about it, so it's about deciding what you are going to think about. And if we were standing in your physical shoes we would be deciding what we're going to think about by one criteria and by one criteria only... how does it feel. How does it feel? Does this thought feel better than this thought?

In the beginning, if all thought about it feels uncomfortable, then become more vague about it, become more general about it, become less specific about it, because in your specific attention to the absence of it, you've got quite a bit of momentum going, so you've got to slow that momentum down by getting more vague, more general. And then it just sort of dissipates, while what you do want becomes more active in your vibration.

And while that's happening, then things are happening the Universe is showing you all kinds of clues: you get these impulses, you have these rendezvous, someone that you meet maybe for three minutes in an elevator gives you information that you needed, a friend calls you that you haven't talked to in a very long time all kinds of things come into being.

WHAT IS ENERGY?

QUESTION: There are a few things I'd like to talk about. Energy - so, we get food is energy, sunlight gives us energy, meditation gives us energy, Pure Positive Energy as our beings. What exactly is energy?

ABRAHAM: Well, let's just call it the fuel of the Universe. We have a really important question for you: If a tree falls in the forest, and there's no one to hear it, did it make a sound?

QUESTION: No.

ABRAHAM: No. And so, if there's no one there to eat the energy, was there any energy? In other words, it's the receiving of it, the translating of it into something that is important. It's the stuff of the Universe, but it has to be focused and utilized. When we talk about energy, we prefer to talk about your cellular response to the energy, because your cells - trillions of cells in your body - are the most efficient receivers and utilizers of energy. It's the stuff that the Universe is made of, and of course there are lots of different labels that describe it. But why does it matter to you? We're not saying that it shouldn't, we are wanting to know.

QUESTION: So, I think of our bodies as, like, a battery, and there's a certain amount of energy in that. And I'm just curious how we can raise our vibration to get more energy.

ABRAHAM: We like the way you are directing the conversation because when we encourage you to quiet your mind, which stops resistance, and it's resistance that is the drag on your energy; it's the resistance that blocks it (that's too strong of word). You know that from your physics in your physical world, that resistance is what slows everything down. And so, when we speak of meditation as way of releasing resistance so that your vibration can rise, so that then, what's in the **Vortex** can be received by you, we call that the **Receptive Mode**. But an equally good description of it is it's the **Replenishing Mode**.

That's the best part about what want to you call your sleep state: Your body doesn't need to rest, you're resting while you're sitting - often your body is at rest - but the energetic rest that is important means allowing the resistance to subside so that the energy that really is the pure stuff that is the makeup of that which you are can be received by you and utilized by you. So, in the same way that you're talking about a fuel line that is crimped or a battery that is on low

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ROMANCING THE FUTURE

Dr Joe Dispenza holds a Bachelor of Science degree and is a Doctor of Chiropractic. His post graduate training includes the fields of neuroscience and neuroplasticity, quantitative electroencephalogram (QEEG) measurements, epigenetics, mind-body medicine, and brain/heart coherence. As a researcher, lecturer, author, and corporate consultant, his interest lies in demystifying the mystical so that people have all the tools within their reach to make measurable changes in their lives. Visit www.drjoedispenza.com.

I want to tell you more about the inspiration behind creating my latest meditation, “Love the Life You Love” – and why I think it resonates so strongly with those who have incorporated it into their practice. Since we first shared it with our community a little more than a month ago, it's become one of our most popular meditations of all time. If you think about it, love bonds. It bonds us to each other. Healthy relationships are based in love. And when we feel love in a relationship, we move closer together. Ultimately, when the connection between us and those we love is in its purest state, we unite. We become as one.

By the same means, we can fall in love with a future - a future reality; a future experience - before the actual experience occurs. We romance that new future; we create a bond with it.

Love is, in a sense, the cosmic glue that bonds everything together - right down to the subatomic level. Think of love as the energetic source that's causing atoms to dance in rhythm and patterns ... until the most stable form of energy becomes matter. Love connects the fabric of everything physical and material in this three-dimensional universe.

Creating From Love

Love also is the essence of creation. We use love, in this work, to connect, bond, and unite with a future before the actual experience. Love is the very engine that drives our intentions to become reality. That's why our community works on mastering heart coherence. If we're going to believe in a future we're imagining with all our heart, it must be open, activated, and coherent.

When we create from the source of pure love, it's different from the way we've been conditioned to create in the 3-D world of matter-to-matter. And it takes breaking some habits to get there.

Our conditioning is to wait for an outer experience in 3-D reality to produce an emotion; a feeling to relieve

us from the separation or lack of not having the experience we seek. We all do this. There's nothing wrong with it. That's the rule of the plane of demonstration; the plane of doing.

Let's start somewhere very simple: the cup of coffee you have with breakfast. If it's part of your morning ritual, you probably look forward to it each day. You anticipate the feeling of experiencing that first sip. Before you even get out of bed, you're already emotionally bonded to that experience.

And what happens? As soon as you rise, you have the thought of the event - and that automatic inclination leads to an immediate choice, which leads to a programmed behavior. And your body follows your mind right to that experience - right to your favorite coffee mug on the counter - and the rest is history. That's because you're predicting the feeling of the experience before it happens. You're creating reality.

We do this all the time when it comes to the familiar. We can predict the feeling of all our known experiences. In the same way we've practiced bonding to and recreating the known, we can practice bonding to an emotion of the unknown - to a new future - before it happens.

And really feeling that emotion ahead of the experience is so important - because our emotion is our energy. Emotions are energy in motion, and our body follows our mind right to that unknown experience - because that's where our attention is. That's where our energy is. Just as it follows our mind to the coffee - the known - our body also can follow our mind to the unknown.

Any new experience we're creating - restored health; a new relationship; a dream job; abundant wealth - should bring us a deep joy for existence, a radiant love for life, and profound, authentic gratitude for the pres-

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TIPPING SACRED COWS

The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World

Betsy Chasse. Writer, filmmaker, storyteller, changemaker and most importantly mom. You may have seen my film "What The Bleep Do We Know?." or possibly one of my other films Song of The New Earth (Producer), Pregnant In America (Producer), Radical Dating (Producer/Director), The Empty Womb (Producer/Director), or read one of my books, Tipping Sacred Cows, Dancing In The Unknown, Stories of Becoming Myself, or my most recent Killing Buddha. **Get a FREE Digital copy of Tipping Sacred Cows by joining Betsy at www.betsychasse.net**



THOUGHTS ON FORGIVENESS AND ANGER

Forgiveness, without a doubt, is one of the most complex and harrowing things we humans can endeavor to do as we navigate our lives. It requires a great turning and bending of our egos and of our judgment and a deep understanding of our beliefs about who we are.

Forgiveness is an act that requires recommitment, because we do not just forgive once—we often have to forgive the same thing every day over the course of days, weeks, months, and even years before it sticks. We have to choose forgiveness.

Forgiveness encompasses a space that is embedded in the core of what we consider the true self. It is where our trust and our identity story reside, and it is the place from which we pull out the gift of these vulnerable bits of ourselves and hand them over into another's hands with the return promise that those pieces will be treated with care. When forgiveness is required, it means that some part of our truest self has been bruised or broken or even irreversibly rewritten.

So, yeah, harrowing and complex.

Forgiveness has a great PR team. Check it out, we are told different cultural mores—forgiveness is what good people do; we must forgive; you can't heal if you don't forgive; forgiveness is needed to be able to move on; forgiveness is holy, enlightened, and good. It's all about forgiving. Forgive and you'll feel better, you'll find peace, you'll be enlightened. You **MUST** forgive. Do IT. Do it NOW, Earthling. Forgive, forgive, forgive. Buy my knives, my abs-defining belt, my life-fixing mojo.

But what if forgiving doesn't really do any of that?

When you really look at forgiveness, there is a basic premise that seems to be assumptive: the idea that forgiveness is great, that it is always right, and that you always must do it to move forward. And while at a higher level of consciousness that might be true, I will say that sometimes it feels like forgiving just for the sake of feeling better isn't really all that enlightened.

I would like to offer a different take: forgiveness as an option, not a necessity.

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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. herbcorner.net

MANAGING STRESS WITH HERBS

We all get stressed every once in a while because our lives have become so hectic; but for some of us our stress is more emotionally related from worry, work, finances, anxiety, tension, grief, frustration, depression and anger.

Stress can be due to illness, loss of a loved one, a job loss, family visits, over-work, travel or exposure to toxins. Anything that threatens the body physically or emotionally causes stress; over-time your body's reaction to continual stress can cause conditions like high blood pressure, asthma, ulcers, headaches, insomnia or weight gain.

Fortunately herbs can help reduce the effects of stress. **Adaptogenic herbs** normalize the body so it can better cope with stressors; they support your immune system and nourish your adrenal glands.

Eluthero formerly known as Siberian Ginseng is an **adaptogenic herb** studied during the 1940's and 50's in the **Soviet Union** for its ability to help you better cope with stress and un-frazzling your nerves; improving stamina, endurance and concentration.

Ashwaganda also known as Indian Ginseng got its name from the **Hindu** word **ashwa** which means **horse** because it was believed to give a person the strength and stamina of a stallion. It has been used in **Ayurvedic medicine** for more than 2500 years for promoting wellness, fighting fatigue, pain, depression, anxiety, nervous exhaustion and cognitive mind functions.

Schizandra has a 2-fold effect on stress acting as both a mild-stimulant providing stamina and as a calming herb reducing stress, anxiety and palpitations.

Passion Flower contains flavanoids that help regulate neurotransmitters in the brain helping reduce anxiety so you can relax and de-stress. This herb also helps quiet your thoughts so you can sleep better; it soothes your nerves, reduces panic attacks, lessens nervous tension and helps to lower blood pressure.

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THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

*Magic is easy. Just change your perspective,
and poof, the whole world has been transformed...*

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious **Man with the Ladder**." See <https://www.tribalsoupproject.com/the-mysterious-man-with-the-ladder.html>

THE RESTAURANT

The Man with the Ladder was not sure what attracted him to Chinese restaurants. When he thought about it, the first thing that came to mind was that the food was good and it was cheap. It was also convenient since Chinatown was very close to where he lived. Perhaps it was the exotic character of the food, not only the food in the restaurants but also the food sold fresh in the stalls, the spiny ocean things, and lumpy, roots of things, the vegetables, the bright fruits all lining the sidewalks like a night bazaar in Marrakech. He decided after he thought about it that he was drawn to **Chinatown** over and over because it looked and smelled and tasted like an adventure could happen here at any moment. Or at very least a good story.

He was always trying new restaurants, always wandering down the most obscure of tiny cobblestone streets, always sniffing out the next story, the next adventure. He turned into a small cull de sac he was sure had not existed last time he had trod this street and stopped before a restaurant with large sign in **English and Chinese** that said: "**Gone to China to visit the Queen.**" He walked past the cryptic sign warily because a closed **Chinese** restaurant was a bad omen, but he paused by the door when he noticed a large red ribbon with **Chinese** characters sealing them closed. As if appearing out of nowhere a young, well dressed **Chinese** man was suddenly standing there next to him.

"Shame its closed," the **Man with the Ladder** said, "If I remember correctly it was a very unusual place." It was then that he noticed a profound sadness in the man's eyes.

"It is a shame," he agreed most solemnly, "It was here that I met her."

"That sounds like the beginning of a story," the **Man with the Ladder** observed.



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"A sad perplexing one I am afraid," the man replied, "You wouldn't know a waitress who worked here, five feet tall, black hair, haunting eyes." He looked hopeful for a moment.

"Sorry never saw any waitress here, only waiters. Though I do know another fine restaurant right around the corner, maybe they know what happened to the staff at this one. If not, we can at least share some mu shu pork and a tale?"

The man nodded and followed the **Man with the Ladder** around the corner. The staff greeted the **Man with the Ladder** with the usual mixture of concern and confusion at his bringing along a ladder. Once propped in a corner the owner relaxed until they asked about the closed restaurant. The owner eyed them both suspiciously. "We know nothing about that place and we don't want any trouble here." He said no more and sat them far in the back away from the other customers.

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CONNECTING THE DOTS

Mitch Ditkoff is a writer, poet, and storyteller enjoying life in Catskill, NY. More of his writing can be found on Medium, where he posts daily (www.mitchditkoff.medium.com)

I remember, as a small child, playing a game called "Connect the Dots." In front of me was an activities book composed of sheets of paper with nothing on them but numbered dots. My task was a simple one -- to draw lines between the dots, connecting each dot sequentially. #1 would get connected to #2. #2 would get connected to #3 and so on until each of the dots were connected, resulting in the creation of some kind of picture -- a hat, a house, a boat, or whatever the book publisher had in mind.

I found this fascinating, thrilled that I could make something, that out of nothing something would emerge -- something I could recognize, name, and later, talk about. And while I did not grow up to become an artist, I did develop an interest in the phenomenon of pattern recognition, pattern making, and the various ways in which human beings construct their own reality.

As I got older, it became clear to me that this same children's game of connecting the dots had played itself out, in human history, in many fascinating ways. What were the constellations, if not bigger kids -- the ancient **Greeks** and **Babylonians** -- connecting non-numbered dots in the night sky -- the product of their need to make sense out of what they saw.

And so **Orion**, **Canis Major**, **the Big Dipper**, and 84 other configurations of stars came into being -- points of light that were clustered and named by the earth's first **farmers** as a way to help them figure out when to plant and when to harvest. And to help them remember the constellations they had configured, the farmers made up myths -- wild stories to remind them of the patterns in the sky so they could pass on what they had discovered to next generation.

But it wasn't only farmers who benefited from this connect-the-dots myth-making phenomenon. **Ancient sailors** did, too, adventurers whose long journeys across uncharted waters were navigated by watching man-made constellations in the skies to mark their position.

This is what human beings do. We connect the dots. We make patterns. And then we translate what we see into stories as a way to remember and communicate to others what we have conjured.

That's what stories are. First there is a point -- an isolated moment in time and space when something becomes perceivable -- a leaf falling, perhaps, a dog barking, a thief, a speck of light. In and of itself, this perceptible thing is just an isolated dot. In the first instant when it becomes known to the observer, it is freestanding, independent, and unrelated to anything else in the universe. It is not connected to the past or the future. It is not the beginning of something or the end of something. There is no plot, no unfolding of events, no **Act One, Scene Two**. No nothing.

It just is.

But soon the story-making part of ourselves kicks in -- the constellation maker. Ruled by a primal need for meaning and knowing, it begins to connect the dots, to make sense of what it sees. It draws invisible lines through time and space until it sees a picture in its mind, a recognizable shape that helps make sense of experience. Standing beneath the infinite sky of possibilities, this innate pattern-making tendency brings orientation, comfort, and a newfound ability to communicate our subjective experience to others.

Some become movies. Some become books. Some become jokes. Some are told around the kitchen table or never at all.

Perhaps the most dramatic example of this is the phenomenon of creation myths -- the symbolic narratives of how the world began and how people first came to inhabit it. Every culture has their own -- elaborate cosmological stories with plots, sub-plots, characters, settings, obstacles and, more often than not, a whole bunch of deities.

Deconstruct any scripture or holy book and you will discover that its DNA is story -- parables, allegories, and tales that have become the human shorthand for delivering meaningful, memorable messages upon which we base our lives.

Now, here's where it gets really interesting. When the dots are numbered, and we proceed to connect them in the same, sequential progression, we always arrive at the same picture -- conclusions that everyone

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SETH SPEAKS

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

You are here because you are beginning to believe in the freedom of yourself, and in your own integrity. You are ready to sit and listen to someone who says, "Look into your self—know your self," and who, at least, will help you do so.

Now, in your terms I have some very good points to say for me, and yet some liabilities. After all, you have bodies that you have to live in every day, and what you think of as intimate personal problems that go on all the time. On the other hand, because I am not physically focused, I have the time, the energy, and the inclination to travel in other realms, and tell you about what goodies I can bring back.

