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THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Essential Guide to Aromatherapy and Vibrational Healing; Archangels and Gemstone Guardians Cards and more. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden — a conscious living and gemstone store in southeast Florida. Find out more about Margaret Ann at www.MargaretAnnLembo.com; TheCrystalGarden.com; and AcademyoftheSpiritualArts.com or email at margaret@margaretannlembo.com

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- **COPPER**—This metallic element helps you remember that your power is immeasurable. Use it with **Uriel** to transform anger and frustration into useful energy increase your ability to garner wisdom, knowledge, and surprising information for your spiritual practice.
- **PEACOCK COPPER**—This rainbow-like stone offers support as you learn to express yourself within the realm of angels, spirit guides, and Ascended Masters. **Peacock copper** helps you remain grounded as you tap into these higher frequencies and translate information as it is downloaded to you.
- **PYRITE**—The golden vibration of **pyrite** assists you in remembering your magnificence. Call on the energy of **Uriel** with pyrite in hand when you are trying to improve your financial status and take action to increase your monetary wealth.
- **SUNSTONE**—This luminous stone brings you the spiritual fortitude and self-confidence to develop your spiritual gifts. The fiery nature of **sunstone** helps you to recognize that you have a direct connection with the Divine. Use it to remember your spiritual magnificence and the vital life force within you.

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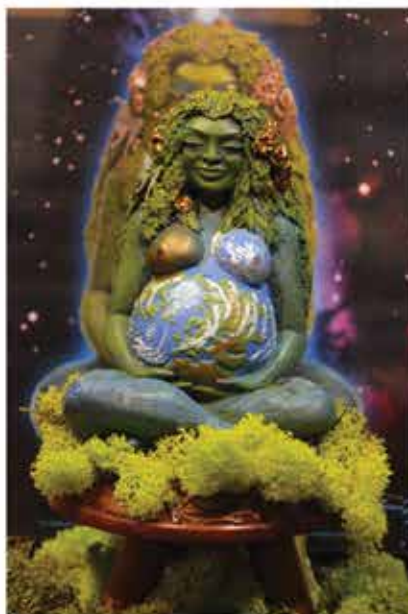
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SUNDAY Services
9:30 and 11:00am
Sunday school at 11:00am
Child care both services



Guest Speaker – Rev. Sherry Taylor Jones
Sunday, March 4th 9:30 and 11:00am

Rev. Sherrie has been serving as the Sr. Minister at Unity of Lawrence in Lawrence, KS. We welcome her back to Florida.

YOU Art Show March 4th, 12:30 pm
Come view the art from the Youth of Unity on display. The art is available for purchase.

“Practically Metaphysical” – metaphysics for daily life Thursdays 6:30pm March 5, 12, 19 & 26 with Paul Esche

Living In Joy Rev. Martha Creek
Sunday March 11th 9:30 and 11:00am

Workshop: Living In Joy – and experience and integration of “The Work”
Sunday March 11th 12:30 – 2:30pm
Rev. Martha Creek

Thursday 3/15 10:00 to 11:45am for 6 weeks Saging While Aging
Facilitator: Dr. Chris Gilman

We will be doing Writing Exercises based on the books From Age-ing to Sage-ing, A Profound New Vision of Growing Older by Schachter-Shalomi and Miller and Aging as a Spiritual Practice by Richmond. Dr. Gilman has a doctorate in Counseling from Boston University and has taught at B. U. and Montclair State U., in N.J. and community colleges. Counseling practice for 25 years and led many workshops.

‘Backcasting’ Looking from the future
- 2030 Sunday March 18th 9:30 and 11:00am with Rev. Beth Head

Futurist John Petersen says that our world will change in the most extraordinary ways in the next 10-20 years. We have cast the vision of celebrating a spiritually awakened world. If, on the screen of our minds we look back from 2030 what did we create, invent and manifest to bring us to this spiritually awakened world?

Unity of Melbourne Annual Membership Meeting
Sunday March 18th 12:30pm
Join us as we look back at 2017 and forward for the next year.

Palm Sunday
March 25th 9:30 and 11:00am
Rev. Ytonna Dyess Finnegan

Good Friday
March 30th 6:30pm

Come for an evening of music, prayer and ritual. This service is a time to literally and metaphysically burn the crosses that have held us back.



