

FREE
MARCH 2017

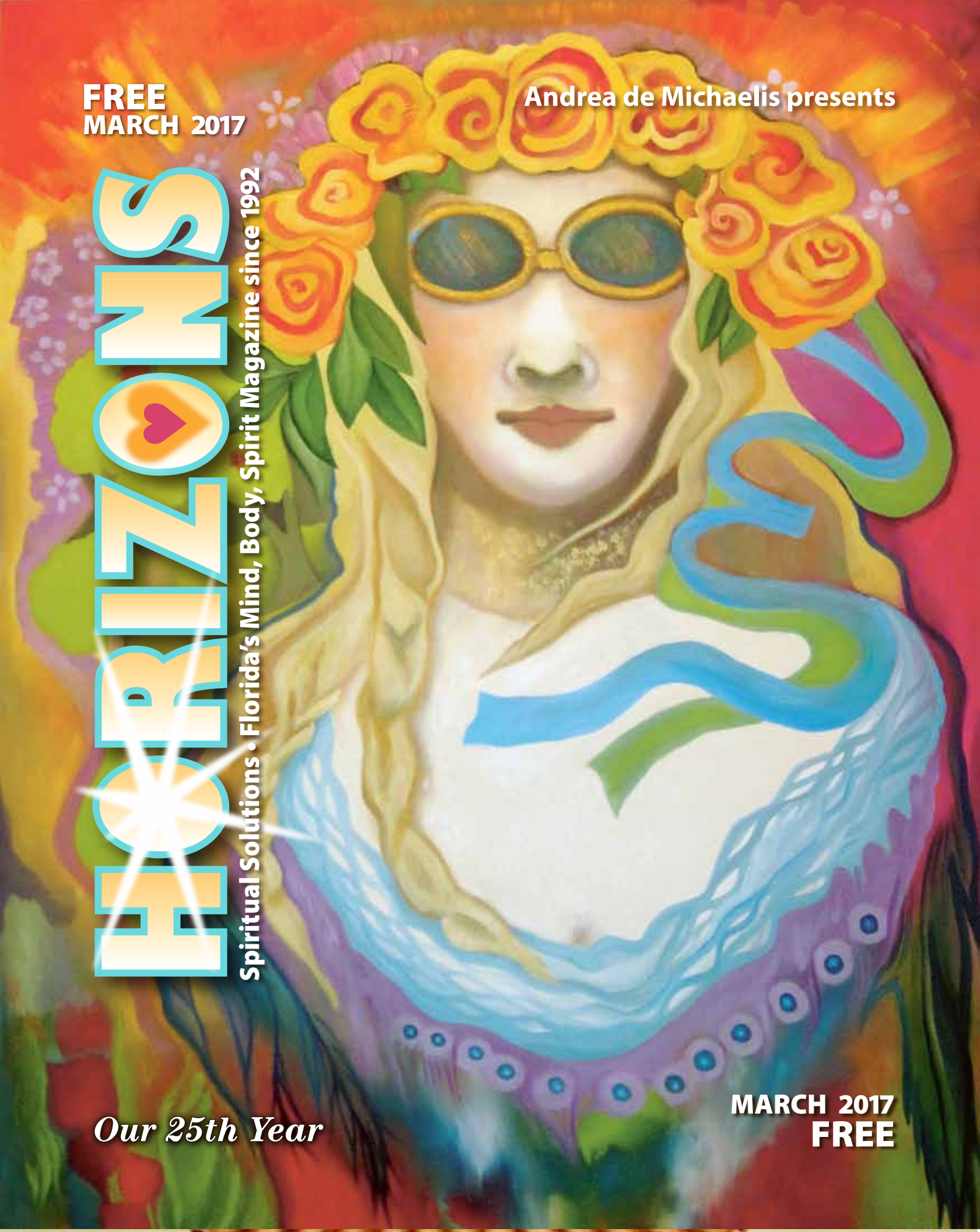
Andrea de Michaelis presents

HORIZONS

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Our 25th Year

MARCH 2017
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Margaret Ann Lembo is the author of The Essential Guide to Aromatherapy and Vibrational Healing and The Essential Guide to Crystals, Minerals and Stones, Archangels and Gemstone Guardians Cards and Crystal Intentions Oracle . . . and more. Find out more about The Crystal Garden Brand medical grade essential oils and all of her books at www.TheCrystalGarden.com and www.MargaretAnnLembo.com

GEM SPOT MARCH 2017

Aligning with the Cycles of Life

Every year, every month, and every day we experience the cycles of life and the opportunity to become a better person. The arrival of spring shifts our energy to bring new growth just like the yellow-green leaves on the budding trees and newly sprouted plants that have been sleeping under the earth. It is a time of birth of the new. As the Sun enters Aries, it brings another round of the zodiac cycle.

There are many vibrationally matching stones in the kingdom of gemstones for this time of year.

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Green aventurine

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welcomes you*



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**Wednesday, March 1st – April 12th 10am-noon
Keep A True Lent with Rev. Therese Donlan**

Lee. When we consider Lent as a well-rounded or "completed" season of retreat from the things of the world for the cleansing of the mind and the recollection of the things of Spirit, it becomes a true season of preparation for Easter. Prayer and fasting (from thoughts that no longer serve you) are the sure way to spiritual power, the way to keep the soul cleansed and purified that it may feel the presence of God. \$10 suggested love offering



**Sunday March 12th 9:30 and 11:00am
Guest Speaker Martha Creek**

**Sunday March 12th 1:00 – 3:00pm
Living In Joy – Loving What Is with
Martha Creek.** Peace or Pain? You decide! Find out how, now! The Work of Byron Katie is a way of identifying and questioning the thoughts that cause all the fear and suffering in the world. Experience the happiness of undoing those thoughts through The Work, and allow your mind to return to its true, awakened, peaceful, creative nature



**Wednesday March 15th – April 19th 6:30-9:30pm . Unity From
The Inside Out Don't know a lot about Unity? Want to know
more? with Paulette Mason, LUT.** This class will incorporate Unity basic principles with a small group process supporting participants in exploring their personal beliefs in relationship to Unity teachings. Topics include the history and foundation of the Unity movement, the five basic Unity principles, introduction to the Twelve Powers, metaphysical thought, and spiritual laws. Students will be encouraged to process their learning through journaling and group sharing. \$10 suggested love offering

**Sunday, March 19th
Evolve Celebration Sunday.** Join us for a potluck, annual meeting and Evolve celebration after our 11:00am service.

Friday, March 24th, 6:30 pm. 12 Spices with Paul Esche. Join us for curious, conscious, creative cuisine. Soul satisfying dinner and lively discussion based on the power of Spirit. Suggested love offering \$10.

Sunday, March 5th 1 - 4 pm

Many Paths to God and The Power of Pilgrimage with Facilitator: Rev. Elizabeth Stamper, LMHC. The many paths to God invite humankind into both an inner journey and an outer one, and they entice us with the promise of a Peace "that passeth all understanding" and of limitless Love. We will focus on mystical practices from the Abrahamic religions (Judaism, Christianity, and Islam) and the power of the pilgrimage. Love offering Sliding scale \$20 - \$30



ONGOING EVENTS

First Sunday of the Month - Reiki Healing Service after both Sunday Services
Second Friday Night – Game Night 6:30pm
Third Sunday of the Month – mini service at WAVECREST 2:30pm
Noon Prayer Service Tuesdays and Thursdays
Tuesdays – Course In Miracles 7:00pm
Wednesdays – Meditation with Jenny 7:00pm

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



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Pasqualino
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missing**



**The greatest
optical illusion is
separation**

HORIZONS

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Andrea de Michaelis

On the Cover (page 31)
Primavera, baby!
by Robyn Bellospirito

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

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



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

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

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

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1/2 page	\$350	\$900	\$1560	
Full page	\$485	\$1275	\$2250	
Back page	\$625	\$565	\$475	Unavailable
Inside back	\$525	\$1395	\$2400	
Inside front	\$550	\$1455	\$2550	
Page 3	\$550	\$1455	\$2550	
Page 4	\$450	\$1200	\$2100	
Front cover	\$900 (Restrictions apply)			

As of Feb 2016 all pages are color, so above prices have been adjusted to reflect color prices. Ad rates posted before Feb 2016 said "Add 25% for color" so no more math.

*You must prepay to get discount

Example: Small strip ad for 6 months is \$180 prepaid

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Welcome to the March 2016 Horizons. Spring has sprung! I love the cover art this month. It's by Robyn Bellospirito and it's entitled Primavera, baby!