But I always remind you that in whatever terms you think, your consciousness is your own. Your abilities are your own, and those realities that I know are not necessarily yours. I will travel in my own way through reality, and you will travel through your own way in reality.

Now, listen! In a manner of speaking now, and as an analogy, you are entities to the molecules within you. In your terms, they send you out into realities of sensation and dimension that they cannot understand.

You make a conscious decision to drive a car, or not to drive a car. The molecules within you do not know what a car is. Yet your ability to drive that car is dependent upon the existence of those atoms and molecules. Yet, for them, you go out into a reality that they do not know. They join their reality with yours, and theirs is vivid and valid and real, but it is not yours, and yet it is a part of yours, and they send you out. Speaking now again as an analogy, in terms of time, you are what they will be.

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Now, in terms of time and following the analogy—for all you literal minded people—portions of you go out as you go out from your molecules, and speak back to you, and tell you of realities that now you do not consciously perceive, but that are yours. Now think that!

...continued on page 29...

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BRAIN CHANTS

Unleashing Your Brain's Natural Happy Chemicals

Laura Sue Wilansky, widely known as The Silver Nightingale, is a musician, composer, copy editor, author, artist and activist. Renowned for her magical flute music, she delights in creating harmony everywhere, and received an award from Pres. Obama for her decades of hospice music work.

You may have seen infographics or memes showing how you can naturally increase your levels of various "Happiness Chemicals" by activities like getting a hug or some sun or playing with a puppy.

I have had a lot of success using natural and holistic means to cure, heal and shift various conditions of disease I've experienced, starting with permanently curing my years of regular and persistent migraines when I was in my twenties.

More recently, I pursued a number of natural methods to cure the depression I'd been experiencing for some time, and when I learned about neurochemicals that would be beneficial for my mood and brain, I created these **Brain Chants** to encourage them to come and hang out on my neuroreceptors.

These chants are really fun to sing to yourself, and after using them in combination with specific diet and supplement regimens, and other methods I discovered through extensive research, my depression eventually lifted several years ago.

Use these chants, or make up your own messages and affirmations to songs you like, or create your own tunes for affirmations you're using. The whole process of working creatively with positive intentional messages will help program these messages into your consciousness and subconscious even more effectively, and setting messages to music supercharges them!

Try them yourself if you want to get some nice happy brain chemicals on your neuroreceptors!



TO ODE TO JOY (LUDWIG VAN BEETHOVEN):

Serotonin, Serotonin, Serotonin, Dopamine
Serotonin, Serotonin, Serotonin, Dopamine
Serotonin, Norepinephrine, Acetylcholine, Dopamine
Serotonin, Serotonin, Serotonin, Dopamine

TO FRÈRE JACQUES (JEAN-PHILIPPE RAMEAU):

Serotonin, Serotonin
Dopamine, Dopamine
Norepinephrine, Norepinephrine
Acetylcholine, Acetylcholine

TO HALLELUJAH CHORUS (GEORGE FRIDERIC HANDEL):

Serotonin! Serotonin! Serotonin, Serotonin, Serotonin!
Serotonin! Serotonin! Serotonin, Serotonin, Serotonin!
Norepinephrine, Epinephrine
Serotonin! Serotonin! Serotonin! Serotonin!
Norepinephrine, Epinephrine
Serotonin! Serotonin! Serotonin! Serotonin!
Acetylcholine, Acetylcholine
Serotonin! Serotonin! Serotonin! Serotonin!
Acetylcholine, Acetylcholine
Serotonin! Serotonin! Serotonin! Serotonin!
Dop, Dopamine. Dop, Dopamine.
Serotonin, Serotonin.

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ESSENTIAL LIFESTYLE HACKS



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit www.yogashakti.org Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

PURPOSE OF LIFE

Our life purposes are the motivating forces that we have. Purpose guides all of our decisions. It influences our behavior, our goals and sense of meaning. Questions like: Who am I? What is my goal? Why am I here? What is my reason to live?

Our purpose is defined primarily by culture, family and religion. This guidance works for some, but not for most. But the demands of life like family, jobs, bills and other responsibilities may not allow us to fulfill our true purpose and prevents us from looking for our purpose.

Finding our life purpose is very important. It motivates us into action and accomplishments which will lead to joy. Most people are still questioning their purpose. We may have many and they may change as our life progresses.

A very simple question to ask ourselves is: What do we love to do? What we love to do is our purpose in life. Our purpose must serve humanity in some form. It cannot be purely selfish. All people and all professions are needed in this world. Some like music, some like science, others prefer to create structures or repair them. Every profession serves the whole. No one is superior to the other. Some require more education, but the person cleaning the office is also important.

Before we incarnated, we chose our primary purpose of life. That primary purpose is our passion. What do we love to do? Blessed is the person whose profession is what they love to do. They will rise every morning with a love for life. When we love what we do, then there is no effort. It flows from within us as if it is our nature.

If we have not found our purpose of life, we must take the time to examine ourselves. What do I enjoy? What do my pleasant thoughts gravitate to? Maybe as a parent the joy of life were the children, now that they are out of the house, what is our purpose.

They say that the most productive years of a person are between 50 and 70 years of age. This is because responsibilities have been taken care of and now we can think of fulfilling our purpose. But it takes effort.

The following are some ways necessary if we wish to make the effort. Effort is needed and might seem insurmountable. But it takes more effort to be complacent and unhappy. We might say I am not unhappy. But do you have joy in life? Do you feel fulfilled?

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SPIRITUAL GRAFFITI

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

It's not about "letting it go." It's about letting it in. It's about letting it deep. It's about letting it through. It's about being true to your feelings. It's about giving your experiences the attention they deserve. And that may take a moment, or it may take years. The trick is not to shame your need to hold on to what has yet to be resolved.

"Let it go" is the mantra of the self-avoidant, feigning resolution because they lack the courage or the preparedness to face their feelings. Let's not play that game. Let's let things in and through, until they are fully and truly ready to shift. Let's let it grow into the transformation at its heart. We write our story by fully living it. Not by "letting it go" before its time.

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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>

If it's not yet obvious to you, the real reason for this, and all seasons, is you. A more perfect child of the Universe has never lived. Until now, only celebrations cloaked in myth and mystery could hint at your divine heritage and sacred destiny. You are life's prayer of becoming and its answer. The first light at the dawn of eternity, drawn from the ether, so that I might know my own depth, discover new heights, and revel in seas of blessed emotion.

A pioneer into illusion, an adventurer into the unknown, and a lifter of veils. Courageous, heroic, and exalted by legions in the unseen.

To give beyond reason, to care beyond hope, to love without limit; to reach, stretch, and dream, in spite of your fears. These are the hallmarks of divinity—traits of the immortal—your badges of honor. May you wear them with a pride as great as what we feel for you.

Your light has illuminated darkened paths, your gaze has lifted broken spirits, and already your life has changed the course of history.

This is the time of year we celebrate you.

Bowing before Greatness,

The Universe

CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf



REPORTING FROM THE TUCSON GEM & MINERAL SHOW

Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks. 20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit. Visit <http://highspringsemporium.net/> and [Find us on Facebook](#)

The animal symbol for the Lunar Chinese New Year is the Black Water Rabbit. Rabbits bring luck, refinement and grace which we all welcome as many of the unexpected happenings over the past few months have not been easy. I am writing my column from **Tucson, Arizona** where I have come to immerse myself in the wide and wonderful world of gems and crystals from all over the world. This is the largest wholesale **gem and mineral show** in the world and people come from everywhere to buy for their businesses and personal collections. I love it out here in the desert mountains - it is very different from our **Florida** environment of swamp and ocean.

This year is special to me because I am selling my rock shop that has supported me and created a center for building community that I deeply cherish. The buyers are friends who want to keep the store running in the same way it has been, so the beautiful rocks and minerals will remain available to all who need them. I will take a rest and then create a new path which will definitely include working with rocks and minerals. Meanwhile I am reconnecting with my friends from around the planet who love and cherish the treasures of the earth as much as I do. We rock people have a global community that cannot be broken.

Everyone who loves rocks and crystals should do their best to make it to the **Tucson Gem & Mineral Show**. Exquisite mineral specimens are on display in perfectly lit cases to best show their beauty. Huge clusters of **quartz**, **amethyst** cathedrals and row upon row of polished gems are set up in hotel rooms, tents and warehouses all over the city. The shows start in mid **January** and run through the **Convention Center Main Show** where all the mineral cubs and collectors show off their very best. Each year has a theme for the displays. This focus this year is **quartz**

and silicates which includes **opals** so I am expecting to see some wonderful things. Going to these shows give people the opportunity to learn from the experts and talk to the miners and rock hounds that go out into the wild to find wonderful rocks. I will be posting pictures of the show on my store's **Facebook** page so if you want to share the experience of **Tucson**, check out the [High Springs Emporium on Facebook](#). Many of the crystals I have featured in my columns will be there.

The energy amidst all these crystals is both chaotic and fantastic so it's a good idea to carry a grounding stone like **smokey quartz** when you come. Some shows are wholesale only, but there are many of them that welcome all buyers. There is no doubt that you will find the crystals that fill your heart's desire here.

When I arrived at my rented **Tucson** house earlier this week, two rabbits hopped across my path. Every day since rabbits have greeted me as I drive up to my home away from home nestled high in the mountains. Good fortune and happiness await. I hope I get to greet you in **Tucson** sometime soon. Many blessings to you all.



Fluorite butterflies at the Tucson gem and mineral show

MICHELLE WHITEDOVE CELEBRITY PSYCHIC



Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens, My Invisible Friends. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her work continues. She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

DEAR WHITEDOVE:

What is going on with me, I've had the worst year ever. My mom died, my boyfriend broke up with me, I dropped my laptop and crashed my car. Then I had to move in with my Dad. How could life go so wrong?

MICHELLE:

Many people just like you are having a complete transition in life. When all aspects of your familiar life are being swept away and you are called upon to build a new life for yourself; this is called a Shamans Death. This is NOT a physical death for you, although it is the death of life as you've known it. It's a spiritual process of releasing and rebirthing.


You see, we are in a time of quickening; there is no time to die a physical death, have a life review in Heaven and then go through the reincarnation process of being born as a baby to start another karmic journey. You my dear are on the fast track to spiritual growth.

Now is the time for prayerful contemplation and the preparation of building a new life. Your life has been washed away now this is your rejuvenation or rebirth period. Let your old behaviors and habits die because they no longer serve you.

Like a cocoon soon to open, you are transforming into a butterfly, you are rebirthing a completely new journey: a new job or complete career change, a new mate, a new home and many new friends too. This process is called a Shamans Death when in midstream of your lifetime all aspects of your soul's journey abruptly dissolve, you recover and start anew.

It's like living two completely separate lives during the course of one. This time you will be doing something to help humanity as you also work through your karmic lessons.

The worst is over, look ahead, visualize this process as an adventure. is the time to imagine and strive for the life that you really want - you can do it.



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Betsy Chasse

TIPPING SACRED COWS

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When I really look at the blanket-esque approach to forgiveness, it starts to seem like it's this thing we're supposed to swallow because they say it's good for us, sort of like a magic forgiveness pill—if you just swallow it, the pain will melt away. But, if forgiveness is a pill, wouldn't it be kind of important to talk about the potentially hazardous reactions we might have when we swallow it? I mean, you've seen those television commercials for the latest and greatest drugs, and they always seem to have a long list of side effects far more dangerous or disconcerting than the condition they're supposed to be solving (seriously, if I'm being forced to choose between patchy skin and the possibility of experiencing a debilitating stroke or death, well, I know what my choice is going to be). It just seems like blanket forgiveness needs a disclaimer too, because if you haven't really actually forgiven, it's just another lie to appease someone who quite frankly doesn't deserve to be appeased. And more important, it's a lie told to you by you. And we've already told ourselves enough of those.

There is also this other underlying thing that has to do with how people seem to very often hear forgiveness as "that's okay." An example of what I mean: one of my kids hits the other. I say, "Apologize right now, and ask to be forgiven." My contrite child says, "I'm sorry." And my other child says, "That's okay." And comforts the person who did the hitting. This is how forgiveness, in a very real way, acts for many people. Stop for a moment, and think about how dangerous that is. In essence, when we forgive, there's a good chance that the person who hurt us is hearing us say that whatever they did to hurt us is actually acceptable behavior, but that's not always okay.

This means that forgiveness needs to really be treated with care, with thought, and with the basic understanding that forgiveness is multidimensional. Along with the variation on how it's heard, just take into consideration the idea that sometimes you are supposed to forgive something or someone else, but sometimes you are really supposed to forgive yourself. You can also forgive the person someone was, because who they currently are isn't the person who hurt you. You

might also be expected to forgive an action, because a person is not what they do. Or so I've been told, which seems very not right. If I choose to kick someone in the ribs just because I can, doesn't my choice to do that to someone make me a dick? The action is just the result of the choice; the choice is purely coming from a person. Just saying.

To add to that, in any situation that needs forgiveness, we can be the person who is doing the forgiving or the person who needs forgiveness. Or we can be both. This is a bummer all the way around, because it means that you have been hurt or you're the asshole who hurt someone or you both did a lot of hurting back and forth at each other. It's a suck-suck scenario.

We also have a plethora of ways in which we try to cope with whatever our role is when forgiveness becomes necessary in a relationship. Especially if your role is that of the "asshole." As an example, one of the most "Hey, let me add some irony-salt to your wound," schmuck-ish ways to cope is to be one of the people who suggests that the person who has been harmed should take the forgiveness pill so "everyone can move forward." This puts the hurt person in the position of either forgiving you or being responsible for holding everyone back. Real nice (God, we can be such assholes.)

We do this because guilt sucks and because if you have hurt someone and need forgiveness, it means you have been an asshole. No one wants to be, or see themselves, as an asshole, even (or maybe especially) if it's a one-off or super infrequent thing. It's a way to feel better without ever having to deal with the fact that we have actually hurt someone, someone we probably know and care about. It also means that we probably won't have to do the hard work that is necessary to earn true forgiveness. Because forgiveness is not something I think should be asked for. Instead, it should be earned through actions. If you made a choice to take an action that hurt someone, you should make a choice to take an action to be forgiven. At least that's the way I see it. It's not on them, it's on you (the asshole in this scenario).

The role of asshole is to be avoided; I state the obvious because I am a master, having practiced the art of assholery many times in my life. There are ways to do this and I have figured them out through rigorous study and something called common sense. Thankfully, these ways are pretty freaking basic. Here they are: Be kind. Think before you speak or act. Treat others as you want to be treated. And that should get 'er done and help with the whole avoiding-being-a-schmuck thing.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL.

WELCOME TO FEBRUARY 2023

Welcome to February! In many countries around the globe, February marks **Ethnic Equality Month**, an awareness month to honor the differences and commonalities we all bring to the table. My goal every month is to bring you a taste of the world, to eliminate pre-judgment, stay curious, be open-minded, and treat each other with respect, fairly and equally.

Feb 3rd: Setsubun, Shinto

Observing the first day of spring, a ritual of throwing beans out of the front door chases away evil spirits and invites luck and fortune in.

Feb 3rd: Imbolc, Pagan/Wiccan

Midway between the **Winter Solstice** and the **Spring Equinox**, the **Celtic Goddess Brigid** is honored, along with themes of fire and new birth. The Sun will be at 15 degrees **Aquarius**. **The Catholic church observes the feast day of St. Brigid on February 1st.**

Feb 5th: Full Storm Moon in Leo

Feb 5th: Tu Bishvat: In **Judaism**, this holiday is an ancient and authentic "**Earth Day**."



Feb 14th: St Valentine's Day

Named for a Christian martyr and with origins in the **Roman holiday Lupercalia**, our modern day observance of romance is far removed from its beginnings.

Feb 15th - Nirvana Day, Buddhism

Commemorates the death of Buddha at the age of 80 years when he reached Nirvana.

Feb 16th: Full Storm Moon

Observe this moon time with rituals of cleansing and intention setting.