Easter Sunday – I Am Blessed
April 1st 9:30 and 11:00am

Rev. Beth Head

Celebrate Easter with us. There will be children's Easter activities during the 11:00am service.

2nd Annual Earth Day Expo
Saturday, April 21, 2018, 10am - 4pm

Come learn about some amazing organizations, products and services that are helping improve our relationship with the environment and the animals we share it with. Informational talks, demonstrations, an organic farmer's market, Vegan and Organic food options, eco-friendly activities, and a drum circle to honor mother earth!



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HORIZONS

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 31)

Mistress of Chalice Well
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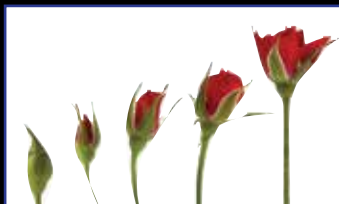
Tara Brach

Jeff Brown

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

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



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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher 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

HELLO AND WELCOME TO THE MARCH 2018 HORIZONS MAGAZINE. Last month I wrote about the chain of synchronicities that left me with a new tenant. She got moved in on time and it all fell into place like clockwork. There were a few minor delays but it all worked out.

A FRIEND ASKED WHY I ATTRACTED DELAYS IF I KNOW BETTER?

Knowing better doesn't mean it doesn't happen to you. It just means you don't flip out when it does. You recognize you attracted the situation and you stop doing whatever you've been doing to attract it. Easier said than done, right? We can't always pinpoint exactly what we need to stop doing. You basically need to take your attention off anything that doesn't make you feel good when you give attention to it. In every area of your life. Like I said, easier said than done.

INCONVENIENCE AND AGGRAVATION CAN BE GREAT TEACHERS

"There's no water at the rental!" WTF?? Long story short, we discovered water was cut off at the rental because of miscommunication within the utility office. Tenant had begun service as of Jan 26th. But when the final bill for previous tenant went unpaid, the water dept came out in error, shut off the water and put a lock on the meter. When tenant called, they told her there was no reason for water to be shut off. Until Michelle at Palm Bay Water Dept solved the mystery by walking over to the clerk in the next room and tracked everything for that address. Water was on by end of the day.

So even though it was an easy fix, a friend asked, why did I attract the aggravation and inconvenience in the first place? That's an easy one to answer. Clearly I've let myself become a little unfocused. Three weeks earlier I didn't even know I'd have a new tenant. I got everything done to ready the rental home in time, and I did it at the same time I was dealing with getting the February magazine to press and the remodeling of my bedroom.

Thankfully I must not have much residual karma because any glitch we came across was easily fixed. The timing fell into place synchronistically.

...continued on page 29...

Love? Money? Travel? Learn what 2018 holds in store for you.

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4 MYTHS ABOUT FINANCIAL SECURITY

LET GO OF THESE RIDICULOUS NOTIONS ABOUT MONEY



Pam Grout is the author of 16 books, three plays, a television series, and two iPhone apps. She writes for People magazine, Cnngo.com, Huffington Post, and her travel blog, www.georgeclooneysleptthere.com. Find out more about Pam and her out-of-the-box take on life on her website: www.pamgrout.com.

The world is a magical place. What we've been offered so far is anything but. Let's start with our current economic system.

It's made up. It's a random agreement we've all agreed to participate in. But it's not real. It was designed by the reptilian part of our brain, the part that's scared, the part that hollers, Danger! Watch out! Protect yourself!

It's based on artificial lack and rampant, unsatisfying consumerism. It can never give us what we really want. One of its key tenets, in fact, is to encourage us to seek things we already have. To keep the economy growing—the holy grail, according to the current paradigm—we've been forced to monetize all the gifts we were given coming in . . . things like health, water, entertainment, food.

Even self-help books promote the very peace and well-being you already have—or did, before we laid our economic story on top of it.

Until our financial paradigms got all up in Mother Nature's face, we were gifted with everything we could ever need.

When you build anything, particularly an economic system, on faulty information, it should come as no surprise when it fails to satisfy.

WHEN WE BREAK FREE FROM OUR CHAINS, WE SEE CLEARLY THAT THE WORLD IS WILDLY ABUNDANT, THAT THE UNIVERSE IS NOT ONLY A CO-CREATIVE FORCE, BUT IT'S OUR STRONGEST ALLY

Here are a few of the bald-faced premises upon which the official dogma of the Western world is built:

1. THAT WE FACE AN INDIFFERENT UNIVERSE.

Every thing we do, everything we believe, is predicated on the idea that we live in an indifferent and sometimes even antagonistic universe. To be successful, we think we must bend it to our will. Exert control, use discipline. To believe the universe might know what it's doing, to think it might actually love us and have a plan for our lives, is antithetical to every lesson economists teach.