The past month I've been doing mega spring cleaning. It feels like a fresh start. And I'm willing to give Trump a fresh start as well. I've had a few realizations and revelations about him. It just clicked for me why DT supporters don't mind that he's untruthful. *It's because they honestly believe that no matter what he does, it's better than a Clinton presidency, period.* I didn't understand it before and now I do. I don't have to agree with it, but understanding it helps me understand those who think like that. If you accept the premise, the logic follows.

If you'd been told all your life that bunnies would hunt you down to attack and kill you and rape your mother and children, you'd grow up afraid of them, and wanting to get them before they got you, right? You wouldn't want them in charge of anything, right?

If a person spent the entirety of their life inside of a pitch dark cave being told every day that the sun was a source of evil, how would they feel after being dragged into daylight? Fear isn't something that appears overnight... It's all about perception.

When I was about 8 years old, we went to visit some cousins we'd never met. We grew up in the city but they lived out on a remote country road in a ramshackly farmhouse. There were 6 of us playing in the yard at the end of the day and the oldest (about 16) began to tell a story. There was an old woman, legend has it, who was killed walking home from the market at sundown. Her ghost still haunts the road to this day. He and his brothers told stories of people who'd encountered her and the tattered yellow dress she wore with long blue men's sweater and men's work boots, carrying her groceries in a big potato sack. As they spoke, I noticed a stooped figure walking toward us, way down the road. I saw her clear as day, yellow dress, blue sweater, boots, potato sack. ***The cousins couldn't see her, they said, but my brother and I did!*** The closer she came the more afraid I got, since the story was that she came back with a butcher knife to get revenge. She did keep looking in the potato sack, probably checking her knife.

...continued on page 29...

Love? Money? Travel? Learn what 2017 holds in store for you.

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Dr. Steven D. Farmer, Ph.D., is a shamanic practitioner, Soul Healer, ordained minister, and licensed psychotherapist. He's the author of the best-selling *Animal Spirit Guides*, the *Power Animal Oracle Cards*, *Power Animals*, *Sacred Ceremony*, and the guided meditation CD *Messages from Your Animal Spirit Guides*. Steven is also host of his own radio show, *Earth Magic Radio* on *ContactTalkRadio*. <http://www.EarthMagic.net>

Spirit attempts to communicate with us in a number of different ways and it's up to us to become better listeners, no matter how these messages come to us. One of the most accessible ways is through animals. Whenever an animal shows up in an unusual way or repeatedly in a short space of time—whether it's the physical animal or a symbol of an animal—it's one way Spirit tries to reach us and teach us.

When this happens there's a lot more going on than you might expect. In these instances it's not just the animal or the life force that animates that particular animal, but much bigger than that. The oversoul of that species has sent a representative to offer you a message, to resonate with your spirit-consciousness and offer you guidance along your spiritual path.

HOW TO IDENTIFY AN ANIMAL SPIRIT GUIDE

I've had many experiences where Spirit has come through with messages in this way and have heard many stories from others of similar occurrences. Just recently while preparing to attend a men's group I walked out to the backyard and heard a flutter of wings coming from the trees in the neighbor's yard. At first I thought nothing of it as it's not unusual to see crows flying about here and there. Then in a flash a different type of bird appeared and much to my surprise and delight, it turned out to be a hawk! It was the first time ever that one showed up in our yard, so it certainly qualified as unusual. The hawk flew to the Arbutus tree directly behind the house and landed on the branch for a few moments, during which—I swear—he looked directly at me.

He didn't stay long, but long enough for me to know he was delivering a message. I closed my eyes, took a deep breath, and asked, "Hawk brother, what's your message?" Once you ask the question of the spirit animal (in this case Hawk spirit), it's important to pay attention to everything that happens following, including what you see, hear, or feel.

In this case I immediately heard my inner voice, "Stay focused and pay attention for other signs," which turned out to be completely relevant for the upcoming men's group. My friend and I had offered to facilitate this particular session and since the group had been meeting for some time now, we both agreed that it was time to push the edges a bit further. We were confident the processes would open the way for greater honesty and depth.

LOOK FOR MESSAGES FROM YOUR SPIRIT ANIMAL GUIDE

I was driving to the group thinking about what Hawk had said when I pulled up to a stoplight and looked to my left. On the side panel of the U-Haul truck two feet away from me was an image of several snakes with reference to a website to "learn more about garter snakes and other animals." I was immediately reminded of the second part of Hawk's message—being alert to other signs—and once again asked for the message, this time from Snake spirit. "There's to be significant healing in the group." Okay, got it. That boosted my confidence that all will go well in the men's group today and helped me relax and just show up and stay present and focused.

Without going into detail, the processes we introduced served the purpose. I was very thankful for Hawk and Snake spirit sending their representatives to me. Hawk spirit in the form of a physical hawk and Snake spirit via the symbols on the side panel of the truck, with several images of snakes as if to add to the power of that message.

WHAT TO DO WHEN YOU SEE SPIRIT ANIMALS

If you should have a similar experience of encountering an animal in physical or symbolic form as I did, there are a few things you can do to understand and interpret the message. Here are some suggestions that I'm sure you'll find helpful.

Close your eyes, take a couple of nice, comfortable deep breaths, and in your mind state, "Please tell me or show me the message," then pay attention to any immediate thoughts, images, or dialogue. Trust what you get, whether or not it makes immediate sense. It will later.

Think of the characteristics of the actual animal. That will give a clue to the spirit animal's "medicine." For instance, a hawk has incredible eyesight and when scanning the horizon with his broader vision, when something gets his attention, he focuses. So one of Hawk spirit's medicines is the gift of focus and presence. Refer to any books or other devices that give you some ideas as to the possible message, such as my book *Animal Spirit Guides* or the new condensed -and- revised *Pocket Guide to Spirit Animals*. Search the Internet for terms such as spirit animals, power animals, totem animals, and so on to discover message of the particular spirit animal of your inquiry.

No matter the possible interpretation or meaning of the message, be sure that it somehow resonates with your inner knowing and your heart. The more you listen, the more you will hear. Most of all have fun with this and be sure to thank the animals and the spirit animals in whatever way you choose!

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.

HOW TO MAKE YOUR RELATIONSHIPS BETTER -- ALIGNING YOUR THOUGHTS WITH YOUR DESIRES

You have the power to evoke from others the relationships that you desire. But you cannot get to a new-and-improved situation by giving your attention to a current situation that is lacking. The Universe, and all physical and Non-Physical players in it, is responding to the Vibrations that you are offering; and there is no distinction made between the Vibrations that you offer as you observe, and the Vibrations that you offer as you imagine. . . . If you will simply imagine your life as you want it to be, all cooperative components will be summoned. And even more important, all components that are summoned will cooperate. It is the Law of Attraction.

You have the power to evoke from others a relationship that is in harmony with the freedom, and the growth, and the joy that you seek, because within each of the others are those probabilities. Within each of them is the probability of someone being very understanding—or not. Of someone being very pleasant—or not. Of someone being very open-minded—or not. Of someone being very positive—or negative. The experience that you have with others is about what you evoke from them.

REACTING TO EXPECTATIONS

Have you had the experience of behaving with someone in a way that you had not intended? It just sort of came out of you suddenly? That was you experiencing the power of influence from another's expectation. Have you noticed the personality of a child changing depending on which adult it is interacting with? Cooperative and pleasant with one person, and obstinate and cranky with another? You were witnessing the power of influence from another's expectation.

When you train yourself into steady alignment with your own Broader Perspective, you will tap into the Energy that creates worlds, and you will be pleased by the positive response that you receive from those around you. No longer blame others with whom you share relationships; and instead, acknowledge that you are the attractor of your experience. True freedom comes from that understanding.

	Rev. Andy Conyer
UNITY LIFE ENRICHMENT CENTRE 863-471-1122 10417 S. Orange Blossom Blvd, Sebring, FL 33875 Email unity@vistanet.net www.unityofsebring.org	

	Janice Scott-Reeder, AA, BA, Druid Licensed Psychic, Astrologer, Broward County, FL Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact 954-698-6926 (Coconut Creek 33073) Facebook: CosmicSalamander or CosmicJanice
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As we describe in *The Vortex*, when you tend to your relationship between you (in your physical focus) and the Broader Perspective of your Inner Being, as you train yourself into the good-feeling thoughts of your Source, as you come into alignment with who-you-really-are, as you learn to love yourself—the others with whom you interact will not be able to buck that current of Well-Being. They will either love you back—or they will gravitate out of your experience.