Feb 18th: Sun enters Pisces

Feb 18th: Lailat al Miraj: This Muslim holy day celebrates Muhammad's pilgrimage from Mecca to Jerusalem. When Muhammad arrived, he ascended into Heaven.

Feb 20: New Moon in Pisces

Feb 22nd: Ash Wednesday: The start of Lent in the Christian Church. Lent is the 40-day period of prayer and fasting before **Easter**.

February 24th: Festival of Ayyam-i-Ha. This multi-day **Baha'i** festival highlights charity, hospitality, gift-giving, and preparation of fasting before the New Year.

The first few days of **February** are busy on the calendar because they are days that speak to many of us in our humanity. After a month and a half of official winter, the days are finally getting noticeably longer. And no matter how you've arrived there, the return of light and warmth is certainly worth celebrating. **Imbolc, Candlemas, St. Brigid's Day or Ground Hog Day**, they all bring about the theme of cleaning and new beginnings.

Enjoy the month and Blessed Be

GARDENING THE MEDICINE WAY

Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak. *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds.*



GARDENING GRANTS

Welcome to February! Have you been dreaming of ramping up your garden to the next level or building your local plant community? There are a wealth of resources available to fund these projects, from your own home to your local schools and parks. Here are a few ways to get started:

GRANTS: The food forest grant is a **USDA Partnerships for Climate-Smart Commodities** grant to install food forests (perennial edible gardens) on public or private land for free. When approved, the food forest grant will fund edible garden design, all materials, and installation for approved applicants. It can also cover related infrastructure such as greenhouses and even solar! There is no requirement for matching funds - everything will be covered.

WHO CAN APPLY? Individuals who would like to offer private land for this use can apply. (The landowner will retain ownership and keep a percentage of the food grown and/or keep profits from a portion of the food being sold.)

A Mini-Grant Program is part of the **Florida Farm Bureau Women's Leadership Committee's** commitment to support agricultural education in classrooms across Florida. Teachers receive grant funding for their agricultural projects.

The Florida Wildflower Foundation provides wildflowers and classroom resources for Florida schools are pro-

vided through this program. Grants include 12 to 15 native wildflower plants, classroom resources and professional guidance on garden establishment. Grants are awarded in late **May**; plants are shipped in **September** in time for the new school year. Teachers who are awarded grants are eligible to receive more wildflowers in the spring if fall gardens are successfully established and cared for. Public and private pre-K through grade 12 teachers may apply.

LOANS:

The **USDA** focus of **Microloans** is on the financing needs of small, beginning farmer, niche and non-traditional farm operations, such as truck farms, farms participating in direct marketing and sales such as farmers' markets, **CSA's (Community Supported Agriculture)**, restaurants and grocery stores, or those using hydroponic, aquaponic, organic and vertical growing methods.

The **USDA** will also provide funds for small farmers to install tunnel systems. A **High Tunnel System**, commonly called a **"hoop house,"** is an increasingly popular conservation practice for farmers, and is available with financial assistance through the **Environmental Quality Incentives Program (EQIP)**. The **USDA** also has local funds available for home hobby farmers to include such projects as beekeeping and other hobby farms.

Your best partner for growing your dream is your local extension agent. In Florida, visit <https://sfyl.ifas.ufl.edu/>.

Happy Gardening!



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

Making Way for Mr./Ms. Right

I can use these steps to set the stage for the entrance of my romantic partner:

- 1) I discard the notion that "a good man or woman is hard to find." In romance, as in any other area, the Universe has infinite ways to bring my desire to me.
- 2) I stop thinking and talking about failures and disappointments of past relationships.
- 3) I stay open. The love-of-my-life can turn up in the most unlikely and unexpected ways when I allow myself to think beyond a cut-and-dried, it-has-to-happen-like-this mode.
- 4) I appreciate the people who are in my life now, even though they may be no more than friends or casual dates. Even if they're not "the one," I'm grateful for the ways they enrich my experience.
- 5) I have fun imagining the wonderful times I can have with my partner. I savor and explore these delightful images.
- 6) I love my life. Partner or no partner, I find delight in many aspects of my current situation. I refuse to postpone my happiness until my mate arrives (for my desired mate will not arrive under those conditions.) As I fall ever more deeply in love with life, the desired love of my life will appear. It is universal law.

Doing the Two-Step

In what area of life am I dissatisfied? Job/career? Health? Relationship? Amount of leisure time? Weight/appearance? Finances?

Two steps will help me achieve my goal:

- 1) become as accepting and positive as I can possibly be with circumstances just as they are now and
- 2) hold the desire, image, intent of what I want to happen.

I cannot move from a place of discontent to a place of manifesting my desire, for dissatisfaction will keep me stuck in my frustrating situation. I must think/feel/vibrate in a fairly consistently good-feeling "space" before I can become a match-up to my dreams.

Law of Attraction is the name-of-the-game from the smallest detail of experience to the farthest reaches of the cosmos. No one has circumvented it, and I won't be the exception.

Today I find reasons to feel as happy as possible right where I am while envisioning what I want my experience to be.

Wonders and delight will find me.



LESSONS FROM KEN KEYES' HANDBOOK TO HIGHER CONSCIOUSNESS

Compiled by Andrea de Michaelis, Publisher



Most of the mind blowing, consciousness-opening info I came across was in the 70's, which is why I refer back to some of the old school writers rather than the trendy new authors. Ken Keyes Jr. wrote 15 books on personal growth and social consciousness, on mental techniques for increasing effectiveness in daily life, recognizing that the mind's reaction rather than external circumstances creates personal unhappiness and overcoming unskilled responses to relationship issues.

Keyes used his new learning to cope more successfully with issues of jealousy and deception in his romantic relationships, using a form of mental reprogramming process that, he says, alleviated his jealousy without repressing it, a method he would later teach. During this time he formulated the **"Twelve Pathways"**, which would constitute the core of his **"Living Love"** method of personal growth. Within a month he had drafted the core of a new book, **Handbook to Higher Consciousness**. This self-published book sold more than one million copies and changed the lives for many people I knew.

Ken Keyes' Handbook to Higher Consciousness [is available online \(click here for link\)](#) and here is an excerpt from **Chapter 4**

The Twelve Pathways To the Higher Consciousness Planes of Unconditional Love and Oneness

FREEING MYSELF

1. I am freeing myself from security, sensation, and power addictions that make me try to forcefully control situations in my life, and thus destroy my serenity and keep me from loving myself and others.

2. I am discovering how my consciousness-dominating addictions create my illusory version of the changing world of people and situations around me.

3. I welcome the opportunity (even if painful) that my

minute-to-minute experience offers me to become aware of the addictions I must reprogram to be liberated from my robot-like emotional patterns.

BEING HERE NOW

4. I always remember that I have everything I need to enjoy my here and now -- unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.

5. I take full responsibility here and now for everything I experience, for it is my own programming that creates my actions and also influences the reactions of people around me.

6. I accept myself completely here and now and consciously experience everything I feel, think, say, and do (including my emotion-backed addictions) as a necessary part of my growth into higher consciousness.

INTERACTING WITH OTHERS

7. I open myself genuinely to all people by being willing to fully communicate my deepest feelings, since hiding in any degree keeps me stuck in my illusion of separateness from other people.

8. I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments that are offering them messages they need for their growth.

9. I act freely when I am tuned in, centered, and loving, but if possible I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.

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Esther Hicks

ABRAHAM HICKS

...continued from page 7...

power, that's the way most humans run around when they are disallowing the fullness of their alignment with contradictory thoughts.

Let's call a pure desire full power and let's talk about a belief that contradicts it as reduced power in some way. And so, replenishment is about releasing resistance. It's also about tuning into the energy, but it's just opposite ends of the same stick, isn't it? If you weren't doing that thing that you do that you've picked up along your physical trail, you'd be in full power all the time, and you would sleep very little, because the sleep isn't important, it's the reduction of resistance that is important.

QUESTION: So, as far as light and sound and vibration - are they all the same thing? Are they all energy, or are they energy that's just manifested into the physical?

ABRAHAM: Well, the label is irrelevant. The word that **Esther** finds, because she doesn't have a scientific sophisticated vocabulary, the word that she finds is **vibration**. And we say to you that **you are interpreters of vibration**, and so, what you see is an interpretation of a vibration, and that's why you see light; what you hear is an interpretation of vibration. And of course, these are vibrations at different frequencies, and your mechanisms are able to decipher them. And you do that so well, you don't even know you're doing it - even to the point that you don't even realize, for the most part, that you are energy beings.

But, when we begin talking about the **Nonphysical** part of you - really, when the discussion moves into emotions, that's when it is really a discussion about **energy**, because your **emotions** are letting you know about the blending of the energies between the high frequency, pure positive, non-resistant Inner Being You, and the physical you, who is some resisted version of that. So, the words don't matter to us - do they matter to you?

QUESTION: I don't think they do, I'm just trying to, like I said...

ABRAHAM: What are you driving at?

QUESTION: So, one of the things that I'm wondering is OK, when we pass from the physical to Nonphysical...

ABRAHAM: Then you'll reemerge into **Pure Positive Energy**, and you'll leave the resistance behind. But you don't have to croak to do that, you could meditate and accomplish it, too.

QUESTION: I understand that. But what I'm wondering is, say, when we do croak, do we have the option of coming right back? Or do we sit in for a what I'm going to say is a certain amount of time into the **Nonphysical** before we're allowed to come back?

ABRAHAM: There is no allowing, it's all your deliberate creation, it's all about what you want.

QUESTION: OK.

ABRAHAM: And only from your human perspective would you ask that question because it's lack-based.

QUESTION: OK, that makes sense.

ABRAHAM: Because from your **Nonphysical** perspective - Nonphysical, we are as involved in your life as you think you are, and we are **Nonphysically** focused. And so, it's a mix of all of these energies, and so it's not one or the other - you're not Nonphysical and then physical and then Nonphysical and physical. Really, the discussion that we are wanting to bring into the forefront is about how much of that which you always are are you letting be here with you now. You have the option of lighting up a room with your clarity or of sort of just dragging around with your resistant thoughts.

QUESTION: So, when you see somebody light up, what are you seeing at that point, is that the vibration?

ABRAHAM: Give us a more literal description of what you mean.

QUESTION: You say when you pick people out here in the audience, that you're looking for people to light up, and I'm just curious what you're seeing.

ABRAHAM: There are a number of things that we want to say to you about that. With the criteria that we utilize in order to find you in the room, first of all it's the blend of who you all are - it's the collective asking that you are about and the focus that you are about - that's the first criteria. And so, we are choosing those as our highest priority who have formulated what they want to talk about in the most effective way for the most to hear what they most want, because we know

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...continued from page 10

Lemon Balm and **Chamomile** have similar properties when it comes to stress, calming the nerves, balancing mood swings, promoting restful sleep, reducing nervous tension and muscle fatigue.

Valerian also comes in handy during times of stress quieting the mind, relaxing the nervous system, reducing anxiety, agitation and stress. The relaxing actions of **Valerian** help to promote drowsiness quieting the mind so you can sleep better. Valerian contains benzodiazepines making its effects similar to **valium** without the side effects.

When I feel overwhelmed I reach for my **ADRENAL TINCTURE** which contains 1part **Borage**, 1part **Gota Kola**, 1part **Eluthero** and 1/2part **Licorice** to help support and tone the adrenal glands. I also prepare my favorite **STRESS REDUCING TEA** which contains equal parts of **Oat Straw**, **Linden**, **Lemon Balm**, **Schizandra**, **Passion Flower** and **Chrysanthemum**.

It's important to remember that one or two small episodes of stress can easily be handled by the body; it's the continual stress from caring for a loved one to worrying about finances can suppress your immune system, slow down your metabolism and rob the body of needed nutrients.

So the next time you start to feel stressed grab a cup of tea and relax a bit.



SETH SPEAKS

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PARENTING – WHAT THEY SAY, WHAT THEY MEAN When a child says to a parent, "*I hate you*," often the parent is appalled. The parent says, "You should not say hate," or, "That is bad," and the child quickly learns not to be so honest!

But what the child is saying: "*I love you so much, and I sense this great love. What separates me from it now, and how can I return to it, and what has happened, and what is wrong?*" And hate operates in the same manner, regardless of your age and the personalities involved. And if you are taught to believe it is wrong, it is then more difficult to get back to love because you begin to inhibit the feeling.

WHEN YOU DO NOT EXPRESS IT, THEN YOU DAM IT UP. And you can express it against yourself in terms of physical symptoms, or in your relationship with others. But if you realize it is nothing to be frightened of, then you are free of it.

Hate is, as I have said before, like a summer storm. When you let it go, it lets forth energy and rain that heals the earth. It is turned into quite constructive

framework—it is good and natural.' sky would never think of holding back its storm—again, it has better sense.

DO NOT FEAR NEGATIVE THOUGHTS. That simply adds to what you consider negative energy. Where would the world be without thunderstorms, and even floods, and hurricanes, and earthquakes? That is how the earth changes and renews itself. To deny your emotions, any of them, is denying the aspect of your own reality, and it is, literally, impossible.

LET IT GO AND NO ONE WILL BE HURT. The universe is not afraid of your hatred. It can hold it easily. Each individual has their own built-in defense and energy, and your hatred, directed even against them, will not hurt them.

OR, TO BE AWARE OF THE IDENTIFICATION. There is no one point of perfection. When you think you have an enemy, you simply begin to focus upon the distances that exist between what you think the enemy is, and what your love tells you the enemy should be.

But because you think hate is so wrong, you then do not focus upon the similarities between your enemy and the love that is involved. You are blind, for example, to his good points, and focus instead upon those qualities that separate you from what you think he should be and what he is.



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TIPPING SACRED COWS

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Lesson learned until I screw it up again. We are human after all—we fail. But I am trying to not fail so obviously in the future.

But this forgiveness thing is not even half covered. Not even a quarter covered.

Now let's talk about the role that is the one that messes with us in all of the places we are vulnerable and fucks with our trust. This is the role of I have been hurt in a way that was not necessary, not allowed, not tenable, not okay, not permissible. And I want to discuss what it means to take the path of righteous delayed forgiveness or outright righteous nonforgiveness. I use righteous for both of these paths because to be righteous means that your action is justifiable and in response to an injustice done to you. It is saying that what happened was not morally ambiguous to you. It was bad, to whatever degree it caused you hurt.

The other day my daughter came home very upset about something someone had said to her. I went into how she should ignore it, forget about it, understand the other person's pain . . . blah . . . blah . . . blah . . . all the colloquialisms I could muster out of my **How to Be Spiritual and Enlightened Handbook**, and then she looked at me and said, "*You know what, Mom, it really hurt my feelings, can't I just be hurt for a minute?*"

And it made me stop dead in my tracks as I realized in an ah-ha-and-wow way that she was spot on. She spoke up in that moment for her right to take the path of righteously delayed forgiveness and to acknowledge that she had a right to say that someone treated her in a way that was not allowed. It was her right to say that and make an internal judgment that what had been done to her was bad and that she was not the cause and that she was not obligated to take action on what another person had chosen to do. In other words, she was not obligated to forgive. The impetus to take action was not on her but rather on the perpetrator. My kid—she is a constant ah-ha-and-wow machine of livable enlightenment.

The truth is, when people do things to hurt you, you feel it—physically and emotionally. To ignore it, stuff it away, and pretend to be some shining light of spiritual forgiveness when all you really want to do is feel the hurt is actually hurting you more.

All of this was brought home to me a few days later when I came face to face with two people who have hurt me badly. For a long time I had been trying to swallow the forgiveness pill and each time it came back up covered in bile.

Why, after nine and half years of marriage, did I finally ask for a divorce? Because my husband was having an affair. It was not his first, but this time it was with someone who was supposedly my friend. Now, my marriage wasn't perfect, I wasn't perfect, our divorce was messy, and I am guilty of shooting off a rage-filled email or two (maybe three or four . . . okay, maybe more than that), but this revelation, a betrayal of our vows, truly hurt me in ways he probably doesn't even understand.