Is it really just a chance coincidence of random molecules that we are conscious and breathing and listening to Israel Kamakawiwo'ole play "Over the Rainbow" on a ukulele?

Once you get on the joy and gratitude frequency, you come to see that the universe is not only a co-creative force, but it's your strongest ally.

2. THAT THERE'S SCARCITY AND LACK.

The current economic system touts insufficiency and promotes the preposterous notion that important things are missing in your life.

Once it supplied all your basic needs (food and shelter, both of which were originally provided for free by **Mother Nature**), it was forced to come up with fake stuff to sell you—things like deodorant, plastic banana slicers, dancing **Santa** decorations, and other things that don't serve human happiness. In many ways, the economy **Adam Smith** helped create is little more than a government-sponsored pyramid scheme.

The assumption of scarcity is one of the central axioms of economics. It's regarded as objective truth. However, like most "objective truths," it's nothing but a projection.

Like the people watching shadows in **Plato's** cave, when we break free from our chains, we can see very clearly that the world is wildly abundant.

...continued on page 26...

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ABRAHAM ON WANTING CONDITIONS TO CHANGE:

Many people are living a very conditional love or conditional life. And even when they begin playing with us for awhile, they think, "Well I'll become a deliberate creator, so that I can control conditions, so that I can have a better response to conditions." And that's still backwards of what we are encouraging. We don't want the condition to need to change.

We don't want your life to depend upon your response to a condition. We want your happiness to depend upon your ability to focus within all conditions, understanding that the conditions will then change.

But that's an interesting thing, because when we say, "If you can focus unconditionally, if you can line up unconditionally, and find clarity and happiness unconditionally, then the condition will change." So then it's still sort of about the condition.

So we want it to not be about the condition. We want it to be about the way you feel. We want you to show yourself that you can, under any conditions, be happy. And once that unconditional happiness is understood...

Our audiences, often, especially if they are new to us, they really don't enjoy those words from us. Because they think, "Oh well, Abraham's just trying to get us to be happy with what we've got and accept the conditions that are."

And that isn't what this is about at all. It's that all things that you want will morph into the precise things that you want and more.

ABRAHAM ON A BLITZ OF APPRECIATION:

Almost all of you, right from the beginning, relative to Self, were taught that you are inappropriate beings, here to prove worthiness to something that moves around so much you can't even really figure out what the rules are - because everybody has a different interpretation of what's right and what's wrong. So, we could put it very simply: The only thing that has been

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Soothing Your Cough with Herbs

Coughing is a reflex of the respiratory system needed for cleansing the airways of unwanted matter, bacteria, viruses, microbes or excess fluid. Symptoms of coughs vary. You may experience a dry hacking cough, a tickle, a cough with thick mucus and phlegm or a barking cough that leads to shortness of breath. Bacteria fungus and viruses are the most common causes of coughs; but they can also be caused by postnasal drip, allergies, asthma, congestive heart failure, fibrosis, inflammation of the pleural membranes, tumors, blood clots or inhaled irritants (paint fumes, smoke, household cleaners). Since the lungs require moisture for their health and maintenance, staying hydrated is key for their health. Using a humidifier can help thin mucus secretions which reduces irritation of the airways making the cough more productive.

Herbs help you specifically address the causes and symptoms of your cough. **Expectorant herbs help produce a more productive cough loosening phlegm; reducing tightness in the chest.** This would be herbs like Mullein, Hyssop, Horehound, Anise, Elecampane and Fenugreek; this herb also has astringent properties, which can dry up postnasal drip and liquefy phlegm. **Antitussive or Cough-suppressant herbs are useful when the cough has become exhausting and you need to get some rest.** They work by reducing the irritations of the mucus membranes quieting the cough reflex. This would be herbs like Coltsfoot, Grindelia, Elecampane, Wild Cherry, Ginger or Licorice; which contains constituents similar to codeine used in many cough medications. **Antiseptic, Antimicrobial, Antiviral and Antibacterial herbs such as Thyme, Garlic, Elderberry, Peppermint, Anise, Elecampane and Eucalyptus work by inhibiting the growth the organisms that are causing the cough.** Demulcent herbs in the respiratory system contain mucilaginous properties. They create a protective coating on the mucus membrane lessening irritations caused by coughing. Herbs in this category would be Slippery Elm, Marshmallow, Licorice, Osha, Wild Cherry or Plantain.