A BRIEF BEDTIME EXERCISE THAT TRANSFORMS RELATIONSHIPS

As you lie in your bed before sleeping, if you will think of good-feeling things from your past or present, or even speculate into your future, you will set the tone of the Vibration in which you will awaken in the morning. In the morning, when you first return to Consciousness, try to remember what you were thinking about in the evening, and make an effort to reestablish that positive trend of thought. This one small exercise will change the way everyone you meet responds to you in this new day. And as you do that—night after night, and then morning after morning—new patterns will emerge, and your relationships will transform.

...continued on page 26...



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

Just what is Essiac?

Essiac is a blend of herbs used by Canadian nurse **Rene Caisse** in the 1920's; while working with a breast cancer patient who did not have the money to pay for medical treatment. Fortunately Rene was acquainted with an Indian "Medicine Man" who believed he could help this patient with his herbal tea. After her recovery Rene used what later became Essiac on both her mother and her aunt who lived much longer than their doctors had expected. The original "Medicine Man's" formula was modified a few times and over next 50 years it helped many other patients believed incurable by their doctors. Rene eventually formalized **Essiac** into a 4 herb formula containing **Burdock**, **Sheep Sorrel**, **Turkey Rhubarb** and **Slippery Elm**. This blend has never been approved by the AMA or the American Cancer Society; to scientifically prove its effects would take millions of dollars and 10 years of research; but over the last 80 years, Essiac has had positive results with so many people. I became familiar with this formula years ago when my husband was diagnosed with a brain tumor; his only option was radiation and his doctors were not hopeful since no one had survived this type of tumor before. I immediately went into research mode; I found that for centuries **Burdock** had been and still is used all over the world as a cancer fighting herb one that helps to reduce lymph-edema with anti-mutagenic and anti-tumor properties. Burdock helps to restore the circulatory, respiratory, urinary and lymphatic systems removing toxins from the body caused by radiation. Nutrient rich **Sheep Sorrel** nourishes the blood carrying oxygen throughout the body. It contains aloe-emodin found to have anti-leukemic properties and other compounds found to cause the regression of metastasized cells reducing tumor growth. **Slippery Elm** is another nutrient rich herb in Essiac it contains beta-sitosterol and polysaccharides found to have anti-cancer activities. Its other nutrients help to soothe, heal and reduce inflammations of the throat, esophagus, vocal cords, stomach, bowels and reproductive organs greatly reducing pain. **Turkey Rhubarb** helps to ease constipation, detoxify the liver, improve circulation and reduce inflammation it contains emodin, aloe-emodin, catechin and rhein all found to have anti-cancer activities with the emodin being a strong inhibitor of leukemia. Together this blend boosts your immune system, destroys parasites, they remove heavy metals and other toxins from the body caused by radiation and chemo. They ease side effects of chemo and radiation including pain, inflammation and stomach distress. Essiac can be found in health food stores, the doses can vary depending on the severity of the condition with my husband he started with 4 capsules and went up to 18 capsules in one day; for some people this can cause stomach distress or diarrhea my advise would be to take it slow. Essiac makes no claims to be a cure for anything but has stood the test of time as a complement to most traditional therapies and in our family it has served us well.



EASY WAYS TO CALM AND RELAX YOUR ANIMAL COMPANION IN STRESSFUL SITUATIONS

Lori Spagna is a Best Selling Author, Speaker and Visionary who practices and teaches Animal Communication, Intuition Development and Energy Healing and provides Sacred Energy Transmissions and Dormant DNA Activations for humans and animals. Receive a FREE mp3 class to Learn Animal Communication and to Develop Your Intuitive when you visit

www.LoriSpagna.com.

In our ever evolving, unpredictable, high stress environment, our animal companions are often at the receiving end of our anxieties and stresses which we have become accustomed to. These fears, phobias and anxieties often lead to emotional and physical illnesses in our beloved companions; many times, they start off as simple forms of separation anxiety, noise phobias, social interaction fears or even aggression.

Some of the most common behavioral challenges associated with high stress situations include panting, crying, whining, pacing, panting, shaking, ears facing backward, tail tucking, excessive yawning, lip licking, overly anxious greetings which could include jumping, hiding out, dashing, tail tucking, destructive behaviors and inappropriate elimination.

When not properly addressed, these kinds of anxieties, phobias and fears will eventually lead to chronic emotional distress and physical illness, often times for both you and your companion and sometimes even a shortened life span. From a holistic perspective, the issues described above must be fully addressed on all levels - emotionally, mentally, physically, energetically, behaviorally and spiritually, in both human and animal, since both are intricately linked and both are sharing the same environment and lifestyle.

By addressing all issues this way, whole resolution for both the human and the animal can be achieved.

That said, there are a number of things you can do quickly and easily which will almost immediately bring some temporary, if not permanent, relief to these challenging situations and experiences.

- Practice meditation with your companion - even if you are not an expert meditator, a few moments of deep breathing into your belly, while your animal companion is sitting nearby will hugely reduce stress and anxiety. If you are able to do this on a regular basis it will have permanent results for both you and your animal companion.
- Engage in communication with your animal companion. Even if you are not a skilled animal communicator or don't know how to practice telepathy, simply speaking out loud in simple, short calm sentences and without any intensity, will reassure your animal that all is well and will produce magnificent results. These kinds of calming sentences have an energetic imprint on your companions and on yourself, as you speak them. They can be very similar to affirmations.
- Create a safe space which is exclusively for your companion. Particularly with felines and canines who are born in dens, they find comfort and reassurance in small spaces. Crates and safe pet enclosures can re-create these kinds of safe spaces. Think of it like a sacred space or meditation sanctuary for your pet. Provide your companion with a favorite blanket which has your scent on it and/or the essences or oils mentioned below.

- Use a flower essence blend in his or her water or food. Some of my favorites include Bach Rescue Remedy, particularly the 'Star of Bethlehem' variety, Star Essences, Spirit Essences or Flower Essence Services (FES). You can also apply these to your hands and rub the essence directly onto your pet's fur or feathers just before you leave.

- Using medicinal grade essential oils can have profound effects in calming and soothing animals. My favorite brand is Young Living Oils. They make a variety called 'Peace and Calm' which is fabulous. You can also use Lavender, which has also been proven to reduce stress. You can place a few drops on your companion's bedding and inside a collar and you can also diffuse the oil in your home for overall calming and relaxing.



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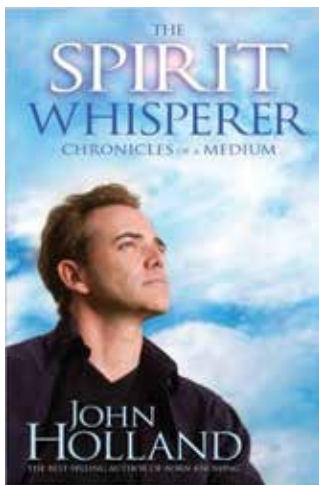
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- Play calm, soothing music whenever you go out and particularly before a possible stressor event occurs. This will likely relax your companion and also reduce the interference from other distressing noises in the environment. One of my favorite varieties which is specifically for animals is Through A Dog's Ears or Through A Cat's Ears.
- Explore the possibility of using an animal wrap during stressful situations, such as Thundershirt. They can be very helpful in assisting your pet to feel relaxed and comforted.
- Make certain that your companion gets plenty of exercise, fresh air (even cats can be supervised on a leash outside) fun, playtime, mental stimulation and of course, love and attention. A better exercised pet is a better behaved and more relaxed pet. More important, the more fulfilling our companions' lives are when we're together, the more relaxed and adapted they'll be when we're not.

...continued to page 31



CHOOSE WORDS THAT WILL CHANGE YOUR LIFE

John Holland is a psychic medium, spiritual teacher, author, and radio host. He is a best seller author of: *Power of the Soul*, *Psychic Navigator*, *Born Knowing*, *The Psychic Tarot Oracle Deck*, *The Spirit Whisperer - Chronicles of a Medium*, *The Psychic Tarot For The Heart* and *The Spirit Messages - The Daily Guidance Oracle Deck*. www.johnholland.com

Words have the power to inspire, heal, and transform. Just as they can have a positive effect, they can also be hurtful, especially when directed at ourselves.

Do you really want to know how someone's life is going or why it's the way it is? If so, it's important to actually listen to the words they use. I believe that you are the embodiment of your words. For example, if someone is constantly talking about misery and despair, then it's most likely that their life is a reflection of what they're saying. We all know someone in our lives like this. It can even be draining to be in their company. You come away feeling exhausted, as inadvertently, they are really sapping your precious energy whether you realize it or not.