As I have revealed throughout this book, I have my own dark secrets about my beliefs, my insecurities, my fears, but this one act of betrayal reached into my core, my foundation, and ripped it apart. At the time, we were making a huge change in our lives. We were moving from our home in **Washington State** to **California**, and I didn't really have work, so in terms of timing, it sucked. Not only was my heart broken, but I felt as if I had been abandoned at a time when I didn't have my own means of income to raise two young children on my own. On top of that, it caused a great deal of pain for my children, so I had to watch and experience their pain as well.

Now in retrospect, one could argue this was the best thing ever to happen to both of us. And maybe it was, but at the time, being force-fed the forgiveness pill, especially by the people who had caused me such hurt, was not on my agenda.

During this time I received countless emails from my husband and his now wife/my ex-friend telling me how horrible I was, how I should just get over it and move on. Of course they wanted me to move on; they had yet to take any responsibility for their actions, and if I just up and forgave them, they would never have to speak any words to acknowledge that their actions had caused me great pain, even though they knew I felt that pain. There was a lack of basic empathy and compassion in their expectation that the onus was all on me to be the enlightened one and forgive them. Was this so that they could carry on hurting me, rid themselves of guilt, claim their schmuck cards, or what?

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Um—I can move on—but I will not forgive you. You won’t get off the hook this time. I was justifiably hurt and justifiably mad. Righteous, if you will, in my choice to not forgive them.

Now, I know that it takes two (or in this case three) to tango, and I have offered an apology for my part in things to the person I caused hurt to, my ex-husband. The other, the ex-friend, was simply being a bully, attempting to hide her own shame over her behavior, her simple lack of understanding of the “chick code,” and to her I offered no apology.

I offered my apology in person, in writing. I even wrote a blog about it*—I believe in covering my bases. And therein lies one of the many rubs in terms of this forgiveness thing. Because with each apology I gave for whatever hurts I had caused in our marriage and with each slap in the face I received back, forgiving became harder and harder. Because I realized I couldn’t forgive in this case until the other parties did their part, but the only thing they were doing was demanding that I forgive and get over it.

I know that at some point it’s about my own peace—but right then, standing in front of them in the courtroom, my peace was being true to how I felt. My own peace was learning to stand up for myself and say, “You know what, what you did is not okay. And guess what—you can’t do that to me anymore.” You can call me bitter, but it’s not really bitterness that you’re seeing. Instead, it’s a refusal to accept that anyone is allowed to treat me in a way that hurts me.

Being able to say, “That is wrong, and I should be angry about it no matter how much time has passed,” is, in terms of the forgiveness we are taught, considered a B.A.D (bad attitude, dammit.) But maybe if we discussed it in another way, we could see that it might be time to revise our general forgiveness approach as a culture. For example, if someone punched your friend in the face, would you tell your friend that she shouldn’t be angry at that person? Punching other people can be a crime, and we even arrest people for doing it, but we still expect each other to let any anger go, to

forgive the act and the person, and to understand the why, as if the why somehow justifies the punch. Society is allowed to hold on to the wrongness of punching via laws, but the individual is still supposed to stop being angry. Why? Is the action somehow less bad because of the passing of time and distance and the fact that there might have been some underlying reason for the punch? It seems to me that a person should be able to say, “I was punched, and I am angry about that.” Period. No time limit. When they think about it, they get to pull out the righteous anger card. Righteous. That word covers a lot of ground on this topic.

I think it is because we have made “angry” bad, culturally speaking. This could just be me, but I don’t think so. Here’s a cow to tip: anger can be good. It can be appropriate. It can be safe. It can protect in a good way. It can give impetus.

It’s all about the context and how we channel our anger. This is what I think makes anger good or bad. For example, say someone kicked me in my ribs, and I am angry that I was treated that way. I can either go out and start beating up anyone who kicks (bad), or I can start an anti-kicking society that creates programs to help stop the cycle of kicking (good). Check me out, I’m complex! Humanity for the win!

And just because something that was done to us makes us angry, and the person who did it to us makes us angry, it doesn’t follow that the anger automatically consumes us and stops us from moving forward. This would mean we are one-dimensional in our emotions, which we know is not the case. I can feel love and anger all at the same time. I can feel good about being angry while I am feeling angry and still understand that my anger is something that I need to be careful with.

I can be angry that people get kicked in the ribs and still go about my daily life. We should be angry about injustice. And that, in the end, is really what we are talking about here. When a wrong is done to us that causes emotion or physical pain, we have had, in a very basic way, an injustice done to us. And when put that way, the blanket-esque, forgiveness pill approach seems like silly sauce.

When I came face to face with my ex and his new wife, standing defiantly in court that day, I called them out. I let them know I wasn’t going to let them off the hook. It wasn’t pretty, and I wasn’t the epitome of grace. I was exactly as I felt—hurt and betrayed and angry, and you know what? I’m freaking righteously okay with that. What they did to me was unfair and wrong. I was done pretending to be forgiveness-girl. And I spoke the truth, and this truth wasn’t pretty or graceful.

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Forgiveness-girl exited stage right and real-time, angry **Betsy** entered stage left. It felt good. And not in an unhealthy way, but in a boundary-building, self-respect-having way.

The trick here is that I don't carry the hurt and anger around with me all day and let it fester. I aim it where it needs to be aimed and only when needed. That day in court, I did something that surprised even them. Instead of pretending, instead of taking the "high road," I took the real road. I declined the pill. I let it out, and I felt much better after.

Twenty-one years ago I had a friend. Not just any friend, a great friend, a best friend—the kind of friend you hope to have all your life, one that when you're eighty, you'll laugh at all the crazy things you did together. My friend **Eric** and I worked together at **Playboy**, we traveled the world together on many an adventure, and he was the person who helped me start my first production company. **Eric** is the shoulder I cried on when my boyfriend broke up with me, and I was the friend who helped him out of a pinch or two with a girl he should never have hung out with in the first place. If ever there was someone I could trust, it was **Eric**.

And I burned him. I burned him over money and success and career. With one selfish choice, I ruined something that could never be built again. Or so I thought. Thirteen years would go by before **Eric** and I spoke again. Thirteen years filled with guilt and shame over my behavior and grief over the loss of his friendship. And all because of a stupid choice I had made when I was twenty-three. That's a lot of shame and guilt. Then, one day out of the blue, my phone rang and up popped his name. Against all odds his number had been kept safe in my computerized contacts over the years—technology is awesome and, well, somewhat freaky.

I stopped dead in my tracks as I stared at his name. **Bleep** had come out, and I was "successful" again. Could he be calling because he was finally going to release those topless photos we took while on a shoot in **Jamaica**? Was he finally going to exact his revenge upon me for the hurt and pain I had caused him all those years ago? Unsure of

what to expect, I let it go to voicemail, but the moment it dinged on my phone, I listened intently to the message. He sounded congenial, but I worried that it could be a ruse. Then I searched my heart and remembered **Eric**. Kind, honest, and thoughtful **Eric**. Soft-hearted **Eric**.

So I called him back, jittery in my stomach but willfully open to what might come. If he did release those photos, I probably deserved it. I dialed, he answered, and I was gifted with my friend, the **Eric** who is kind and honest, and in that moment he taught me about forgiveness, and he taught me how to apologize.

He told me that he had seen **Bleep** and that he just missed me. He missed our friendship more than he remembered what I had done or what he might have done. Neither one of us asked for forgiveness; it was implied, it was instantly given, it was felt in the depths of who we had become thirteen years later, grown up, a little wiser and better able to value friendship over money or work. He showed me courage, because in reality, he had no idea how I would respond to him. All he had was a hunch and the courage to pick up the phone. Not to ask for anything, not to offer me a pill or to persuade me to offer him one, just to be friends again.

Perhaps one day my ex-husband, his wife, and I will have one of those moments. But not that day in the courtroom, because I just wasn't ready. And that is the key to forgiveness. It isn't about them, it's about you. And it's not about forgiveness either—it's about acceptance. There is a big difference between forgiveness and acceptance. I accept fully what happened in my marriage, I accept my part in our divorce, but I don't forgive the way in which it ended.

Nobody actually needs to "forgive." That is a cow, a big fat shit-colored one. What you need to do is find peace with yourself and acceptance of the act that occurred that caused you hurt. I am happily living my life and, except when I am forced to deal with them, it's great, and that's real right now. I have accepted them for who they are and what they are capable of, which perhaps will change. I'm no longer worried about when and if I'll forgive. I am going to protect myself, stand up for myself, and be real, and it's too bad if they don't like it. And I am okay if it isn't "enlightened." It's real, it's honest, and I have no need to appease anyone for their sake.

So I told my daughter that she should feel the way she feels, allow her experience to be had, and forgive only if she feels it's right within her and then she can let it go. Because that is what is important. Forgive when it

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feels right, not just because it's the pill you're expected to take to mask the symptoms of pain that make other people feel uncomfortable.

But with the right to not forgive comes the wisdom of letting go. You can let go of the hurt. You don't have to carry it around like a badge on your **Girl Scout** sash, all gold and glittery and reading, I was betrayed! Hanging onto the hurt is what makes you bitter. When you get stuck in the anger in a not-good way, when you play the victim for too long, you give your power away to your hurt, and you can become forever lost in its shadow.

Letting go of the pain takes time and it takes work: work on yourself to understand the part you may have played in that betrayal, if any; work to find a way to protect yourself from having that hurt occur again; and work to understand how to move away from the hurt. The hurt does not define you. It happened and it hurt. Experience it, put it on your wisdom-shelf for future reference if necessary, and live your life. In the case of my ex-husband, I did eventually forgive him—I took the path of delayed forgiveness. But it wasn't easy, and it wasn't on his or anyone else's timeline. It was on my own.

That path of delayed forgiveness can become the path of nonforgiveness. And sometimes going straight to righteous nonforgiveness is the truest response to a hurt caused by an untenable injustice. Because while the hurt my daughter and I felt in our relationships was painful and harmful to each of us in its own way, there are some hurts that step past what our brains can comprehend or reason into understanding. These are the hurts that bring us to our knees, curl us up, and make us want to disappear to escape the hurt. These are the hurts that cause such cracks in our trust and our selfhood that no amount of restoration will smooth them over.

Should we ask anyone to forgive the person who molested or raped them? Who beat or abused them? There is an aspect of forgiveness that requires acceptance, and some things are just not acceptable.

There is a statistic that is frightening: one in four women has been the victim of rape or molestation in her life. I'll say that again. One out of every four women on this

planet has been raped or molested. I am that one in four.

In the moment when it first occurred, every ounce of trust and faith I had in men evaporated instantly. Clearly this is where the root of my feelings of unworthiness, my never feeling safe, and my need to be protected came from. It was a kick, a punch, a brutal assault on my childhood self. The cracks from this blow spidered out and touched everything and made me vulnerable to criticisms about my body, my intelligence, and my perceived value to myself. Sometimes the cracks filled my beliefs, making them fragile, and sometimes my beliefs filled the cracks, solidifying them. Much of my quest, my search to find all types of meaning to and in life, stems from this place, this red shirt of my past. Pain is often the impetus for spiritual questing, and I would be remiss to not speak to this early pain, this root of so many other hurts that have dominated the different stages of my life.

I share this piece of my reality rarely, and when I do, I am often asked if I forgive the man who did this to me. What I say in response is, Forgive? No. Accept? Yes. Because the truth is, and this is the hardest for many to understand, that I am who I am because of all of the moments of my life. They are my paintings, flawed and ugly, beautiful and grand.

Each moment of my life is inextricably my life. Accepted yes, forgiven sometimes, but angry still. How is that possible?

Because my anger isn't at him anymore. It was once, but now it's at us, me, you, the world. This is why I am writing this book. Because I'm angry that somehow humanity forgot the basics. Somehow we have lost our ability to love each other and respect each other, and our hurt manifests in how we hurt each other and then we become desperate for forgiveness because we feel shame. There is a part of me that would undo those moments of confusion and terror at the hands of a man trusted by me and my family, but the truth is I can't, and if I did, I wouldn't be me. But what I can do is try to help people understand how we work and how to find the true self that would never think of harming another. Because the way I see it, we must all work together. This is my way, although there are other ways as well. Maybe I'm naïve in that I believe that somehow love and understanding will help heal the world and somehow stop the cycle of abuse.

But this isn't just forgiveness. This is life. And though I may naïvely hope that somehow love and understanding will fix the world, I am still realistic. I fully believe that

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there are things in this world that are wrong, done by people who are just plain bad. People who are wrong on the DNA level. What do we do with that? How do we forgive something and someone who is just plain not right, who is wrong in all directions? Sometimes there are just bad people and nothing will fix them.

One in four—that is the statistic. So I am not the only one I know who has been molested. I have a friend who also experienced this in her childhood. We do not agree on some points of how to deal with forgiveness and acceptance in the scope of our pain caused by the betrayal and injustice of being abused. I am adding her story here because I think it is important to say that forgiveness or nonforgiveness is a choice, personal and profound, and as different as a thumbprint for each person.

My friend was molested as a young child, starting from the age of five and lasting until the age of nine. The abuse was severe—that is the only way I have ever heard her describe it. I know that she suffers from post-traumatic stress and that she still wakes up crying and covered in a cold sweat. My friend is complex, as people are, and she can be a shit. She is also hilarious and punny in the cheesiest of ways. Her trust is a distant thing, which is not surprising, so when she gives it, you know she has given you a true gift of herself. But as distant as her trust is, her empathy overflows. She is incredibly brave and amazingly kind. I love her profoundly.

We lost touch for a while and then reconnected in that way that can happen, and over a bottle of wine (or three) we caught up on each other's lives. She told me about something she had come to realize. She realized that she was angry over what had happened to her. She said it like it was a revelation. I think it was because of that whole "anger is bad" concept, and that she had not allowed herself to really go there, ever, about what had happened to her.

"I'm so incredibly angry, but not in a bad way," she said. "It's totally maintainable. It feels good and right." Which stuck with me.

I got it, this idea of being angry but not thinking of being angry as something that needed to be fixed or stopped.

She is a happy person, living a happy life. Like me, she doesn't carry her abuse around with her. She doesn't even let her **PTSD** impact her life wholesale. She treats it like a chronic illness, something to be managed. She has compared it to a brain imbalance—she was injured in such a way that it messed with her chemical responses and the building of her neural pathways. Profound trauma can do that to you.

I recently called her and asked her about that anger and she said, "It's like my anger is screaming in a language that understands injustice." That was the best way she could describe it, she said, and she apologized for not being able to really encompass it for me and for making it sound cheesy. I told her what she had said was just fine.

She spoke about it in a very calm and accepting way—not of being molested, but of being angry. She went on to say that she felt okay with her anger, comfortable, because she felt it was a good and right anger. It didn't consume her; she knew it was something that a person should feel angry about in the same way we feel angry when someone is killed in a senseless shooting. That the act, the thing that was done to her was in every way wrong and bad and against everything we would consider to be right or good. Then she said, "Bad does not require my forgiveness, and I refuse to be passive in the face of it. I refuse to be anything but angry that such a thing happened to a child. I was that child. A horrible wrong was done to me. And I do not forgive the person who did that wrong to me. Because he is a bad man. Seriously, just plain bad. Why should society forgive that? Why should society 'let the anger go'? Why should I? It is part of who I am."

I have to say, I get this line of thought. Think about it. As a subject matter, molestation is pretty enraging—this violation happens to children; grown people do this to babies. Let's all be outraged here and not move on when the subject comes up. This is not something that deserves forgiveness, and we may be right to delay it or withhold it. We should remember it so that we are angry enough the next time it happens to do something serious about it. To point and say, "Stop that bad man—he's doing a great wrong." Maybe, if we weren't so quick to forgive, to forget, to jail, or to execute, we would make more progress in stopping the things that hurt people.

"Sometimes," my friend said, "forgiveness seems to anesthetize us to the point that we are unresponsive to what we should be absolutely in an uproar about." This is one of the side effects of the forgiveness pill when

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taken en masse by society. We really don't forgive child molesters. But we are "bad" if we judge and say we don't forgive, so we do on a deeply personal level when it happens to us.