Herbs like Grindelia, Elecampane, Yerba Santa, Slippery Elm, Astragalus and Mullein; **Support and Tone the over-all health of the respiratory system providing extra strength to the lungs.** They also provide needed nutrients to maintain the serous fluids of the lungs these help lubricate and reduce friction from the movements the lungs. And herbs with **Warming properties** such as Ginger, Cinnamon, Elecampane, Cayenne, Horseradish and Turmeric help loosen cold, thick phlegm that gets stuck in the **respiratory passages**; when they warm, the body thins and liquefies mucus so it can be coughed up easier.

If you are trying to avoid the use of medications, blending some of these herbs together can be very helpful in addressing your cough. You may also want to consider herbs with Antihistamines, Detoxifying, Cleansing or Circulatory properties to more specifically meet your needs.



YOUR DAILY WALK

Richard A. Singer, Jr. is author of Eastern Wisdom for Your Soul: 111 Meditations for Everyday Enlightenment, Your Daily Walk with the Great Minds: Wisdom and Enlightenment of the Past and Present and Now: Embracing the Present Moment

"It's not that some people have will power and some don't. It's that some people are ready to change and others are not." James Gordon, M.D.

MEDITATION

It's a new year and that offers the possibility of a refreshing commencement and the creation of a revitalized life. Today, make a commitment to live in the moment and be the artist of your exceptional, more purposeful, and passionate life. Always remember that you are the artist and you have the freedom to paint the masterpiece of your existence any way you wish. There are infinite possibilities in your life. Within you lies the power to create the life you desire.

PERSONAL JOURNALING


What is your initial plan and desire for invention of your new life?

Today, I will sincerely believe in my ability to transform my life and I will begin taking action this very moment.

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THE SACRED PAUSE



Founder of the Insight Meditation Community of Washington. Author of "Radical Acceptance: Embracing Your Life With the Heart of a Buddha" and "True Refuge: Finding Peace and Freedom in Your Own Awakened Heart", for more than 35 years Tara Brach has been practicing and teaching Buddhist meditation, emotional healing and spiritual awakening, with a focus on vipassana (mindfulness) meditation. Visit <https://www.tarabrach.com/>

IN OUR LIVES WE OFTEN FIND OURSELVES IN SITUATIONS WE CAN'T CONTROL, CIRCUMSTANCES IN WHICH NONE OF OUR STRATEGIES WORK. Helpless and distraught, we frantically try to manage what is happening. Our child takes a downward turn in academics and we issue one threat after another to get him in line. Someone says something hurtful to us and we strike back quickly or retreat. We make a mistake at work and we scramble to cover it up or go out of our way to make up for it. We head into emotionally charged confrontations nervously rehearsing and strategizing.

The more we fear failure the more frenetically our bodies and minds work. We fill our days with continual movement: mental planning and worrying, habitual talking, fixing, scratching, adjusting, phoning, snacking, discarding, buying, looking in the mirror.

What would it be like if, right in the midst of this busyness, we were to consciously take our hands off the controls? What if we were to intentionally stop our mental computations and our rushing around and, for a minute or two, simply pause and notice our inner experience?

Learning to pause is the first step in the practice of *Radical Acceptance*. A pause is a suspension of activity, a time of temporary disengagement when we are no longer moving towards any goal. The pause can occur in the midst of almost any activity and can last for an instant, for hours or for seasons of our life.

We may take a pause from our ongoing responsibilities by sitting down to meditate. We may pause in the midst of meditation to let go of thoughts and reawaken our attention to the breath. We may pause by stepping out of daily life to go on a retreat or to spend time in nature or to take a sabbatical.

We may pause in a conversation, letting go of what we're about to say, in order to genuinely listen and be with the other person. We may pause when we feel suddenly moved or

delighted or saddened, allowing the feelings to play through our heart. In a pause we simply discontinue whatever we are doing—thinking, talking, walking, writing, planning, worrying, eating—and become wholeheartedly present, attentive and, often, physically still.