My family had a rather unique mantra as I was growing up, namely: *"We never have any luck."* I grew up believing this and set my expectations accordingly. Of course, it's not the sort of affirmation I'm suggesting here, and even though it wasn't exactly a positive one, it was an affirmation nonetheless. If a child or someone else is told often enough that they're dumb, useless, or stupid then that kid will eventually live the life of those words.

In some cases, it can have damaging long-term effects, and I've met many people through my work who suffer to this day with the effects of such negative affirmations. The sad part of these stories is when they adopt the characteristics of those negative affirmations for themselves.

When you hear people saying negative things about themselves, they don't seem to realize that just by saying them, it can manifest a negative personality trait. I'm sure you've heard people say: "I am a loser," or "I am so stupid," or "I am trouble." The use of the very words "I AM" is very powerful, as it encompasses your whole being and everything that you are. Equally, they can be magical words if you just learn to watch the other words you combine with "I AM," and understand the proper way affirmations work, and the power they hold.

An affirmation is a statement asserting the existence or the truth of something. To affirm simply means to make firm. Every

word you speak or think is in itself an affirmation. Affirmations can be used in all areas of your life. To use affirmations properly and effectively, I have listed a few pointers to start you on your way to affirming the life you want and deserve.

Always use the first person when stating positive affirmations. For example: "I am healthy." "I am calm and balanced." "I am beautiful." "I am now following my soul's guidance." These are also great: "I attract." "I choose." "I have."

When using affirmations, always remember they're meant to be used and affirmed in the present tense, in the here and now. For example, they should not be used like this: "I will have a good relationship someday." By saying it that way, you're signaling to the Universe that it's not important right now for a relationship, but sometime in the future. This is how it should be said: "I am now attracting the perfect relationship into my life."

Repeat affirmations frequently and often. Speak or write out your affirmations 10 to 15 times in a row, once in the morning and once in the evening. You can't expect to say them just once and instill any power in them. The more you say them and believe them, the more power you're giving them, and better the chance of you manifesting them.

Choosing Your Words Carefully

Experiment and have fun when making up your affirmations. Here are a few examples of affirmations that I like to use:

I trust my intuition and myself.
I am a beautiful expression of life.
The universe is conspiring in my favor.
I attract all that I need in my life that is for my highest good.
I am strong, balanced, and here in the now.
I am love.
I now choose to bring positive energy into my day, as well as my life.

Try writing your affirmations in your journal

Have fun, you may prefer to write them in large letters or make them different colors. Stick them on post-it notes on your computer, your bathroom mirror, or wherever you can see them. Say them as often as you can, so that you have positive boosts throughout the day. As you continue to work with affirmations, you'll start seeing the inner workings of your soul and spirit reach out to help you achieve all your wants and desires in your outside world.

I wrote this blog post with the hope of getting you to a point where you can believe that having what you want is in fact possible, and to acknowledge that the spirit force that runs through your soul wants to bring it to you.

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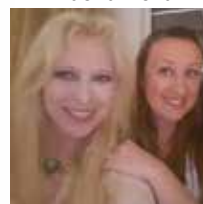
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FROM THE HEART



Alan Cohen is the author the bestselling *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Become a certified professional life coach through Alan's upcoming transformational Life Coach Training. For more information about this program, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

Who Sent the Ants?

Some friends of mine decided to sell their house, and found a buyer. On the day before the sale was to close, they walked into their living room to find a wall covered with carpenter ants. The couple had never seen such ants in the house before, and had no idea where they came from. In integrity, they disclosed the discovery to the buyer, who cancelled the sale. At that point my friends realized they did not really want to sell the house, and they kept it. The next day the ants disappeared and they never saw them again. That was 20 years ago. They are still living in the house and loving it.

The ants were dispatched by a brilliant creative organization called the "C.C.C.C."—the **Cosmic Coincidence Control Center**. This is the agency behind synchronicity, a term coined by psychologist **Carl Jung**, indicating "a meaningful coincidence." Jung defined the principle after he conducted a psychotherapy session with a woman who reported she had had a dream of a golden scarab (beetle). At that very moment a golden scarab flew into the room, capturing Jung's attention and the patient's. That type of beetle was very rare in that region, and it was out of season. The chances of such an insect entering that space at the precise moment they were discussing it were infinitesimal.

Synchronicity is always working on our behalf, but we are only occasionally aware of it. We cannot plan synchronicities; we just need to get clear on our intention and then be open to signs and guidance. A happy-looking couple came to me after a lecture. "I was seeking my soulmate," the fellow told me, "and then I fell into a coma. When I awoke in the hospital, I looked up to see the most beautiful angel looking down at me. She turned out to be a nurse, and I married her."

You do not need to create a coma or some dramatic circumstance to meet your life partner or fulfill your dream. When you are relaxed, open, and in the flow of life, synchronicities show up gently, easily, and joyfully. The wisdom of benevolence is working 24/7 to help us receive the good we desire and deserve. Its ability to find and serve us depends on our willingness and openness to receive blessings.

If something matches you and belongs to you, it will find you by right of your consciousness. When I visited **Japan** I met a radiant healer named **Shinichiro Terayama**, who years earlier had healed himself of a disease that doctors said would cause him to die. **Shin** decided to simply practice gratitude and just be happy, and the disease departed. After that he became a well-known and beloved healer. He is recognizable by his shiny bald head, gray beard, and the cello he totes to musical engagements. **Shin's** bright energy made in impression on me and I wanted to see him again.

A week later I was passing through **Shinagawa Station**, one of the most crowded terminals in a city of nearly 14 million people. Then I saw a familiar bald head and encased cello coming my way. It was **Shin**. I was stunned to run into one of the few people I knew in all of Japan, the one I wanted to see the most. The C.C.C.C. strikes again!

A young woman at a seminar nervously asked, "What if I am here in **North Carolina** and my soulmate is in **California**? How will we ever meet?" I told her, "Synchronicity and the Law of Attraction are not impeded by geography. The universe can overcome any seeming obstacle to join people who belong together."

Just out of college, I saw an ad for my ideal job as the director of a municipal youth guidance center. I barged into the township supervisor's office and applied for the job. A conservative fellow, the supervisor told me he disagreed with everything I said. I figured I had lost the job and I forgot about it.

A month later I received a call from his secretary informing me of a second interview with the board of directors, who hired me over another candidate by a vote of 5-4. I went on to enjoy years of reward in that position, helping lots of teens get a direction in life. I and that job were a perfect match, and, in spite of my doubts and fears, the universe lined me up with it.

What seems to be working against you may be working for you. Only the ego judges and interprets against one's self. The Higher Mind recognizes that all events fit into the big picture of Benevolution. When things seem to be going wrong, ask "How might they be going right?"

Quit trying to organize and micromanage your destiny, which is already being handled by a Mind that sees far beyond the human intellect. Someone gave me a coffee mug with the motto, "**Relax. God is in charge.**" We need to trust that all events have the potential to lead us where we want or need to go, and surprise ants may be dispatched by angels.



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Dear Michelle:

There are so many world religions; each group has bought into the dogma of their belief system, Most are taught that their religion are the only group to get into Heaven, some believe that they'll get a gaggle of virgins if they martyr themselves. What do you believe the best way to get past the pearly gates? -Looking for the highway to Heaven, from Hartford

Dearest,

It is not the religion that determines where the soul is going at the time of death. It is the level that the individual soul or spirit has reached that will decide the outcome. When I speak of levels I'm referring to the souls' development or evolution. How enlightened the soul has become.

All religions are manmade; these doctrines are dogmatic , fear based and create segregation.. Religious leaders say if we go to church, synagogue or mosque to recite prayers, tithe ten percent, read the Bible or other spiritual text, and ask to be forgiven of your sins-- that is the ticket to Heaven. People believe if they don't drink, or smoke etc. that will get them into heaven. WRONG! What counts is; how you have affected people (souls) and the world around you. Who did you help? What difference did you make along life's journey? Great importance is placed on your deeds, your thoughts, your words and the intention behind them. A person's intent or purity of heart will have a big effect on their spiritual growth. Religion is not the same as God's laws. The Universal laws are Gods laws. If you live your life by God's law and not mans, this is a sure way to achieve enlightenment and reach a level of heaven. Because in Heaven there is no religion, there is only love!

So as you move forward in this lifetime remember the choices you make through your words, deeds and thoughts are creating your future. Your future continues through the transition we call death. So start now! Live by Gods Universal Laws and let unconditional love guide you. Heaven awaits us all.