It is weird that the general thought is that somehow our refusal to forgive and forget means we have not moved on. My anger, and I'll bet my friend's, keeps me diligent and more aware, not in a crazy kind of way but in a way that says, "Hey, pay attention here—something is not right." It is a way that takes action to correct a wrong, whereas if we were drugged with forgiveness, we might fall asleep at the wheel.

And that's just another bit of complexity to grapple with. Really, the complexity is endless. I mean, shit, I can even feel empathy for the sex offender who gets harassed when his neighbors discover he's on the sex-offenders registry. How weird and crazy is that bit of our human being-ness in action?

So there you have it: two different people, each with her own complex inner world of forgiveness and non-forgiveness. We are fully capable of understanding the other's choices and just as capable of not forcing our own decisions on the other. When and if she chooses to forgive is something she gets to decide. Ditto for myself.

Great wrongs do not require my forgiveness, nor do those who have done those wrongs. They simply require my understanding, if I am able, my acceptance of them, and my willingness to not let them define me.

Like a bad habit we should kick, we should really reconsider the knee-jerk impulse to take the forgiveness pill. Just like any drug, it's not right for everyone in every situation. So I say, let's give complexity a chance, and wisdom, and our ability to manage both in a way that answers our needs—in a way that makes us say, Yes, this is good for me.

MORE next month. Can't wait? Get a FREE Digital copy NOW of Tipping Sacred Cows by joining Betsy at www.betsychasse.net



Esther Hicks

ABRAHAM HICKS

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everyone's not going to sit in the Hot Seat, and, in fact, most of you are better not sitting in the **Hot Seat** because you're more likely to hear your answer when you're not under fire here. So it's what questioner has the question that is of greatest value to answer what most are asking.

Next, it's someone who has a clear desire who is somewhere in the vibrational vicinity of receiving it. And then third, sometimes someone has a really powerful desire, and they're not in the vibrational vicinity, but their desire is so powerful that we go for it anyway, and it's usually boring to the group, but it matters so much to that person, their desire is so powerful, that that's how it happens. And it's always a combination of all of those things.

These questions about energy are important to this **Leading Edge** discussion while they are usually not what the majority of people in the room want to talk about, because you can't really get your thoughts around them and there are no words that adequately describe them. We would rather you say *"I'm watching the way I feel, and I care about feeling enthusiasm, and I care about feeling love, and I really like the feeling of interest, and so I'm guiding my thoughts, not because of their energetic nature, but because of my awareness of how little or much resistance I have on a subject."*

Think about what we were talking about earlier - the difference between thinking a thought and receiving a thought. Well, when you receive a thought, you're translating it in your own mind, and so it feels to you like you're thinking it, but you're really receiving more than you're thinking. When you feel a strong effort in a thought, you're usually projecting the thought, not receiving it. And so, physical life in your human body is all about all of that. And so, now we're talking about thoughts, we're not talking about energy, and we're not talking about vibration, we're talking about energy.

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HOROSCOPES FEBRUARY 2023



ARIES – (March 19 – April 18)

ARIES: MOOD FOR FEBRUARY 2023

With Jupiter, you're not lacking in spirit. Especially since you will probably feel surrounded and supported in your initiatives by your close and faithful friends. You will be able to unwind the month with the desire to go for the best.

Love

ARIES: LOVE FOR FEBRUARY 2023

You feel more inclined to take a step back than to declare yourself openly. In that case, you'll make up for it as Venus reinforces your magnetism and exalts your thirst for love and being. You can also count on Jupiter to reinforce the trend and warm the atmosphere.

In a Relationship: if you were hibernating and living your love secretly, count on Venus to come out of your reserve.

Single: you are ready to embark on new adventures more serenely. Don't shy away from thinking about finding that special someone.

Money

ARIES: MONEY FOR FEBRUARY 2023

You are not afraid of anything, but make sure you target your actions and refine your angles of attack. It's a strategy that will pay off in the end.

Work

ARIES: WORK FOR FEBRUARY 2023

Mercury is stirring up new projects and allowing you to rally support for your exciting plans. Jupiter invites you to open up new fields of action, an ideal cocktail to launch a new expansion cycle.



TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR FEBRUARY 2023

Favour a reflective approach to events and analyze your unconscious emotions to invest yourself in an enterprise. This path opens up and mobilizes your attention and your vital forces.

Love

TAURUS: LOVE FOR FEBRUARY 2023

With tender plans in mind, do not rush into anything. This option is reinforced by the presence of Jupiter, which invites you to carefully prepare for the future.

In a Relationship, you are projecting yourself toward a better future and rallying the votes around these engaging perspectives. Take the necessary distance to evaluate the solidity of your plans.

Single: You yearn to connect with others, find your soul mate, and see a bright future. Make sure your choices are in line with what your heart desires.

Money

TAURUS: MONEY FOR FEBRUARY 2023

If you have defended your interests tooth and nail in January, you remain ready to negotiate with your hierarchy. There is no question of letting your guard down but consolidating your gains.

Work

TAURUS: WORK FOR FEBRUARY 2023

Jupiter encourages the necessary fine-tuning. It invites you to launch a new cycle of expansion. Be bold in some of the preparations you need to make to get off to a flying start as your prospects become clearer.

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HOROSCOPES FEBRUARY 2023



GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR FEBRUARY 2023

Well surrounded and supported by events, you spread your wings without anyone coming to bother you. Your prospects delight you, and those close to you support you. This optimism is supported by a rather enthusiastic economic climate.

Love

GEMINI: LOVE FOR FEBRUARY 2023

You start the month more inclined to make a good impression on the world than to make tender plans. Whether with your soul mate or your friends, you make plans and only envisage the future with those you love.

In a Relationship, the situation favours your prospects and guarantees you the support of your loved one. This is the moment to finalize a project you have imagined together that fulfills your wishes.

Single: your friends and family are involved in a project that is important to you. You are in your usual circles and have a nice meeting there, which may be confirmed.

Money

GEMINI: MONEY FOR FEBRUARY 2023

If you want to bring projects to fruition that require funds, you will find them easily. Jupiter assures you of the support of your followers and people interested in your ideas.

Work

GEMINI: WORK FOR FEBRUARY 2023

Jupiter supports any initiative designed to open up the future as you had hoped. Stay alert to opportunities that allow you to evolve. And if you're already on your way, take advantage of a supportive environment to push your limits, accelerate the movement and put your destiny on the right track.

CANCER – (June 20 – July 21)

CANCER: MOOD FOR FEBRUARY 2023

This is an opportunity for you to stand out from the crowd and for others to enjoy your friendly company. This is an opportunity to stand out from the crowd and for others to appreciate your kind company.

Love

CANCER: LOVE FOR FEBRUARY 2023

You feel more concerned with your social ascension than your sentimental life, temporarily relegated to the background. However, you use your undeniable charm to influence events and make yourself appreciated in high places.

In a Relationship, of years, you mobilize to achieve your professional ambitions and have little time to give to yours. No problem if you explain to them that you are deserting for a good cause.

Single: unless you meet your soul mate in the maze of your business, you have little time to seduce. For the moment, you are mainly focused on your business.

Money

CANCER: MONEY FOR FEBRUARY 2023

This is the time to showcase your talents. Take advantage of favourable negotiations to make the most of your situation.

Work

CANCER: WORK FOR FEBRUARY 2023

Jupiter favours your social expansion. Whether you've landed a new job or are awaiting a commitment or a promotion, this giant planet is working for your expansion. Rely on your strategic and negotiating skills to finalize a good agreement.

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HOROSCOPES FEBRUARY 2023



LEO – (July 22 – August 21)

LEO: MOOD FOR FEBRUARY 2023

Boosted by a dynamic astral conjuncture, you do not hesitate to undertake: your exchanges with the people around you meet your expectations. Take advantage of this favourable climate for your expansion to fill up with optimism and rally the votes around your positive vision of the world.

Love

LEO: LOVE FOR FEBRUARY 2023

Magnetic and eager for pleasure at the beginning of the month, you want to experience stories that elevate you. You are not content with little. You want to evolve your current relationships or contract one that inspires you.

In a Relationship,: if Venus reinforces your sensual appetites, count on the delicious planet to exalt your desire to give meaning to the relationship. You will no longer be able to purr but will do everything you can to elevate the debate.

Single: Venus exalts your senses and reinforces the need to live a vibrant story. There is no question of settling for an ordinary relationship. Still, you should start looking for someone who will raise your standards.

Money

LEO: MONEY FOR FEBRUARY 2023

If you need to, you have the necessary arguments to convince your interlocutors to follow you. If you have to negotiate, start the discussion.

Work

LEO: WORK FOR FEBRUARY 2023

Count on Jupiter to affirm or concretize your ambitions. You aspire to push back your limits and the boundaries of what is possible. This is the time to aim high. To convince your partners and associates, engage in discussions.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR FEBRUARY 2023

You will collaborate with those around you who are sensitive to your efforts to get the job done and manage your daily routine at home. Your goodwill allows you to strengthen your social and sentimental credentials and gently accompany the coming changes.

Love

VIRGO: LOVE FOR FEBRUARY 2023

Until the 4th, Venus favours complicit links and tender closeness. You have someone in mind or want to strengthen your current relationship. In that case, you can use the beginning of the month to prove your affection to the other person. At the end of the month, magnetic and sensual, you have excellent assets to make the relationship evolve in the right direction.

In a Relationship,: nothing disturbs your happiness. Attentive to your partner, you have the opportunity to transform things gently through dialogue.

Single: show that you can be counted on and are not a champion of self-centeredness. Count also on an exalted sensuality to concretize.

Money

VIRGO: MONEY FOR FEBRUARY 2023

If you are waiting for an inheritance, an annuity, or a bonus, rely on your willingness to serve others as well as your own interests. You can win your case.

Work

VIRGO: WORK FOR FEBRUARY 2023

You will be diligent and efficient in doing your part to make a difference in the company, an active participation that is appreciated. You will listen to your colleagues and contacts and maintain a productive dialogue.

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HOROSCOPES FEBRUARY 2023



LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR FEBRUARY 2023

Carried by fluid energies, you take advantage of this opportunity to share your vision of the world with those you love. You change things in the most harmonious way possible between you and those around you. Your ego will be satisfied, and your influence will grow.

Love

LIBRA: LOVE FOR FEBRUARY 2023

Count on Mercury to charm the other. You attract attention, and Venus reinforces this pleasant trend. You don't hesitate to take a much-appreciated step toward the other person to close ranks with the one you love or to seduce someone you like.

In a Relationship,: the conjuncture is ideal for renewing with your partner through a collaborative dialogue. Use your radiance to dazzle them and your stamina to convince them to adhere to your projects.

Single: You have excellent assets to consolidate a budding encounter. You are on the same wavelength as the other.

Money

LIBRA: MONEY FOR FEBRUARY 2023

This is an excellent time to rally support and solicit your contacts so that they will support your proposals and finance your projects. You present things in their best light.

Work

LIBRA: WORK FOR FEBRUARY 2023

Count on your exalted creativity to seduce your collaborators and the hierarchy who appreciate your proposals. You convince them to follow you and support your inspired ideas. You work with speed in the service of the community and make the company benefit from your lights.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR FEBRUARY 2023

Well surrounded, you appreciate the atmosphere which oscillates between pleasant moments with your family and professional activity in a benevolent climate. Take advantage of this to recharge your batteries both physically and mentally.

Love

SCORPIO: LOVE FOR FEBRUARY 2023

At the beginning of the month, you can count on your charm to attract attention. In that case, Venus invites you to be concerned about the community rather than seducing. You must find a way to live in harmony with those you love in a pleasant environment.

In a Relationship,: your quest for well-being is a priority. You exchange a lot on the subject with close relations who appreciate that you care about them.

Single: debates are open in the family and concern your need to live in harmony with those around you. You keep the peace.

Money

SCORPIO: MONEY FOR FEBRUARY 2023

Jupiter protects your career, and you benefit financially. You go with the flow, not necessarily to accumulate wealth.

Work

SCORPIO: WORK FOR FEBRUARY 2023

Jupiter provides you with opportunities to rise socially. You don't get the job of a lifetime. In that case, you will advance, get a promotion, raise, or move into a dynamic environment. You put in a lot of effort to serve the company's interests.

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HOROSCOPES FEBRUARY 2023



SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: MOOD FOR FEBRUARY 2023

Jupiter reinforces your creative energy and your desire to be recognized. Venus takes over and invites you to shine and seduce. What more could you ask for?

Love

SAGITTARIUS: LOVE FOR FEBRUARY 2023

You are mobilized, so everyone evolves in a climate of family harmony, and Jupiter reinforces your personal radiance. You seduce whoever you please, or you touch your partner's sensuality. Take advantage of this favourable situation to establish a dialogue with your partner.

In a Relationship,: an ideal period to rekindle the flame, organize escapades for two, and renew with a beautiful sentimental and sensual intensity. The climate favours dialogue and perfect harmony.

Single: this is the time to deploy your assets to find your soul mate. You won't go unnoticed and can count on your magnetism to hit the bull's eye.

Money

SAGITTARIUS: MONEY FOR FEBRUARY 2023

If you shine at work and show what you can do, they will want to keep you on the team or even give your career path a boost.

Work

SAGITTARIUS: WORK FOR FEBRUARY 2023

Jupiter exalts your desire for love. Count on him to boost your creativity and your audacity. You will attract attention to your work and benefit from an aura that will bring you much success. Take advantage of these excellent dispositions to impress the gallery.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR FEBRUARY 2023

The conjuncture favours your personal and private fulfillment. Jupiter reinforces your exchanges within the family. You can count on Venus to create a warm atmosphere that will make you happy and smile.

Love

CAPRICORN: LOVE FOR FEBRUARY 2023

You take good care of your family and private life. Your priority is to improve the environment in which you evolve and where you want to invest. Others want to start or expand a family.

In a Relationship,: Jupiter invites you to improve your living conditions and those of your loved ones. If you buy a property or move, your objective is to offer your loved ones a living environment that meets their expectations and yours.

Single: If you want to settle down where you can blossom, start a home or close ranks with your family, you will benefit from an ideal situation.

Money

CAPRICORN: MONEY FOR FEBRUARY 2023

If you need funds to finance a project, there is no shortage of them and if you ask for help, ask a bank for a loan, chances are you will be granted it.

Work

CAPRICORN: WORK FOR FEBRUARY 2023

You'll devote yourself to building a cozy nest to settle the family. Rely on favoured communication to intervene gently but effectively in business. If you run your own business, invest.

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HOROSCOPES FEBRUARY 2023



AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR FEBRUARY 2023

Your good humour is contagious, and you spend the month surrounded by those who want you as a friend, business partner or parent.

Love

AQUARIUS: LOVE FOR FEBRUARY 2023

Your verve works wonders, you attract attention, and you meet exciting people. Nobody is insensitive to your charm.

In a Relationship,: voluble, brilliant and infinitely charming, you will bewitch your entourage and get your messages across without raising any controversy. This is an ideal month to close ranks with your family or to meet new people.

Single: use your communication skills to convince those around you that your vision of the world is worth accepting. You broaden your horizons and bewitch whoever you want.

Money

AQUARIUS: MONEY FOR FEBRUARY 2023

Don't miss the opportunity to make the most of your talents and take advantage of them. Venus reinforces your appetites, and the Sun invites you to claim recognition for your merits.

Work

AQUARIUS: WORK FOR FEBRUARY 2023

This is an excellent month to make a good impression. You lack the talent to develop arguments likely to impress your interlocutors, and you can count on your charisma to reinforce your popularity. Take advantage of this to widen your usual circles and make new allies.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR FEBRUARY 2023

The economic climate is in your favour and gives you energy. Whether in love or in business, the way is clear. Take it with enthusiasm and greed to satisfy your desires.

Love

PISCES: LOVE FOR FEBRUARY 2023

Venus exalts your charisma. Count on it to exalt your appetites. Eager for gratification and pleasure, you will benefit from Jupiter's support to prepare the ground for celebrations and sow a few opportunities to rejoice and enjoy life to the fullest.