A pause is, by nature, time limited. We resume our activities, but we do so with increased presence and more ability to make choices. In the pause before sinking our teeth into a chocolate bar, for instance, we might recognize the excited tingle of anticipation, and perhaps a background cloud of guilt and self-judgment. We may then choose to eat the chocolate, fully savoring the taste sensations, or we might decide to skip the chocolate and instead go out for a run.

When we pause, we don't know what will happen next. But by disrupting our habitual behaviors, we open to the possibility of new and creative ways of responding to our wants and fears.

Of course there are times when it is not appropriate to pause. If our child is running towards a busy street, we don't pause. If someone is about to strike us, we don't just stand there, resting in the moment—rather, we quickly find a way to defend ourselves. If we are about to miss a flight, we race toward the gate.

But much of our driven pace and habitual controlling in daily life does not serve surviving, and certainly not thriving. It arises from a free-floating anxiety about something being wrong or not enough. Even when our fear arises in the face of actual failure, loss or even death, our instinctive tensing and striving are often ineffectual and unwise.

Taking our hands off the controls and pausing is an opportunity to clearly see the wants and fears that are driving us. During the moments of a pause, we become conscious of how the feeling that something is missing or wrong keeps us leaning into the future, on our way somewhere else. This gives us a fundamental choice in how we respond: We can continue our futile attempts at managing our experience, or we can meet our vulnerability with the wisdom of Radical Acceptance.

Often the moment when we most need to pause is exactly when it feels most intolerable to do so. Pausing in a fit of anger, or when overwhelmed by sorrow or filled with desire, may be the last thing we want to do.

Pausing can feel like falling helplessly through space—we have no idea of what will happen. We fear we might be engulfed by the rawness of our rage or grief or desire. Yet without opening to the actual experience of the moment, Radical Acceptance is not possible.

Through the sacred art of pausing, we develop the capacity to stop hiding, to stop running away from our experience. We begin to trust in our natural intelligence, in our naturally wise heart, in our capacity to open to whatever arises. Like awakening from a dream, in the moment of pausing our trance recedes and Radical Acceptance becomes possible.



PSYCHIC BAGGAGE WEIGHING YOU DOWN? 3 STEPS TO REMOVE IT NOW

James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

DECADES SPENT ON STAGE AND ON THE ROAD HAVE LEFT ME WITH A BACK THAT ACTS UP ONCE IN A WHILE. Luckily, I've found a wonderful masseuse and healer to provide deep tissue relief when the pain gets too bad. Just the other day as he was erasing the knots in my lower back, he shared an insight about his work that I believe also applies to matters far beyond physical aches and pains.

"I imagine my clients going about their day picking up shiny little BBs - each representing an incident of physical or mental stress. Every time a client lifts something the wrong way, deals with a difficult co-worker, or tosses and turns all night worrying, another tiny metal ball goes into their pocket. After a while, they become uncomfortably weighted down with the accumulation of all of this, and they come to me - my job is to remove the BBs. When I'm finished, it makes me so happy to see them walk out taller and feeling lighter in every way!"

In the example of the masseuse, his clients are lucky enough to be able to come to him regularly for relief. But think of how many people hold onto old emotions, traumatic memories, and resentment (what I like to call "psychic baggage") indefinitely - pushing everything down without examining it just to make room for more "BBs." Without a way to regularly dissolve or clear out that energetic junk, it builds up and blocks you - energetically, physically and emotionally.

IS PSYCHIC BAGGAGE HAVING A NEGATIVE EFFECT ON YOUR LIFE? HERE ARE SOME SIGNS:

- 1) You have difficulty experiencing the present moment without dwelling on the past or worrying about the future.
- 2) You keep repeating the same patterns and mistakes in one or more areas of your life.
- 3) In matters of the heart, you're attracted to "bad boys" (or girls), people who can't commit, or otherwise unsuitable partners.
- 4) You feel like you're not always in control of your own reactions or emotions.

- 5) You feel that the work you do is not aligned with your true self, yet you're unable to make a change.
- 6) You often find yourself getting your feelings hurt and taking things too personally.
- 7) Your fears and phobias prevent you from trying new things.
- 8) You have health issues or chronic fatigue your doctor can't explain.
- 9) You keep waiting for something to change so your "real life" can begin.
- 10) People tell you that you're overly defensive or that you can't open up.