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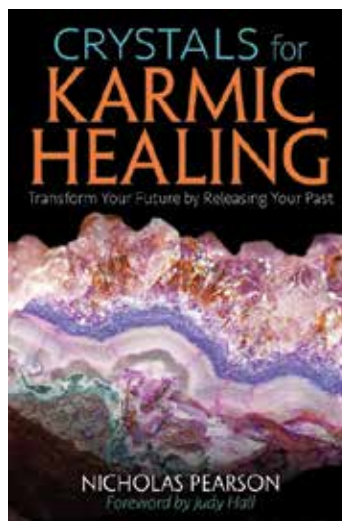
Nicholas Pearson has been immersed in all aspects of the mineral kingdom for more than 20 years. He studied mineral science at Stetson University and worked for at the Gillespie Museum, home to the largest mineral collection in the southern US. A certified teacher and practitioner of Usui Reiki Ryoho, he teaches crystal and Reiki classes throughout the US. Find him on FB at www.facebook.com/nicholas.pearson.9

STONES FOR DAILY WEAR

One of the simplest means of harnessing the power of crystals and other gemstones is to wear or carry them throughout your day.

Minerals make for attractive jewelry, and even inexpensive tumbled stones can be worn or tucked into a pocket for an effective tool. By first cleansing and programming your daily stone, you are inviting it to co-create in a specific manner on your journey. After a day of hard work, let your crystal clear itself overnight, and restart the process the following day with a new round of cleansing and programming.

TO CLEANSE, hold your crystal comfortably in your preferred hand. Terminate crystals can be gently grasped between the thumb and forefinger. Visualize white light surrounding you, showering down from the heavens and inundating your energy field. With each inhale, envision this light penetrating your being more deeply; with each exhale, release any vibrations that are not in harmony with the energy of purity. After several deep, rhythmic breaths, you should feel at ease and clear. Now inhale deeply and connect to your crystal. Pulse the breath in short, sharp exhalations through your nose, aimed



toward the crystal. This breath should be quick and powerful, but it should also be comfortable. Visualize the white light being carried on the breath to the stone; picture it sweeping away any discordant or unnecessary information.

TO PROGRAM YOUR STONE, select an intention or goal that you would like to imprint upon it. Examples may include broad topics, such as healing, peace, love, wisdom; or more narrowly focused ideas, such as past life regression, releasing karmic debt, erasing soul contracts. Breathing

deeply, imagine inhaling the intention of your program. Let it fill your entire being, until your body, mind, and spirit resonate completely with your intention. You may also like to envision an accompanying symbol, word, or color that represents or supports your goal. Hold the crystal, and fill your lungs as you did in the cleansing process. Mentally and visually connect to your stone before releasing your breath in a pulse through your nose. Picture your breath carrying your intention into the lattice of the crystal.

The possibilities are endless for which stones you can wear and for what purposes. The combinations are up to you, and your unique vibratory signature will lead you toward certain members of the mineral kingdom that are more in tune with you. Generally speaking, those stones that feel most comfortable tend to represent the lessons we are most familiar with in life. Crystals that cause discomfort may not be your first choice, but they offer tremendous healing opportunities. They feel dissonant because we have not yet integrated their message and energy.

With this in mind, it is important to match your intention to your desired effect. In all honesty, wearing an important, lesson-teaching gem will probably not help you at work or while running errands, even if it is helping you evolve spiritually. Wear more comfortable gemstones while you are out experiencing your normal routine; the challenging stones can be saved for home when you feel less vulnerable. Mentally check in with your state of being throughout the day to decide if your chosen gems are still supporting you and offering harmonious guidance. It may be necessary to remove or cleanse a stone as your day progresses.

The safer, more comfortable choices for everyday wear will be explored below. Bear in mind that these suggestions are merely starting points from which your intuition and experience will guide you. Resolving and transmuting causal energy can be slow work, but these stones can encourage you and those around you in your daily progress.

...continued on page 28...

ABRAHAM FUN



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

Soulson #259 - The Perfection Connection

Are there areas of life in which I require myself to be perfect? Do I try to be a perfect partner, parent, student, friend, or worker? Do I try to have a perfect home or weigh the perfect weight? Do I try to be a perfect spiritual role model?

Lofty goals are fine, but I've taken them a bit far if I'm often frustrated over the imperfection I encounter or if I often browbeat myself - or others - to do better.

Perfectionism might reveal that I've made the tangibles of life - achievement, looks, other people's assessment of me - more important than the intangibles, namely my own feelings. Well, hello, it's an easy place to go in this culture, but ignoring my inner life will not serve me well.

I actually don't need to give up my perfectionist mindset. That could be, well, perfectly difficult. All I need do is shift my I-want-to-make-everything-just-right tendencies to my inner self. That means that I make inner peace and joy my top priorities and go after them with everything I've got.

That means I'll start to find contentment with things "out there" in order to feel good "in here." It means I'll start to shrug off many things that go wrong or are lackluster "out there" in order to foster peace "in here."

And this is the great irony: As I care increasingly more about how I feel and less about everything else, everything else will dramatically improve.

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Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

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

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SPIRITUAL GRAFFITI

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

Excessive analysis perpetuates emotional paralysis. Knowing our issues is not the same as healing our issues. In fact, knowing is often a willful act, entirely incongruent with the experience of surrender required to heal. I have known many people who could name their patterns and issues with great insight, but their actions didn't change a bit. The key to the transformation of challenging patterns and wounds is to heal them from the inside out. Not to analyze them, not to watch them like an astronomer staring at a faraway planet through a telescope, but to jump right into the heart of them, encouraging their expression and release, stitching them into new possibilities with the thread of love. You want to become a holy patchwork? Heal your heart.



NOTES from the Universe

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

I'm going to share a little secret with you. Actually, I should have shared it with you ages ago, but most "people" aren't ready for this kind of secret. I've decided you're different. It's the secret to getting anything, absolutely anything you want. Okay? To magnetizing into your life the things, emotions, and circumstances you dream of.

All right? It explains how masters become masters and adepts become adepts. And it'll finally convince you that I am always there with you to lend a hand or perform a miracle. Cool?

Practice.

Yeah, practice. Because just a little practice goes further than you could ever imagine. Now fight the temptation, andrea, to nod and shrug it off. Do something! Visualize just a little. Act with faith just a little. Explore your beliefs just a little. Manifest a little something; a phone call, a compliment, a flower, whatever. Expect a little miracle. Expect a little help. Expect it to be easy.

**Tallyho,
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Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it.

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,
Andrea de Michaelis*



LIFE 101 WITH CARY BAYER

Cary Bayer (www.carybayer.com, 845-664-1883) is a Florida-based Life Coach, who's worked with Oscar-winners Alan Arkin and Pietro Scalia, and Emmy-winners David Steinberg and Judy Henderson. He authored 13 books, including *A Course in Money Miracles* and *Higher Self Meditations*. The former TM teacher trainer founded Higher Self Healing Meditation.

MY MOTHER'S ALZHEIMER'S & THE NOW

This is a happy story, though don't be surprised or disappointed if it brings a tear or two to your eyes. It concerns my 88-year-old mother, who lives in a nursing home in Dallas and who's now among the most present people I've ever known. She also happens to have Alzheimer's Disease; note the word have, rather than suffers from.

Mom enjoys the moment, even if it's a visit from her son who she carried in her womb for nine months, lived with for 18 years, and bragged about for 25 more, but now doesn't know from Adam. She thinks I'm either her brother, who just died at 91 (I must have aged poorly); her husband (a corpse for 10 years); or her father (who'd be 118 if he wasn't dead for 25 years). And I thought I was a pretty lively guy.

During my most recent visit, she was kissing and hugging a stuffed animal as if it were a new-born grandchild. I asked Mom if it was her daughter. When your mother has Alzheimer's, it's important to go with her in whatever reality she happens to inhabit at the moment. She said yes, the "doll" was her daughter. So we played as if "she" were just that. Mom laughed excitedly and regularly, and asked at least a dozen times, "We're having a wonderful time, aren't we?" She was right; we were. I hadn't laughed like that with my mother since I played with stuffed animals. It was one of the most enjoyable times I remember ever spending with my mother. Yet, if any medical professional were there to judge her competence, it wouldn't take more than a minute to determine she was incompetent. And certainly insane by our standards as well. It takes some adjustment in your own being to know that your mother is what we used to call mad.