In a Relationship,: all the assets are gathered to devour life fully. Jupiter gives you the means to do so, and Venus boosts your desire to have a good time.

Single: you have ideal conditions to try your luck in love and elsewhere. Jupiter reinforces your income and your greed, and Venus endows you with sensuality on the edge of your skin, so you can have a good time.

Money

PISCES: MONEY FOR FEBRUARY 2023

Jupiter protects your assets and increases your chance of profit. This is the time to ask for a raise or a promotion or invest or spend your money wisely.

Work

PISCES: WORK FOR FEBRUARY 2023

Put your best foot forward to develop your potential and to express your right to financial recognition for your achievements. The Sun assures you of a quantified reward for your merits.



Dr Joe Dispenza

ROMANCING THE FUTURE

...continued from page 8

ent moment. That why we have to practice feeling the emotions of the life we're creating every day - instead of practicing the familiar, habitual feelings connected to our past.

SUSPENDING DISBELIEF

Now, in the 5-D world - in the quantum field - we're creating from source. Think of source energy as pure love. It's oneness; it's wholeness. There's no separation or lack. There's no duality.

In the 5-D world, everything is connected. Every thought is connected to every other possible thought - and every thought has a frequency. That means the thought of what we're creating actually produces the immediate experience of having it.

Why? Because when we feel the frequency of that thought, it means we're experiencing the event before it happens.

In other words, since the end-product of our experience in 3-D reality is the emotion, when we can experience the feeling of the frequency in the 5-D world before the event, then the emotion (or energy) actually creates that experience.

To get there, though, we have to suspend our disbelief and overcome the hypnosis of our conditioning.

ULTIMATE SURRENDER; UNLIMITED POSSIBILITY

It's an incredible process of surrender. Of trusting. Of knowing. It's an uncompromising process of removing doubt. It makes sense that we only doubt our new future when we feel connected to the familiar emotions of the past. If, instead, we feel the emotions of the future every day, we'll feel connected to that future - and it will be easier to believe in it more.


And that's the feedback we're getting from people who are so moved by "Love the Life You Love." That's what I've seen in more and more testimonials from students at our retreats. They get to a point where they just stop doubting. And when they stop doubting, and start believing in their new life, they start behaving as if it's possible - and they ultimately become it.

Bonding to that future - romancing that future - is so much better than the habit of romancing the past. Our romance with the past is just a way to reaffirm the known. Because our emotions are our energy - and our default is to slip back to familiar feelings and create more of the same. The same personality is the same personal reality.

To romance the future goes against everything we've learned in our 3-D world. We must break the habit of creating matter-to-matter - which we've done our whole lives - to allow something greater to occur. And that takes constant practice. It's taking that leap into the unlimited possibility of creating from source. Of creating from pure love. Of falling in love with life ... before it happens.

This is a process in which we have to be kind to ourselves. Be patient with ourselves. Be loving to ourselves. And learn how to trust in the unknown.

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Esther Hicks

ABRAHAM HICKS

...continued from page 35...

But what we really want to talk about is emotions, what we really want to talk about - the only thing that we really want to talk about - is you and You. And we want you and You to be blended together so much more of the time that you're knowing your power and you're feeling your bliss and you're living happily ever after. But humans, you keep wanting to decipher everything and understand everything. And the more complicated it gets, then usually the less easy it is to apply.

STEP 4 AND MORE

QUESTION: OK. So, I have one more thing I just want to wrap up with. So, about a year ago, there was a moment when I would say I was very lucid with a thought with my Inner Being - I just wonder if you can confirm that or not.

ABRAHAM: Well, we don't want you to need confirmation from us - that's really the point of all of this. Yes, but we don't want you to need an answer from us. You have to play around with it to even know if you've quieted your mind. And then you have to play around with it a little more until you can actually feel an elevation of your emotions. And then you have to receive an impulse, and it has to feel like something you really want to do for any of this to even make any sense. And then you follow the impulse out to see the power of it.

Esther was daydreaming about something the other day for the bliss of it, not for the making something happen; for the sheer bliss of it. And that's really the reason we want you to do it, for the bliss of the moment, not because it's productive. But it is productive, but we want you to do it for the bliss of it, not because it's productive. But it is really productive. But we don't want you to do it because it's productive, because if you do it because it's productive, then you don't do the bliss, then you get in that efforting thing.

And so, within about twelve hours, so many things had come into her experience - things had turned to thoughts and impulses, the vibration had turned to thoughts and the thoughts had turned to impulses, but then she started finding things. She sat on an airplane with people who are a piece of what this dream is and

she knows it; she knows it as soon as she began visiting with them. She knows it from the things that they were talking about and from the things that they showed her of their talents on their **iPad**. In other words, there's no question in her mind.

And then, once she landed, she's at home, sort of sorting through a stack of things that were on her desk that had been there for quite a long time because she's been on a cruise, and then she went to **Asheville**, and then she did this, and then she did this, so she had some stuff piled up. Some of it had been there for a few months - it was a sort of selected pile of stuff that she had sifted and thought she'd get back to it later. And as she reached in it, there were three things in that pile that were directly related to this daydream she's been dreaming. Now, that's not meaningful to you, but it is meaningful to **Esther**.

And this is what we're getting at with you, that once you take effort out of the equation, which means you don't try to make it happen, you let it happen. - you don't try to think the thought, you receive the thought - that really is what **Step 4** is; Step 4 is being the master at that.

Step 1 is you ask, and you're usually not in such a good place when you do it.

Step 2 is Source answers and gets your Vortex all going, and the cooperative components get gathered.

Step 3 is what we've been talking about - you meditate, you allow your vibration to rise, and you receive an impulse.

Step 4 is you get really, really, really, really, really, really good at that. You're so good at it that you can do it at will. You're so good at it that you know when you're doing it and you know when you're not doing it. You're so good at it that you don't mind when you're not doing it because you can do it anytime you want.

And then **Step 5** is you've been doing that and you're really good at it - we've called you a master. With **Step 4** you've mastered it, mastered it, mastered it, and **Step 5** is now contrast has come into your experience again, and you are so happy for the contrast because you understand how it all fits together - you're no longer mad at yourself for negative emotion, and instead, you understand that negative emotion is an indication of a productive moment; it's an indication of a strong asking, it's an indication of **Vortex** building, it's an indication of clarification happening. And you also know that the negative emotion will pass, and that you will not hold yourself in that place. Now you know that maybe more clearly than you have before. Enough?

QUESTION: Enough. Thank you.



BRAIN CHANTS

...continued from page 14

Andrea, Publisher, writes: As I was choosing photos for this issue, there were so many good ones, and I asked her for the backstories on the ones shown here. GREAT backstories! **Laura Sue** writes:



BACKSTORY:

Airport Paradise - I have played as part of the **Terminal Tunes** program at **Fort Lauderdale-Hollywood Airport** for eight years, until the program's suspension at the beginning of the pandemic.

I spend a lot of time while playing there watching people and my surroundings. In this one particular spot where I have often performed, right across from me was that poster.

So I have spent quite a few hours staring at it, and took a number of selfies in front of it - I have always felt it was a great reminder to myself that I have much to be grateful for in my life, if I just look for things.

Side note: This terminal, Terminal 2, is where the most recent airport shooting was in 2017, though it was downstairs from where we perform, and luckily not a day when I or any of the other musicians were there. But I am often mindful when playing at the airport about the deep losses that have occurred there, and we also get to see a lot of daily trauma and upset just in the course of our musical duties.

As I play, I do my best to provide comfort and support for the travelers, especially young children who we see there often, and for staff and law enforcement personnel, all of who often share with us how much our music helps them through a stressful day and trip! When I

play there, I am often thinking consciously about providing vibrational healing and creating peace through my music, as well as sending music out in honor of souls who have passed at times of great loss, including this shooting as well as many other world events etc.

BACKSTORY:



This image is me playing in **Ingrid Pastorius'** absolutely gorgeous garden at her home, after she passed unexpectedly on 11/29/2011. **Ingrid** was married to the world famous iconic bass player **Jaco Pastorius**, and they had two children, who have grown up to be incredible musicians in their own right. After **Jaco's** tragic death in 1987, **Ingrid** did a lot to honor and maintain his incredible legacy, and she passed a few days

before the annual **Jaco Birthday party** held every year in **South Florida on Dec. 1**, which she was organizing. So that year the event became a memorial and tribute to both **Jaco and Ingrid**, as we all attempted to cope with the shock and grief of her sudden passing. I had only become friends with her relatively recently, and was so sad (still am) not to have the opportunity to get to know her better. She was SO incredibly warm and supportive to me and my music!

I indirectly heard about the memorial gathering at **Ingrid's** home and garden and boldly decided to go, even though I had not been directly invited, and I felt strongly I should bring my flute, even though I felt nervous about doing so. Once I got there, my friend **Holly Spillane**, who was related to **Ingrid** and I think was who had first introduced me to her, invited me to play in **Ingrid's** garden. So I just played and played for hours, letting my spirit and love pour forth through my flute, contemplating the beautiful flowers and spiritual art objects **Ingrid** had placed in her special sanctuary while I played. Throughout the day, people came up to compliment my music and introduce themselves - a wide range of **Ingrid's** friends, relatives and musicians, from all over the country.

It was one of those experiences that's difficult to put into words.... but very much aligned with my calling to

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Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 15

PURPOSE OF LIFE

Firstly, we need to be grateful for what we already have. Every morning when rising think, or preferably write down, at least 9 things that we are grateful for. Whatever thought we project outward returns to us. The more grateful we are the more we get things to be grateful for.

Secondly, we need to become mindful. Our mind is constantly talking to us. Half the time we are not even aware of what it is doing. This self-talk reflects the energies that we have suppressed in the subconscious mind. Clearing the conscious, subconscious, and unconscious mind of negative energies is very important because it is those energies that do not allow us to fulfill our purpose. When we become aware of our thoughts through mindfulness, we start having control over that negative self-talk.

A good mindfulness practice is while showering in the morning. Just become totally aware of the moment. Feel the water caressing the body and be grateful for hot and running water. Wash the body differently than usual and feel the difference. Also notice how the mind wants to run away. When finished dry yourself carefully and mindfully. Leave the bathroom in a better condition for the next person; even if it just for you.

Thirdly we need to examine if our life is really the one we wish to live by. Has it been superimposed upon us through religion, family or culture? If it resonates, that is fine. But through guilt and coercion we have taken on duties that may not. We need to release things in our life that bind us and hinder our purpose. This must be done with love. Every thought and every action is nothing but an energy. What we have done or how we think has served us in some manner.

When we wish to release our discordant energies, we first must identify them, then thank them for their service, and ask them to move on to the light. All energies want to be free, but we need to release them with love. Since all this work is in our mind, we have the power and resources to accomplish anything we set out to do.

Fourthly we need to come from a center of caring and wanting to improve the world. Before coming to earth, we chose our purpose and therefore we have all the resources needed in our sacred mind. To access the sacred mind requires that we have at least made some effort to open our heart to the threefold flame of divine will, divine love, divine wisdom. Our purpose in life flows from us through intuition, not only through knowledge. It feels as if it is natural. We must stop looking for validation outside of us. We have everything inside of us necessary for spiritual awareness, happiness and abundance. Our I am presence, our individualized God consciousness, our soul is stored in our sacred heart. We might not be able to open our heart due to our emotional feelings that we have projected out into the world. Ironically our desires, our loves, hates and attachments we created to satisfy that longing to come back to the heart and our true self.

Lastly, we need to uncover our latent abilities within us. We need to cross the boundaries of discrimination, dis-empowerment and limitations. Each one of us has the ability to contribute something unique for humanity and the earth. Now is the most important time when the planet is on an ascension process. Each of us needs to assist by removing the collective consciousness belief patterns of fears, shame, unworthiness, guilt and impoverishment. We can do that through our own development and tapping into our soul's purpose. Once we do, the universe will conspire to assist. Believe the possibility! Believe in Yourself!

“We must be willing to let go of the life we planned so as to have the life that is waiting for us.” Joseph Campbell

Andrea/Publisher writes: I subscribe to the [Yogashakti Yoga Center YouTube channel](#), it's a great addition to my morning practice. I met Mokshapriya at the Palm Bay ashram in the 90's. Like her predecessor my beloved Ma Yogashakti, she exudes very definite, palpable energy. Her vids educate, comfort and inspire me. You can watch the [Yogashakti Yoga Center YouTube channel](#) at https://www.youtube.com/watch?v=w_LJwgiYI00



Mitch Ditkoff

CONNECTING THE DOTS

...continued from page 12

can agree on. But when the dots are not numbered and the dot connectors (that's us, folks) realize we have a choice about how we connect the dots and whether to make the lines wiggly, wavy, bold, invisible, or straight, a very different picture emerges and a very different story gets told.

The simplest example of this is a husband and wife arguing. While the same dots may be marked on the paper (or in the sky), the way in which the husband and wife connect the dots is very different, resulting in two very different and, often, conflicting stories. He sees it one way. She sees it the other. The result? The plot of many a modern day sitcom and a 50% divorce rate.

This phenomenon plays out on many other stages, as well. The **Israelis**, for example, connect the dots differently than the **Palestinians**. **Virgos connect** the dots differently than **Leos**. And the **Native Americans** connect the dots differently than **America's Founding Fathers**.

Psychologists attribute our dot connecting behavior to a cognitive principle they have reduced to three words: **Motivation affects perception.** In other words, we see, they say, what we are primed to see, filtered through our need or desire of the moment -- a phenomenon which Eastern pundits have translated in their own, more metaphorical way, "When a pickpocket meets a saint, all he sees are pockets."

Done well, storytelling is a force for good, an extraordinary way to energize, inspire, and transmit wisdom.

Abused, storytelling has an entirely different result. Con artists, for example, tell believable stories, but only with the intention to deceive. The same holds true for corrupt politicians, spin doctors, cheating spouses, warmongers, the sensationalist media, gossipers, most of the advertising world, and anyone else attempting to bend the truth for their own personal gain.

The fact that human beings are story-making machines is undebatable. From the first Paleolithic cave paintings to the latest Hollywood blockbuster, that's what we do.

What's up for grabs is this: the kind of stories we choose to tell.

NOTE: I wrote this in 2015. It was supposed to be included in my book **Storytelling at Work**. It wasn't. Why? I forgot I'd written it. D'oh! I just rediscovered it 10 minutes ago.

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12:30 pm Buddha Talks.
7:00 pm Evening Chant, Meditation

All times are subject to change
Call Temple at 321-255-1465



Jim Egan

STORIES THAT BEND REALITY

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When they were seated and looking over the menu, the man observed, "You must be an explorer of Chinatown, like me, to have found that obscure restaurant"

"Yes the hunt is as good as the food."

He smiled weakly, "Three months ago my hunt brought me there, you have been inside, it is not your ordinary restaurant."

"Yes I remember, instead of tables all lined up tightly, every table seemed to be in its own alcove, it was as if you were dining alone but you could see waiters flying past, loaded with food and hear muffled commotions but never see another customer."

"And the manager," the sad man added, "dressed in long traditional robes like some mandarin official, he gave me a ceremonious bow and asked if I had a reservation. I looked at the empty restaurant and back at him a little puzzled I was being asked."

"I think I can squeeze you in this one time," he said scanning what appeared to be an empty reservation list. "How many in your party?"

"Just me."

"Smoking or non smoking?"

"Non-smoking," I said.

"Vegetarian or non-vegetarian?"

"Non"

"Do you prefer Mandarin or Cantonese styles?"

"Both" I said starting to get impatient at the endless questioning.

"Do you prefer to sit by a wall or a window?" There were no visible windows in the place.

"Anywhere is fine, I am hungry, how about right here?" All the tables were empty but they all had reserved signs on them.

"I am sorry sir that table is reserved. If you had made a reservation, we could seat you right away. He walked over to an alcove where a waiter appeared from behind a mirrored wall. They had a spirited exchange in Chinese.

"This way sir," the waiter pointed. I headed for him and almost ran into another mirrored wall. "This way sir" he said from behind me. There were so many mirrored walls it was like a fun house. He took me through a passageway that jogged left and right, you could see in the mirrors the reflection of elaborately decorated tables overloaded with extravagant food. Before you could turn to see them directly you'd be jogged around another bend.

We passed by an alcove with an empty table filled with the half eaten remains of a feast. Dishes were piled high with the most delicious looking meals sculpted to resemble swans and pheasants. I was excited to see what they would have in store for me. The waiter sat me at a very plain table and handed me a menu with only standard Chinese dishes. Just then a waiter passed by pushing a cart laden with Peking Duck and some elaborate noodle dishes.

"I'll have what they're having," I told the waiter.

"All out" he said, never even glancing at the cart passing by.

"Well then the closest dishes you have then." I told him. He scribbled a few characters on his pad and rushed off. I must have been seated near the kitchen because every five minutes another waiter would push some delicious banquet past my table and delicate flavor would linger in the air and make my stomach growl.

My waiter returned with a cart and unceremoniously dropped a plain dish of chicken fried rice and some pasty noodles.

"Is this the closest you have to those elaborate dishes?" I asked stunned.

"This is the best we can do for non-smoking, non-vegetarian, no window-seating sir." He rushed off.

I ate the meal in silence. Very bland. Out of the corner of my eye, I keep seeing a flash of red. I turn to look and it is the reflection of a slim, long black-haired woman, but I can only see her from the back. There are so many mirrors, I think I am seeing the reflection of her reflection. I try to shift left and right but can't get a better look and can't tell where the reflection is actually coming from. The waiter appeared when I was finished eating and took the plates leaving a bill completely in Chinese.

"Any fortune cookies?" I asked.

"No cookies, just fortune," he said, "Sun Ming, Sun Ming, fortune please." He disappeared around a corner. I could see a reflection of a beautiful young woman in a long silk dress slit up her thigh, maybe it was the light but she looked like she gave me a shy smile under long eyelashes. Just then she must have turned a corner and her reflection vanished. I crannied my neck to try to catch the reflection again, when I turned

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Jim Egan

STORIES THAT BEND REALITY

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back I was startled to see a grizzled old man in a filthy apron. The little man stuck his face very close to mine. "Surprises await you." He turned as if to leave and then turned back again, "Buy the Australian Gold stocks, Buddha brings much abundance. Pick the apple that smiles back" And hobbled off without another word.

I picked up the bill and tried to find my way back to the manager. Every turn I made I bumped into a waiter who pointed me in a different direction. Sometimes I would see the reflection of a red dress only to find another waiter around the bend. Twenty turns later I was back at the entrance to the restaurant. The manager took my bill and credit card and I decided I would never go back again. The sad man breathed a heavy sigh.

"And then..." the **Man with the Ladder** prodded

"Who says there was an "and then"? he said looking at me suspiciously.

"Even a five year old knows there is always an "And then"

He just shrugged, "And then for the heck of it I invested in the Gold stocks and made fifty grand in a month."

"I had to go back, it was a lucky charm for me. This time I tried to make reservations, I can't find this restaurant listed anywhere. I just show up no reservations and get the same questions. I answer all the questions opposite to see if I get a better result. They give me the same waiter. He rushes me by all the lushly laden tables and is about to sit me at the same plain table when he looks down at his watch, "My shift over, I give you another waiter." He ushers me around another bend to a large table with beautiful rosewood chairs and disappears. There is no menu but a rice paper scroll is open on the table filled with gold Chinese characters. I think this must be the VIP menu. I study it but cannot figure out anything. Another waiter appears he quickly snatches the rice paper menu off the table and hands me the same laminated standard menu. I'll have something from the other menu I plead.

"All finished" He tells me. Just as he brings out a plate of chicken fried rice, I see the woman in red. She is serving a table in the next alcove. I see mostly her reflection but every so often she steps far enough into the walkway to catch a glimpse. She is beautiful. I hear her soft laughter, it is like music. I don't know anything about her but her presence is so charming, so full of grace, a woman of lightness is the image that came to mind. I let my food

get cold, I watched every time she returned to check on her customers. I can't tell you what they looked like, I could not take my eyes off of her. I finally screwed my courage up and stepped out into the walkway but she was nowhere to be seen. I wandered the maze of the restaurant, getting directed twenty times back to my table but not catching another glimpse. This time I did not ask for a fortune, what good is a fortune when you have no princess to share it with. The old man came anyway, "The unbelievable occurs regularly," he said, "it's just that no one believes it."

I left hungry in more ways than one. Whenever I had free time I found myself lingering outside the restaurant hoping to see her go in or leave. I never did. Each day I ate there, I tried every answer to their questions, tried every effort to sit at another table but always ended up at the same table, never closer than a glimpsed reflection of the woman in red. Always served the same chicken fried rice. I tried coming with Chinese speaking friends, same result. In a dream I spoke with her and in that dream I knew that she was the one I had waited for all my life. I awoke still hearing her soft musical laughter and remembered that I had not even met her yet. I went to the restaurant that day and when that waiter was about to seat me at my usual table I handed him a twenty and sat in the alcove where I had last seen the woman in red. He smiled a sly smile and disappeared. The rice paper menu was on the table, I was still studying it when she softly glided over.

"It is you," she said. "I have seen your reflection many times but never before have you come to my table." She gave me a shy but knowing smile. We introduced ourselves and then she said, "Maybe the fates know when it is the right time to bring people together." She lightly touched my hand, "I am glad you persevered, that means a lot to me."

I thought I was dreaming again.

She pointed to the menu, "Do you know what you would like?"

I randomly pointed to one set of characters, she leaned over me to peer at it, her long hair brushing against my cheek. "Really?" she said, "You want the Golden Mao of Confucius? You know that is cat dish right?"

I grimaced and she laughed that musical laugh. "I believe I know what you desire, let me get it for you." I just nodded, all I desired was to be in her presence and hear that laugh, have those eyes smile at me and feel her light touch. She returned in no time pushing a cart filled with dishes created for the Emperor. She served each one to me and I begged her to sit and eat as well but mostly she cut my food and offered each bite to me. As she served me she explained how lovingly each dish was made, as if each bite, each taste of heaven was her gift to me at that moment and so it was.

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STORIES THAT BEND REALITY

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“Do you lavish all your customers with so much attention?” I asked.

Her eyes dropped low, “My customers are usually old fat men who look at me like I was a fish on their plate. Not like you look at me.”

“How do I look at you?” I asked.

Her cheeks blushed, “As if I was the one you were waiting for your whole life.”

Now I blushed, “What if I said you were right?”

She looked down shyly and shuffled out of the room.

My heart hit the floor, I was too forward, I had offended her in some way. The delicious food was paste in my mouth, I was about to get up and search the maze for her when she returned. She brought with her a little plate, I thought it might be the bill but it had something on it wrapped in rice paper.

“Open it,” she said, her eyes filled with softness. I did, it was a delicate bird carved from what looked like ivory.

“My mother told me I was a bird of light in a dark world but someday I would alight on someone who right away would make me feel safe.” She turned to go again and I lightly touched her arm, “When will I see you again?”

“You are welcome at my table any day.” She said, giving me a deep bow and then turning and shuffling away.

I sat there in the midst of my feast feeling more fed than I have ever felt. The grizzled old man in a filthy apron broke my trance. He placed the bill on the table and gave me a gentle smile. “Buddha say, the world is like a gleaming chariot, fools chase after it, but the wise are not attached to it.” He bowed and left.

The manager seemed surlier than ever but I could care less, I walked as if in a trance. My every moment rang with her laughter, I recalled over and over every word she said, every movement she made, and I felt I was the luckiest man on earth. I woke up the next day joyous, now she knew me, and now I would get to really know her. I rushed to the restaurant and there was the sign and the place was dark and no one has come or gone since. He sat very quiet for a moment. The **Man with the Ladder** frantically searched his repertoire of wisdom and stories looking for anything that might dull this man’s loss but nothing

seemed sufficient.

A waiter broke into their silence asking if they knew what they wanted. The **Man with the Ladder** wrote the only Chinese characters he knew on a piece of paper and handed it to the waiter.

“I have ordered for us both” he said.

The waiter stared at the paper for a while and disappeared.

After a long while the sad man finally spoke: “I never saw her again, I tried to trace her name, tried to find the owners of the restaurant, nothing, it is as if they never existed. Every night after work I return here to where I left my heart hoping for some sign that I might see her again.” He reached into his pocket and drew out a carefully folded piece of paper. He unwrapped a beautiful bird made of ivory. “This is the only evidence I have that she ever existed, and you are one of the few people who can vouch that crazy restaurant even existed.”

Just then two waiters pushed food carts up to their table, they were loaded with dishes that resembled phoenixes and dragons, pheasants and doves.

“I never got them to serve me from their VIP menu” the **Man with the Ladder** admitted, “but that didn’t stop me from copying down the Chinese Characters!”

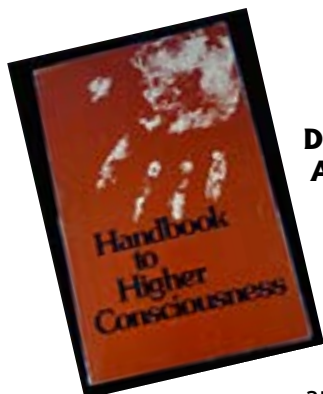
Through tearful eyes the man smiled. As they ate he explained how each dish was lovingly cooked but you could tell he was at that table with her, echoing the words he could hear in his head, he looked distant but content. When the waiter came with fortune cookies the **Man with the Ladder** scooped them up and acting as if he were reading the fortunes instead read to the man: “The man who has loved will never be alone, for he will carry those he loves in his heart until his dying day.” And for the second he read, “It is melancholy to wash the empty plates of a feast, but it must be done to prepare for the next feast.”

They parted as men who quietly knew each other’s hearts quite well. The sad man left with a copy of the characters for the magical meal and told him you know where you’ll find me if you are exploring this part of Chinatown. A few weeks later the **Man with the Ladder** did pass by the restaurant but did not see the sad man. Instead there was another sign pasted over the old sign announcing a reopening under new management. About a month later the **Man with the Ladder** stopped by the new restaurant and was greeted by the Manager in traditional robes. But it wasn’t the old manager, it was his friend who was no longer the sad man, he looked quite happy.

“What happened?” the **Man with the Ladder** asked incredulously.

“I decided to stop waiting and reopened the restaurant myself. I even serve the VIP menu thanks to you. Where-

KEN KEYES' HANDBOOK TO HIGHER CONSCIOUSNESS



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DISCOVERING MY CONSCIOUS-AWARENESS

10. I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to intuitively merge with everything around me.

11. I am constantly aware of which of the Seven Centers of Consciousness I am using, and I feel my energy, perceptiveness, love, and inner peace growing as I open all of the Centers of Consciousness.

12. I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birth-right to the higher consciousness planes of unconditional love and oneness.

There are five stages in learning to use these Pathways. Each stage enables you to be progressively more aware of how these Pathways produce beautiful and sometimes “miraculous” changes in your life.

1. In the first stage, you are unaware of the Pathways. You are unconsciously playing out the drama of your life. You are going through your daily patterns of desiring and rejecting people and things in a mechanical and unconscious way.

2. In the second stage, when something happens or when someone says something that you don't like, you upset yourself even though you are aware of the **Twelve Pathways**. You are beginning to see how they can make your life work when you use them at the programming level where they will facilitate your interpretation of the here and now.

However, you are still susceptible to your old programming which makes you automatically angry if someone criticizes you or automatically afraid if someone triggers your security addictions. The great thing about this second stage is that you are becoming aware of the lower consciousness programming that you tend

to automatically run off, and [you realize that there is a programming that you can use to create continuous enjoyment and happiness in your life.](#)

3. In the third stage of learning to use the Pathways, you find that as soon as you are aware of any uncomfortable feelings, such as fear, anger, jealousy, grief, etc., you can pinpoint which of the Pathways you are violating. By thus engaging your rational mind and interpreting your experience by using a Pathway, you find that you progressively cut down on the period of unconsciousness in which you are a slave to your older, lower consciousness programming.

In the third stage it may take several hours for you to dispel the negative emotions you are experiencing, But you now begin to find that the amount of time that you are upset is being gradually reduced so that you experience negative emotions only for a period of minutes, or even seconds. You can still trigger negative emotional feelings, but you are getting free from them faster and faster.

4. In the fourth stage, you find that if someone does something you do not like, you may start to get angry, but at that same instant one or two Pathways flash into your consciousness. These give you an insight which does not allow the anger response to develop. You experience an increasing freedom. Your ability to love, accept, and interact flowingly with other people increases enormously.

5. At the fifth stage, you have eliminated all of the lower consciousness programming which triggered your negative emotional responses. You simply respond to whatever is happening here and now by using one of the Pathways (either consciously or unconsciously) in interpreting what is happening.

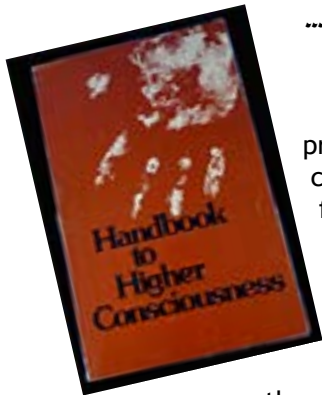
You may be aware that you used to get angry or jealous in this type of situation, but the feeling of anger or jealousy is no longer triggered. You realize that you are the master of your mind, for you have determined the programming with which you want your mind to operate.

This is one of the most fulfilling things that you can do.

As soon as you begin to use the **Twelve Pathways** in your everyday life situations, you will find that your life takes on a beautiful new dimension. Things that were

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KEN KEYES' HANDBOOK TO HIGHER CONSCIOUSNESS



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previously nagging problems now become vital experiences that you confidently use in the important job of reprogramming your biocomputer.

You are beginning to realize that everything that happens to you is really perfect, for you experience either happiness -- because it fits

the patterns of the programming of your biocomputer -- or you experience the beginning of a negative emotion which is giving you a welcomed opportunity to work on reprogramming your biocomputer so that you will not have this problem in the future.

The Seven Centers of Consciousness will help you if you will learn the seven-point scale so thoroughly that you will feel (without necessarily analyzing it) which Center of Consciousness your biocomputer is operating on at each moment.

Here is detailed descriptions of each Center of Consciousness.

THE SEVEN CENTERS OF CONSCIOUSNESS

1. THE SECURITY CENTER

This Center makes you preoccupied with food, shelter, or whatever you equate with your personal security. This programming forces your consciousness to be dominated by your continuous battle to get "enough" from the world in order to feel secure.

2. THE SENSATION CENTER

This Center is concerned with finding happiness in life by providing yourself with more and better pleasurable sensations and activities. For many people, sex is the most appealing of all sensations. Other addictive sensations may include the sound of music, the taste of food, etc.

3. THE POWER CENTER

When your consciousness is focused on this Center, you are concerned with dominating people and situations and increasing your prestige, wealth, and pride -- in addition to thousands of more subtle forms of hierarchy, manipulation, and control.



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4. THE LOVE CENTER

At this Center you are transcending subject-object relationships and are learning to see the world with the feelings and harmonies of flowing acceptance. You see yourself in everyone -- and everyone in yourself. You feel compassion for the suffering of those caught in the dramas of security, sensation, and power. You are beginning to love and accept everyone unconditionally -- even yourself.

5. THE CORNUCOPIA CENTER

When your consciousness is illuminated by this Center, you experience the friendliness of the world you are creating. You begin to realize that you've always lived in a perfect world. To the degree that you still have addictions, the perfection lies in giving you the experience you need to get free of your emotion-backed demands. As you reprogram your addictions, the perfection will be experienced as a continuous enjoyment of the here and now in your life. As you become more loving and accepting, the world becomes a "horn of plenty" that gives you more than you need to be happy.