Unlike most of us who are anything but mad, Mom has no past and no future: she resides in an eternal present and, like an innocent child, enjoys it immensely. Clearly, she enjoys it more than any adult I know, with the exception of some gurus I have been privileged enough to have spent some time around. Mom is a child in an 88-year-old wheelchair-bound body. And like a baby, she needs her diapers. It's ironic how life comes full cycle, as Shakespeare so eloquently described in his seven stages of man speech.

...continued on page 31

MONTE FARBER'S QUANTUM AFFIRMATIONS TECHNIQUE



Monte Farber is, with wife, artist/designer Amy Zerner, author of a series of best-selling metaphysical self-help books with over 2 million copies in print in 14 languages, including Karma Cards, the Enchanted Tarot and the Psychic Circle. This is an excerpt from Quantum Affirmations: The New Energy Science of Conscious Manifestation. www.MonteFarber.com and www.TheEnchantedWorld.com

HOW DO WE DEAL WITH HARD TIMES?

We deal with them, we don't give in, we don't give up and we don't run away. Here's a little exercise that I use to clear the blockages when I lose my sense of humor, my faith in my ability to keep going, and my ability to not act like a baby who thinks making lots of noise is going to get him what he wants from a universe that often seems like a distracted parent.

Realize that right now, with all the difficulties you're going through, you are living someone else's dream! I'm not kidding. Think about it. Let's get real. Money can be tight, the universe can seem far distant (couldn't resist!) and uncaring, people can let you down, the world seems to be run by useless idiots who have lied or cheated their way into positions of power, but if you can walk, if you can see, if you are reasonably healthy, if you know love, if you don't have a life-threatening illness, if you have a home, if you're not hungry, if you're not different in some way that invites the rude comments and actions of even more idiots, if you're not an idiot, if you're not addicted to something, if you've got a head on your shoulders, if, if, if, then you are most certainly living someone else's dream, someone who is not as lucky as you.

I'm not trying to diminish the importance of the particular nightmare that you may be living through at this point in your life, I'm trying to diminish its importance relative to what is also going on in your life. Things we want to change about our life can seem all encompassing, larger than anything else going on in our life, and though that can actually be true, even then there are still ways in which we are living someone else's dream.

So I know I didn't wave my arms and make the chaos dissipate and I know your problems and mine will still be there challenging us when we wake up tomorrow, but do your Quantum Affirmations tonight before you go to bed and when you wake up, too, and when you do, if you're lucky enough to wake up, realize that right now, even though you may not be living your current dream, you are living someone else's current dream.

Oh, and another thing, don't feel guilty when you live someone else's dream. They're living someone else's dream, too. It's one of the ways we all get to share this incredible love frequency that surrounds us and sustains us.

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ABRAHAM-HICKS

...continued from page 9

EXPECT GOOD THINGS THAT'S THE VORTEX, BABY

This Vibrational Reality is spinning and becoming, and if you are in anger or fear or despair, you're nowhere near it. When you get in the vicinity of hope, when you start feeling hopeful, you're within range. When you feel hopeful, it's drawing you in; it's drawing you in. And once you begin to believe or expect good things to come—you're in the Vortex. And once you get in there, you're no longer the only uncooperative component.

Now you are a cooperative component. Now you get to rendezvous with your money. You get to rendezvous with your vitality. You get to rendezvous with your clarity. You get to rendezvous with your lover, with your loving neighbor, with the things of your environment that you've been wishing for. You get to rendezvous with all of the good stuff that you've put there once you begin to get in the vicinity of what feels good. And you can train yourself there—you can do it in a day.

By tomorrow, you could be Vibrationally so close to who-you-are that you would begin to see the evidence. You would begin to see movement: Your bank account will shift toward what you are wanting; the people in your neighborhood will begin to be more cooperative. . . . You have control of everything that rendezvous with you when you get control of the Vibration that you offer, and you get control of the Vibration that you offer when you care about how you feel.

When you care about how you feel and you lean in the direction of what feels best, you become, in a very short time, a Vibrational Match to who-you-have-become. And then people who are watching you say, "What happened to you? You're just happy all the time, and every time I turn around, some other wonderful thing is coming to you."

And you say, "I got in the Vortex."

They say, "What?"

You say, "Yeah, I got into the Vortex, and I'm in the Vortex."

"What? How do you get in? Where's the door? Where's the door? I want in, too."

And you say, "Well, you've got your own, and you have to feel your way in. There's not a written script. There's not a detailed manual. There's not an obvious door. There's not a combination lock. You just feel your way in."

"Well, how do you know if you're on the track?"

"You feel better than you just did."

"Well, I feel like revenge."

"Well, you're probably moving in the right direction. Because right before revenge, how did you feel?"

"Well, before revenge I felt powerless. Now I'm feeling revenge."

"Good. You're on the path."

"I'm feeling revenge and I'm on the path to the Vortex of Well-Being?"

"Yeah, yeah. Just don't go back to powerlessness, and you'll be on the path."

"What comes after revenge?"

"Anger. You'll be real mad at a lot of people."

"Oh, I've been there."

"Well, go there again, because when you're angry, you're on the path. Anger is better than revenge. It's closer to your Vortex."

"What comes after that?"

"Frustration. Overwhelm. Pettiness."

"Hmm, hmm, I can sort of get that. What comes after that?"

"Hope."

"Haven't had any of that in a long time."

"Well then, look forward to it. Look forward to hope because when you get (you can say to your friend) in the vicinity of hope, you'll get in the Vortex. Occasionally (every day) something will happen that will give you evidence that you are the Deliberate Creator of your experience. If you can hang around in hope, even only on two or three subjects, you'll get in the Vortex enough that you will come to believe. If you can make your way to hope—and it's not hard—you'll get in the Vortex often enough that you'll start to believe."

"Believe what?" your friend will say.

You'll begin to believe in the power of your thought.

You'll begin to believe in the goodness of this Universe.

You'll begin to believe in the worthiness of your Being.

You'll begin to believe in the power of who-you-are.

You'll begin to believe in the cooperative Law of Attraction.

You'll begin to believe that all things are possible.

You'll begin to believe that you are the creator of your own reality.

You'll begin to believe that you can control your thoughts by paying attention to the way you feel.

You will begin to believe that you can be or do or have anything.

"That's what I know," you will tell your friend, "now that I am in the Vortex."

And what is the Vortex? It's just the Vibrational, advanced announcement of who you have become. All the cooperative parts of the Universe have already been gathered there. They are there, waiting for you. Don't you just love knowing that?



ASKING FOR HEAVEN'S HELP WITH HEALTH

Let Archangel Raphael guide the way

Doreen Virtue is a doctor of psychology who works with angelic, elemental, and ascended-master realms, author of 50+ books about angels and mind-body-spirit issues. www.angeltherapy.com



Archangel Raphael is the archangel who is called upon to support in healing, and to guide in all matters involving health.

Archangel Raphael uses a variety of healing methods, including direct intervention, where he miraculously and instantly heals ailments; and guidance, where he directs the person toward the best avenues to health. After reading and hearing thousands of case studies, I believe that **God and Raphael** choose the best avenues and methods for healing each particular condition. I also believe that there's a Divine order behind every situation, even if our human minds can't completely comprehend the whys and hows.

Mostly, human free will is the catalyst and the culprit within each health situation. God and the angels can't interfere with our freewill choices. They must wait until we freely ask for help before they can intervene.

So how do you ask for Heaven's help with health concerns? There are unlimited ways to do so. For example, you can:

- Say your request aloud
- Direct your prayer to God
- Address both God and Archangel Raphael
- Include your preferred religious deity (Jesus, a saint, etc.)
- Think the prayer
- Write the request
- Say the words softly or in a loud voice
- Say the prayer with reverence or with frustration
- Say a supplication prayer, imploring Heaven to address your need (for example, "*Please help me!*")
- Use an affirmative prayer, affirming that help is already given (for example, "*Thank you for helping me*")

It's not important how you ask for help, but only that you ask.



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ASK WHITEDOVE

... continued from page 15 ...

Dear Michelle:

I have mixed feelings. Do you believe in reincarnation? I'm wondering if I've been here before. -**Wondering in Wales**

Dearest,

Yes, I not only believe in reincarnation but I can remember many of my past lives. God grants many of us this privilege. We have all been here hundreds of times or more. Some people experience portions of past lives through dreams. Hypnosis called past-life regressions or a past life readings are also ways of tapping into the subconscious to remember previous life experiences.