6. THE CONSCIOUS-AWARENESS CENTER

It is liberating to have a Center from which your Conscious-awareness watches your body and mind perform on the lower five centers. This is a meta-center from which you non-judgmentally witness the drama of your body and mind. From this Center of Centers, you learn to impartially observe your social roles and life games from a place that is free from fear and vulnerability.

7. THE COSMIC CONSCIOUSNESS CENTER

When you live fully in the Sixth Center of Consciousness, you are ready to transcend self-awareness and become pure awareness. At this ultimate level, you are one with everything -- you are love, peace, energy, beauty, wisdom, clarity, effectiveness, and oneness.

BRAIN CHANTS

Unleashing Your Natural Happy Chemicals

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play music for people in times of grief and loss. I often play for hospice patients, funerals, memorials, it's a real calling and a divine assignment for me. But playing for a friend who has passed - that's a whole different level of challenge and significance. I'm so grateful I followed my inner urging to show up and offer my gift that day.

Before I left, I was invited to play a song at the **Birthday/Memorial for Jaco and Ingrid** the next evening, where I played my solo flute version of **Leonard Cohen's "Hallelujah,"** which I have played at many memorials for many people. It's a little different than the kind of intense high-level jazz, often **Jaco's** originals or songs written in tribute to him, that's usually played at these **Jaco birthday** events. I was nervous as heck about playing in front of all the very accomplished musicians there, but my music was well-received and very gratifying - musical healing for all of us who were present.

I found out later that **Ingrid's** home in Deerfield where I had played was the home **Jaco** had purchased for them with money he earned playing on a **Joni Mitchell** album - reference here, plus a lot more about **Ingrid**:
<https://jonimitchell.com/library/view.cfm?id=2452>



BACKSTORY: This picture taken by the great filmmaker, game creator, photographer, director, tech guy and many other creative skills **Robert Smith of Machine Kings Media.** He was filming **Jeff Green** and I in concert at **Novel Tea in Wilton Manors** during our **Tea and Coffee Mini Tour in Broward in Feb 2017,**

and this is a still from that session. **Jeff Green** is a dear friend and colleague, a superb guitarist and composer, a musical brother to me, who lives in **Milwaukee** and **Israel.** Here's a link to **Jeff Green's** music
<https://youtube.com/channel/UCtY68UXHC-0wOqZc1pXK9UFw>

Robert is a cool guy I met at an art opening gig at **Sailboat Bend Lofts in Fort Lauderdale,** he liked my music so much he hired me to play at his wedding, and we have been friends ever since. I also appeared as an extra in his horror movie (later released as an episodic video series) **"Its Voice."** **Robert's links:**

<https://www.facebook.com/Taskmasterpeace>

<https://www.facebook.com/MachinekingsMedia>



BACKSTORY:

This picture taken by the great **Amy Pasquantonio of Amatista Photo** [Amatistaphoto.com](http://amatistaphoto.com) when I was playing at **Arts Garage in Delray** with **The Quiet Villagers,** a lovely exotica group I played with for a couple years (hence the exotic garb.) Pic

was taken **February 28, 2105** on a very important, meaningful and difficult evening. Here's what I wrote at the time on **Facebook** about this: *"Thanks so much to **The Arts Garage** for having **The Quiet Villagers** play at their wonderful **Grunge and Glamour** event on **Saturday night!** Special thanks to **Alyona Aleksandra Ushe** and **Amy Pasquantonio** for inviting us to play and **Ben Smith** for all your production help with the event! It was difficult for me to face this gig the day after finding out about **Lisa Noodles Hayden's** passing, even though I had been really looking forward to playing at this wonderful venue. But my bandmates **Bonefish Johnny** and **Bob Taylor** were very solicitous of my well-being, and as soon as we arrived at the venue, **Amy** came right up and gave me a big hug and sweet words of condolence and thanks for being there. That really meant a lot to me and helped me! Of course once we started playing, I felt much better as the musical healing took effect. It turned out to be a wonderful, and very therapeutic evening for me. Everyone else seemed to enjoy it too :)*

For The Quiet Villagers music and videos:

<http://quietvillagers.com/>

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BRAIN CHANTS

Unleashing Your Natural Happy Chemicals

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Lisa Noodles Hayden was a well-known **Fort Lauderdale** musician and piano teacher, a real sparkle fairy, and a good friend to me and countless people all over the world. She disappeared in **January of 2015**. She had gone to a show with

friends, had gotten intoxicated, and several people tried to get her keys and prevent her from driving in that condition.

Somehow she slipped away, and disappeared. We all spent the next six weeks or so frantically looking for her all over the area. On **February 27**, her car was finally found in the **New River** in downtown **Fort Lauderdale**. Based on the evidence after she was found, she accidentally drove off an ungated boat ramp in the dark at **Cooley's Landing** near the club in downtown **Fort Lauderdale**. Although many of us had come to the conclusion that she was probably not going to be found alive, it was still utterly devastating when she was found. At least it seemed clear that some of the things we had feared (like someone else harming her) had not happened.

After this, a number of us organized ourselves, did a lot of research, and tried to get the **Fort Lauderdale Marine Advisory Board** to put a gate on that boat ramp, but they were unwilling to do so, instead choosing to post signs and install rumble strips and road markings that will do nothing to prevent anyone else from accidentally driving off that boat ramp. We learned that people accidentally driving off ungated boat ramps is a fairly widespread problem throughout **Florida**, and our friend was only one of many who have died in this preventable way. We still miss her enormously.

Here's a link to the presentation I gave to the **Marine Advisory Board**, which includes a lot of info about Noodles and what made her so special: <https://www.facebook.com/notes/10160437165889552/>

And yes, I played at **Lisa's** memorial too, a week later - another difficult to describe but incredibly special spiritual event - but that's a story for another time.

Here's a link to a **Sun-Sentinel** article about my extensive work playing in hospices and hospitals, including some wonderful pictures of me playing for hospice patients: https://journalstar.com/lifestyles/health-med-fit/flutist-shares-soothing-sound-with-hospice-patients/article_ac746808-ab2f-5c06-8266-a708ad2312a7.html

Google "Silver Nightingale" and hospice and flute and you may find a few other places. May well still be in the **Sun-Sentinel** paid archives!

If you're interested in hearing **Laura Sue's** music or seeing her play, here's where to find her:

UPCOMING PERFORMANCES:

Piper and Nightingale will present a program of all environmental music on **March 5, 2023 as part of Broward Sierra Club's early Earth Day event at Anne Kolb Nature Center. See their flyer on page 54.**

Free, family friendly, all are welcome. This will be an all-day event with lots of wonderful activities, so check here for the complete schedule of activities: <https://www.sierraclub.org/florida/broward>

Laura Sue, the Silver Nightingale will be playing at the **Spring into Spring Open House** at **Northwest Regional Library in Coral Springs** on **Tuesday, April 11, 2023 from 5:30-6:30 PM – Free**, family friendly, all are welcome.

My website is currently severely out of date due to the pandemic, but I generally announce upcoming performances here:

<https://www.facebook.com/The.Silver.Nightingale>

And my most current music can be found here:

Piper and Nightingale Playlist:

https://youtube.com/playlist?list=PL9twCwvF2s40aVgCv2Ht3k4K_EOkXhTQ3

Along with lots more here: Laura Sue, the Silver Nightingale playlist (solo things)

<https://youtube.com/playlist?list=PL1FB64E1494B6EB89>

Silver Nightingale and Friends

<https://youtube.com/playlist?list=PLD3530998F29963CF>

YouTube channel:

<https://www.youtube.com/TheSilverNightingale>

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**LIVE MUSIC
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There's something for everyone at this fun, free, educational and entertaining event!

Visitors can enjoy:

- Nature hikes, kayaking and a boat tour around the natural mangrove areas of the park.
- Live music.
- Food trucks.
- Art displays from our annual Youth Plastic Waste Art Contest, with judging and prizes announced on site.
- More than 14 exhibitors with hands-on activities and information about conservation and environmental efforts.
- Notable guest speakers presenting on topics about renewable energy, waste reduction and Florida's environmental challenges.
- ***Much, much more!***

Individuals with disabilities requiring accommodations in order to participate in programs, services, and activities must contact Broward Sierra Group at 954-328-9447 at least seven (7) business days prior to the scheduled meeting or event.



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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I PROGRAM MY SELF TALK TO ATTRACT OPPORTUNITY

Do you program your self talk? I do it to keep myself focused on goals and motivated on projects. When in my self talk I repeat thoughts of doubt often enough to invoke fear and worry, that's me putting a crimp in my connection (to Source Energy/God/The Universe.) I program my self talk to help me stay focused in areas I could use some focus and expansion. And the more I focus, the wider my eyes open and the wider my mind opens to encompass new ideas, possibilities and opportunities.

USING MY SELF TALK AS A REMINDER THAT I HAVE INNER GUIDANCE

When I use my self-talk to remind myself that I have access to inner guidance that can lead me in the right direction for all decisions, I become very powerful.

When I tell myself that, my mind starts looking for evidence of it and attracting guidance and inspiration to me. And unless I drown out that inner guidance by having my attention on say tv or radio or news reports, I'll be inspired to action that can change my world – right now, right where I am – for the better.

And if you spend 51% of your time looking all around you at everything that is going wrong with the world, and everyone that is pissing you off, you can't be attracting anything else. I only speak from experience and I've never found evidence anywhere to the contrary.

Just for one day cut the criticism and cut the pessimism and pretend that if you think of all the happy things that ever happened to you, you'll spend a few minutes vibing in a higher and happier place.

And those minutes will lead to more minutes of happier thoughts and you'll attract even more happier thoughts. Let THAT be your snowball for the morning and your world can change by tomorrow.

A SELF TALK SCRIPT I READ OVER WHEN I NEED REPLACEMENT THOUGHTS

This is one of the self talk scripts I read over to remind me of what I know. I read this whenever I am having continuing thoughts that I want to replace with better feeling thoughts. This is one set of replacement thoughts I use. I read it over to myself until I realize that what it says is true.

I know I am in charge of my own wellbeing.

I know that what comes to me is a result of how I think about life and how I react to it.

It helps me stay focused on the good that is happening in my Now if I do not watch the news or listen to other's people's complaints and worries and theories and opinions.

I know that I do not need to attract more good into my life, I merely need to release my resistance to the good that is already available to me.

I know that I release resistance whenever I do something that is purely fun and enjoyable to me, when I do something that makes me be in the Now, that lets me be happy and lose time in the doing of it. For me that can be gardening, sewing, sketching, painting, wood-working. Something that requires my complete and focused attention yet is fun and fulfilling.

I've found that nothing can help me release resistance more than driving somewhere new, visiting a new place and doing unfamiliar things.

I know that anytime I look for the positive aspects in any situation, I find them.

I know anytime I sit and make a list of the people I love and the things I appreciate, something in me switches on and I feel better.

I know when I feel better, I suddenly see all sorts of opportunity around me that I didn't notice before.

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Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

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When I see more opportunity available to me, I feel excited about the possibilities.

When I feel excited about the possibilities, Life expands around me and good things begin happening.

When I feel happy and excited, I know that's the time for effective creative visualization, and I begin running the best case scenario "what ifs" through my imagination.

When I begin to doubt, I simply repeat these thoughts.

SHALL I SPEND TIME REPROGRAMMING OR PLAYING?

I was doing a session with a friend the other day and the topic was *reprogramming her inner dialogue* - her self talk - to help her accomplish some goals she has set for herself.

She's a smart and successful person, and has just identified some habits she wants to change. She wasn't aware of it before, but every time a bill came in, one of her thoughts was, "I'll never get ahead at this rate."

Every time her kids asked for a loan, she thought, "I'll never get ahead at this rate." Every time she got an unexpected repair or medical bill (and she attracted a lot of them), she thought, "I'll never get ahead at this rate."

So we simply came up with a few lines of self talk that she would teach herself to repeat over and over each time the old thoughts of the old story came to mind. She'd carry these lines with her and read them often throughout the day.

As **Abraham-Hicks** says: As you imagine and visualize and verbalize your new story, in time you will believe the new story, and when that happens, the evidence will flow swiftly into your experience. A belief is only a thought you continue to think; and when your beliefs match your desires, then your desires must become your reality.

The Law of Attraction is responding to your thought, not to your current reality. When you change the thought, your reality must follow suit. If things are going well for you, then focusing upon what is happening now will cause the well-being to continue, but if there are things happening now that are not pleasing, you gotta find a way of taking your attention away from those unwanted things.

You have the ability to quickly change your patterns of thought, and eventually... your life experience.

So we began with a few simple sentences, knowing that we would find the right combination for her as we go along.

We began with, *"This bill tells me that money is in the flow again. Things always work out for me. Money comes to me from a variety of sources. I always have what I need in order to pay what needs to be paid. As I pay this bill, I am doing my part in keeping the flow coming to me. Paying this bill is my advance payment to the Universe for keeping me supplied with everything I need. So I see this bill as my invitation to the better life that I am always moving into, and I'm thrilled at the opportunity to pay it."*

What we're doing with the new sentences is giving her a bridging thought between her fearful thought (I'll never get ahead at this rate.) and the reality as she knows it to be. Reminding her of what she already knows. It may take her just a few hours or a few days to turn her thoughts around.

Or it may take years. It may take decades, if she just half heartedly reads her sentences now and again and doesn't really believe it as she reads it.

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Publisher

THOUGHTS ABOUT THINGS

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

I used to have a client named **Sharrie**. She would always tell me that affirmations didn't work for her, but she never gave them much time and she didn't really have an effective affirmation written in the first place.

Someone taught her about what they called affirmations and did not give her an effective technique for it; so forever after, she simply had the belief that affirmations don't work.

Sharrie and I worked together twice a month for almost a year. What we found was that when she did the work, when she kept her note with her and reread it every time the old thought came up, that she would find herself with fewer emergency bills and more income.

When she didn't work it, it didn't work for her. Even with the personal cheerleading twice a month from me, she couldn't make herself do it on a consistent basis. I couldn't in good conscience schedule future sessions with her. There are too many people who want to change and want to do the work. **Sharrie** will do it in her own time. She has some very powerful tools now.

Another thing **Sharrie** did was she kept forgetting the part about relaxing, letting go and having fun. She'd read every book out there on **law of attraction** and **creating your own reality**. Yet it wouldn't really sink in to her to do her part to practice it.

She spent more time thinking about reprogramming her thoughts than she spent programming her thoughts. She took everything on as a task, she didn't take a lot of time for fun.

So the first part of the formula is knowing what you want. Even in general *"I want a happy life with plenty of money and friends who love me and work that is meaningful to me."*

The second part is releasing resistance: put yourself in situations where you will laugh and have fun. Stop criticizing and complaining and spend more time thinking about things you love to do and people you love to be with. Put yourself in physical contact with these people and do these things.

I agree it's important to identify bad habits of thought and reprogram myself out of faulty beliefs, but I also know it's important to stay in the flow of having fun.

Yes, my work requires that I be glued to the keyboard and phone 12-16 hours a day, but I have the choice of how to feel during those 12-16 hours.

I get to remember that many of my clients and customers are also personal friends and it's fun to hear from them. I get to remember that I love my work and get to read the latest books on topics I have the most personal interest in.

I get to take a quick break and walk in my gardens as the computer reboots, feed my birds, maybe pull some weeds or take a cutting and stick it in the ground.

Even though I'm working and can't be disturbed, I can take those few moments to keep myself in the flow, to release any resistance that might be building up.

So is my time better spent repeating my affirmation or my bridging thoughts to myself? Or better spent having fun, relaxing and thinking happy thoughts? I think you'll find the right balance. I think I'm finding it.



Enjoy our offering this month.
Hari Om.

Andrea

HORIZONS MAGAZINE

MISSION STATEMENT

What I'm here to do with Horizons is share a belief and formula for happiness that I've found is true for me and for others I know. 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 consider and entertain the idea of something new.

Andrea de Michaelis. Publisher

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, truly in the 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 you or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss the 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.

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.



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