Think of reincarnation as opportunities to polish and refine our soul. How could we possibly get it right with just one chance? We have all been here many times. There are many good books on the subject of reincarnation, my favorites are by Dr. Brian Weiss, "Many Lives, Many Masters" was his first ground breaking book. He has two others that I know you will enjoy in your quest for knowledge.

Dear Whitedove,

If God is truly a loving God, why do we have all these religious wars, world hunger, abuse and poverty? It only seems to get worse: can't he rid the planet of these awful things?

Looking for peace, in Grand Prairie

Dearest,

God is a God of love; he created the universes and all that they contain from pure love. God loves us so much that he gave us the free-will to choose and create what we want in our lives. Men, not God, have created war, world hunger and poverty. Mankind, meaning a group consciousness or a mass population; has created these things and many more abominations that wound our souls. They are created from negativity and fear. Fear is the opposite of love. Within us all, we have the ability and the power to change negative into positive. That power is unconditional love; this love energy can transform poverty, war and hunger.

Most people don't realize that one person can make a difference. They think they are just a speck of sand in the sea of life. But remember each of us has had at least one person greatly influence our life whether positive or negative. Think of Jesus or Hitler, how one man changed the landscape for generations. Knowing this is a reminder that we each have an individual responsibility and then we will change as a whole. As much as people like to point fingers and place blame, it was not our loving God that made these things, we must look at ourselves and make a conscious choice to change, not only ourselves but our environment, for future generations. Our free will gives us this ability.



CRYSTALS FOR KARMIC HEALING

... continued from page 16 ...

Amethyst

is a great stone for everyday wear, as it is gentle, pacifying, and harmonizing. Program it for anchoring the Violet Flame so that it can continually transmute your karma. The Violet Flame will eventually spread through your energy field and begin to heal and alchemize causal patterns.

Dumortierite

gently moves us forward in life by teaching us to savor stillness. As much of an oxymoron as that appears to be, dumortierite's message is one of patience. Since linear time is really an illusion, dumortierite helps us to accept the limitless Now. This can prevent new causal cycles from being conceived.

Kyanite

is among the best stones for overall alignment; it has an immediate effect on our nonphysical anatomy, restoring balance to our auric bodies and realigning our chakras. Since it also activates the causal chakra, wearing kyanite fosters insight into the law of cause and effect that governs the accumulation of karma, both positive and negative.

Leopardskin jasper

is arguably my favorite stone of all the causal healers to wear all day long. The more you wear this earthy gemstone, the more deeply penetrating are its effects. It gradually saturates your entire aura and aligns you in the flow of the universe, making it easier to attract what you need into your life. By the same token, it readjusts the causal body so that it harmonizes better in your timeline, which can reset any outstanding or stagnant karmic cycles and prepare them for release.

Chrysotile with Welo opal

is a dynamic combination. A pendant made of this serpentine with an accent of precious opal will seek out your soul contracts and burn away any that no longer serve you. The process is gentle, so long as smaller stones are used, and it can also offer assistance to your relationships. Since the soul's contracts are being continually amended, as you wear this combination it will release any negative karmic ties to people in your life. The result is more freedom and more room to spread love rather than pain.

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This month's thoughts about things...

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

... from page 7 .

By the time she got 100 feet away I was frantic, crying and afraid, knowing we were all about to be murdered. Thankfully my mom ran out of the house to save me! But instead she walked over and took the potato sack from the killer ghost woman. WTH?? Of course, there as no killer ghost, the woman was merely their grandmother who was walking home from the market as she did every sundown.

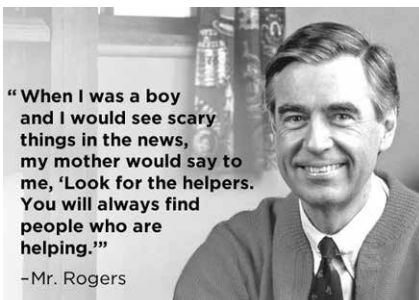
Except I wasn't told, "My grandma visits every sundown." No, my cousins had carefully set the scene so that when I saw the old woman on the road, I'd think she was the killer ghost of the "legend" they just told me. Had they said nothing, I'd have thought I was watching an old woman walk on the road. But since their advance story was that a killer ghost roamed the road at sundown, that is what I saw.

So if you'd been told all your life that bunnies would hunt you down to attack and kill your children, you'd grow up wanting to get them before they got you, right? And that's all Trump is doing, trying to protect us from the bunnies he perceives are out there after us.

What we want is someone with our interests at heart, someone we can trust. Someone who will take the job seriously, show strength and do what was promised. He still has time to turn it all around, to educate himself, to jump into the job, surround himself with educated advisors, to do good work. Accountability and responsibility change people. It can cause realizations and awakenings. Someone who is very emotionally reactive is undergoing the deep work of integrating their personality with their soul. Like it or not, if you're being triggered by him, he's been placed here for you to do some soul work of your own.

I've had several realizations. One is that while I support the efforts of those who march and protest, that is not my way. I've been made aware of how many stand ready to do the work of marching and protesting and gathering facts and getting those facts into the proper hands for review. I've been made aware

that existing policies and laws could use revision. I've been made aware there are people working on that. I'm happy to see that people who think injustice is being done are acting quickly to remedy it. **Bless the helpers!**



"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

—Mr. Rogers

I've been having hopeful visions. I'm seeing a method to the madness. We are learning a lot. If he's doing something wrong, he'll be stopped. My feeling is he is President until he is not and he can do what he wants, until he can't. It will take more than one election cycle to resolve this. **But no matter what chaos is going on around us, there are happier areas of our life we can choose to focus our attention on.**

And there's still time for him to turn it all around, to be a strong, conscious leader and become beloved by the people. I'm hopeful, despite how he's handling things right now. Right now he's hypnotized. Give him time. Don't take score too soon. Hold the vision of his awakening.

WHAT I CAN DO is live my life with integrity and don't let my happiness depend on what anyone says or doesn't say and do. We can get to know our neighbors, we can smile at those we stand in line at the market with. We can recognize that we've come a long way baby and we'll make it thru this as well.

Good things fall apart so better things can fall together BUT THERE'S A TRICK TO THAT

When good things are falling apart, you have to look at them and remind yourself they are falling apart to make room for something better. Then look everywhere for evidence of that "something better." If good things fall apart and you start thinking it will only get worse, if you start collecting evidence of that, well, we always find what we look for. So when your world starts crumbling around you, that is merely past momentum catching up with you and making a clean sweep. Then get excited that good things are on the way and better times are to be had. Look for evidence of that everywhere. The best is yet to be.

Why do I bother writing things to make people feel more hopeful about their future in this current climate? Because it is only the ones who are hopeful who will attract thoughts and ideas that help us move easily through the changes.

When people trigger us to an emotional response

There's a 90 second chemical process that happens in the body and then after that, any remaining emotional response is just the person choosing to stay in that emotional loop. **"When you stay stuck in an emotional response, you're choosing it by choosing to continue thinking the same thoughts that retrigger it."** -- > It's the power of choice. Dr. Jill Bolte Taylor

Enjoy our offering this month.
Hari Om.



Andrea



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

HOROSCOPES

MARCH 2017

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2016.

Aries - (March 20 - April 18) This month marks the beginning of a new two year financial cycle. You need stability for your active lifestyle, and Mars is now giving you the energy to up your financial game. The secret to your money game is tangible goods. Owning a home may feel like a weight that you carry, but it is one way to actually make a commitment that sets you free. Don't buy until May, but start looking now.

Taurus - (April 19 - May 19) With Venus retrograde until mid-April, focus on refining and reworking projects that you've already begun. It's a perfect time to go back and polish those things that need an extra touch. You will be inexplicably drawn into your deepest memories during this powerful healing time. You'll understand why, where, and who; and you'll also know what to do.

Gemini - (May 20 - June 19) March is a uniquely creative month for you, Gemini. This year is all about looking at and crafting life circumstances that will support you for many years to come. This is about more than money; it's about your lifestyle and satisfaction. It's important to live in the present; but inevitably, you must think about your future at this time. None of this, however, is 'hard'. Your secret to success is that any changes are easy.

Cancer - (June 20 - July 21) Keep your ears to the ground and listen to the rhythm of your heart, Cancer. Do not be coaxed or coerced into taking on too much. It's essential that you have some unscheduled time now. Even during impromptu days off you'll think of new solutions to old problem and some up with ideas to make your work more efficient. This month it's important that you nurture yourself.

Leo - (July 22 - August 21) Maintain a clear mental state, and you'll quickly see the circumstances of your life shift into instant manifestation. Your affirmations are Divinely powerful now. Simplicity is your greatest gift for the year - keep things uncomplicated, do not be sidetracked. Jupiter and Uranus are creating a paradigm shift, and for Leo, it's all about the mind.

Virgo - (August 22 - September 21) Stand up and take credit for your hard work and your contributions, Virgo. If you've been feeling overlooked or underappreciated know that this feeling will also transform. Your earning capacity is revving up; remain alert and be ready to respond to opportunities that come when you least expect them. Soon, you'll feel like a weight has been lifted off your shoulders.

Libra - (September 22 - October 21) Do not feel limited by your past, Libra. By the end of this year many things will have changed for you, and it's simply a matter of trusting your intuition. Dream large, think big, and keep the concept of a bountiful harvest foremost in your mind. Obligation is the shadow of an old and outdated mental pattern. Your true duty is to your own, healthy balance.

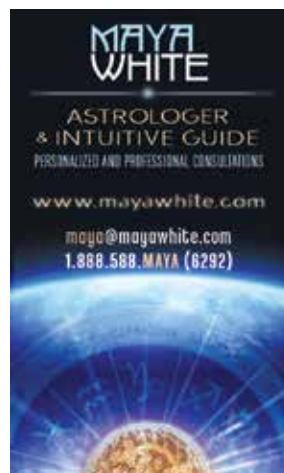
Scorpio - (October 22 - November 20) It's an amazingly rich time to just tune into the Universal energies, Scorpio. Surrender your worries and let the angels and Spirit take care of you. You've been working in the earthly realm, and now you can work more with energy. This frees up time to work on yourself. Tend to nagging little health problems so that they don't continue to grow; you know what I'm talking about.

Sagittarius - (November 21 - December 19) With Saturn in your sign until December, you've hopefully felt a positive benefit at work. He can be tough, but there are also rewards that come with diligence. And, the good news is that you have earned some long term stability. Saturn in your sign does predict that you'll pay the price for too much of anything this year. So, take it slow and steady, and find time to enjoy the rainbows.

Capricorn - (December 20 - January 18) You're in a beneficial cycle, so keep going on your mission to make the world a better place. The world desperately needs what you have to give - your knowledge, your skill, and your wisdom. Just don't take yourself too seriously, Capricorn. The tension has been released and now you can easily be more focused and productive than ever before.

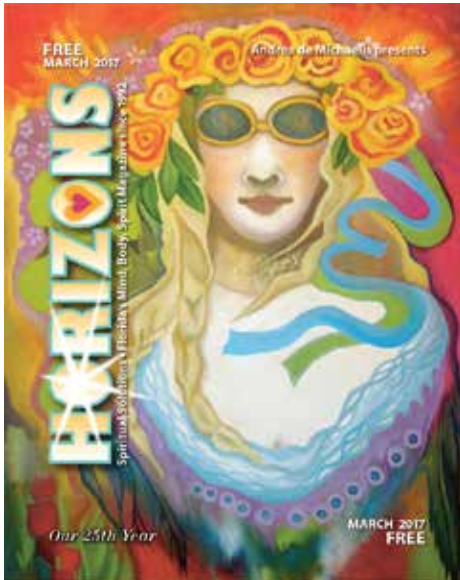
Aquarius - (January 19 - February 17) This is an important time to work with healers, Aquarius. Find the modality you are most drawn to and embark on a systematic program that goes deeply into your energetic template. You've moved beyond the first layer of chaos, and are now free to purify your vital core. Memories surface, and even people and situations from past lifetimes may appear. Turn always to the Light.

Pisces - (February 18 - March 19) Your work becomes more rewarding and less demanding as this month progresses. And, your energy is good, also, Pisces. Stay focused and pay attention to subtle (or not so subtle) clues from the Universe. The Aries New Moon of March 27th highlights your financial sector. Work with Venus retrograde, also you your second house of earned income. Revive old projects; feed them new life and they will give you money.



COVER ART PRIMAVERA BABY

ROBYN BELLOSPIRITO



I am an artist and shamanic practitioner and I enjoy dancing, singing, playing percussion and writing stories. My introduction to oil painting was when I was 8 years old. I quickly fell in love with the medium and have been painting ever since. The images I create feel as if they are channeled through me from a higher source, as I allow forms and lines to emerge on their own without planning them beforehand. Most of the themes in my work are about nature or fantasy, but they are also universal, speaking to viewers on a deep, personal level. I have been told that my art is spiritually lifting, which is something that is much needed in today's world where the harshness of reality can often blind us to the beauty of what is most essential



- love. Through my art, I strive to create images that touch people's hearts. I am a resident of Huntington, NY and I am listed in the current editions of Who's Who in American Art and Who's Who of American Women. For over thirty years I have been exhibiting my paintings in galleries and museums in the New York metropolitan area, around the country and abroad. My original oil paintings are for sale, as well as giclee prints.

For more info please visit www.robynbellospirito.com.



...continued from
page 11...

CALM YOUR ANIMAL COMPANION IN STRESSFUL SITUATIONS

- Start learning to work with energy. Your companion animal is 'speaking' a **Universal Language of Energy** (I call it **Speak Wolf!®**) which is a **Universal Language of Love**. If you learn how to 'play with' this language, you will find that you and your companion are actually on the same 'wave length' and that your human animal bond grows deeper and is more enhanced than you likely ever thought possible.

As a result, both human and animal will be more calm and relaxed throughout all of life's situations and circumstances. Whatever you do, please remember what our animals already know and are trying to teach us: Play. Have Fun. Enjoy the simple things. Sit and be peaceful. Forgive. Share love with reckless abandon.



LIFE 101 WITH CARY BAYER

...continued from page 20...

While my heart breaks to see what's become of the mind of the woman who brought me into the world and brought me up to join it, I appreciate that she often has a merry old time, blithely unaware of her condition. If the dark cloud of **Alzheimer's** has a silver lining—as I believe it does—it's that the greatest suffering takes place among those close to the patient, far more than the patient suffers herself. It's also that the "patient" has much to teach us. Here are just some of the things that my mother, "the patient," taught me during my most recent visit:

1. Enjoy the present because that's all that you have.
2. It doesn't matter what time it is, because time doesn't exist.
3. You don't have to know who people are, or what they do for a living, to have a thoroughly good time with them.
4. Stuffed animals make great playmates and, if necessary, companions or family members.

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

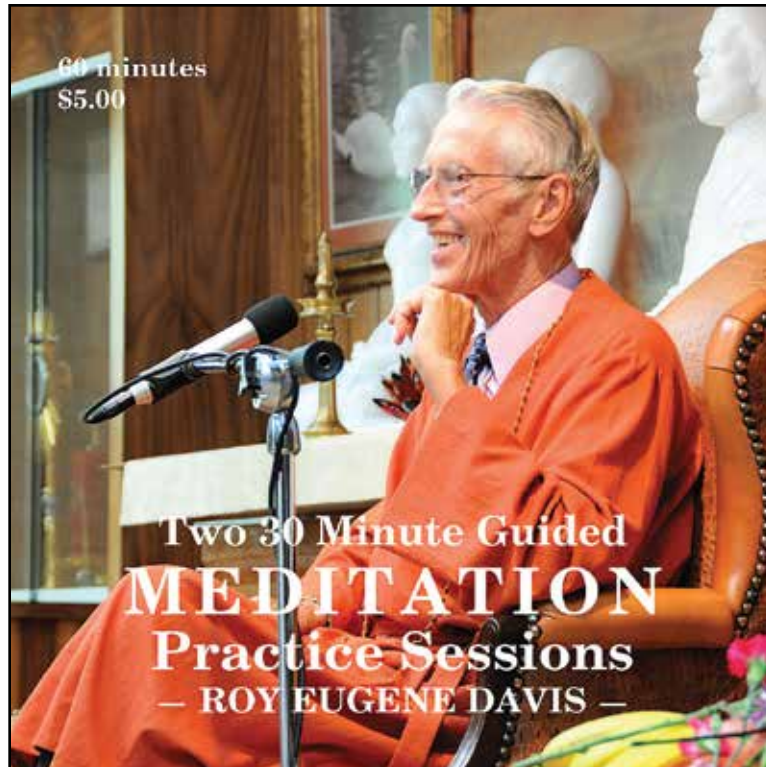
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world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti

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**Roy Eugene Davis has been teaching spiritual growth processes for more than
60 years in North and South America, Europe, West Africa, and India. He was
ordained by Paramahansa Yogananda in 1951. Read *Truth Journal*, hear Mr. Davis'
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