There's no precise way to score this quiz, except to go with your gut. You might have checked three or four, and be managing just fine - but if even one of these issues is causing a problem in your life, then chances are you're dealing with some psychic baggage. Now is the time to lighten your load!

...continued on page 28...

An Evening with James Van Praagh



Master Psychic Medium and #1 NY Times Best Seller James Van Praagh will demonstrate his unique gifts at a one of a kind evening, Friday July 20, 7:30, Skopelos at New World Landing.

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FROM THE HEART



Alan Cohen is the author of many popular inspirational books, including the bestselling *A Course in Miracles Made Easy*. Become a certified professional life coach through Alan's popular Life Coach Training beginning Sept 1. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

A Heartbeat to Remember

While checking out at a grocery store I noticed that a cashier had an unusual tattoo on her forearm. "What is that tattoo?" I asked Ciani. She smiled. "It's a copy of the EKG of my grandmother's last heartbeat."

Suddenly the checkout process faded to background. I wanted to hear more.

"I loved my grandma very much, and I was with her in the hospital at her last moment," Ciani went on. "As a memory of our connection, I asked the nurse for a printout of her EKG, and I had it turned into a tattoo. Whenever I look at it, it reminds me of her and I feel close to her."

As I drove home, I couldn't get the image out of my mind. It jogged me to consider the value of one heartbeat. Our heart beats about 100,000 times per day and 34 million times in a year. We generally go about our business taking our heartbeats for granted. Yet I'm sure that as Ciani sat with her grandma on the threshold of her passing, she and her family would have given anything for those heartbeats to go on. In that moment one heartbeat meant everything.

One day all of our hearts will stop beating, but while they still pulse we would do well to count them all as precious. Every heartbeat represents God's intention that you have a purpose in the world and a reason to be alive. While many of us believe we are here to achieve a notable act or make lots of money, our real mission is based on the quality of our relationships.

At the end of our life it is not our time in the office we will remember, but the meaningful moments with our family and loved ones. Let's not wait until our dear ones are gone or almost gone to honor and celebrate them. Let's tell them, "*I love you*" and do things to demonstrate that love while they are with us.

You might believe that there are things you have to do that are necessarily boring or annoying, and you just have to put up with them and wait until you have some free time to enjoy yourself. Yet if your intention is to live fully, you can turn any situation into a platform for aliveness through connection.

During a shuttle bus ride from an airport to a rental car outlet, I found the van driver to be delightful. This woman was super welcoming, upbeat, and helpful. She joked with the customers and made the ride a pleasure rather than drudgery. I was so moved by the driver that I sent her manager an e-mail complimenting her. The next time I arrived at that airport I encountered the same driver, and I told her I had sent a positive note on her behalf. Hearing that, she lit up and told me she had printed out that e-mail, framed it, and hung it on the wall of her home. The e-mail took me but a few minutes to write, but its effect extended far beyond words.

A Course in Miracles tells us that the quickest route to enlightenment is to make the most of our interpersonal connections. While being with people can be annoying, it can also be exhilarating and healing. A Jewish friend of mine went to the airport to pick up a revered rabbi who was giving a presentation at the local synagogue. As the two were driving toward the exit of the airport parking lot, the driver was trying to decide whether to go through an automatic toll payment lane or a lane staffed by a person. The rabbi told my friend, "Let's go through the lane with a person. The Creator gave us each other as gifts to enhance our lives, and we must never miss the opportunity to connect."

The next time I went back to the grocery store I asked Ciani how she liked her job. "It's pretty good," she answered, "but sometimes I get bored."

"Is there any way your job could be more exciting?" I asked.

She thought for a moment. "Not that I can think of. It just is what it is."

I told her that I was really impressed by her story about her tattoo and I wanted to write an article about it, hopefully to inspire others to value their meaningful relationships. I asked her if I could use her story for that purpose.

"Now that would be exciting!" she replied.

When we do things meaningful to us, we set into motion a ripple of positive events that moves everyone it touches. Ciani's grandmother loved her immensely, which stimulated Ciani to get the tattoo as a memento. I was touched by seeing the tattoo and inspired to write about it. The idea of the article uplifted Ciani and suddenly her job became exciting. Perhaps you reading this will inspire you to value your relationships and express your love to someone or take a mundane situation and lift it to soul reward.

A Course in Miracles tells us that when you do an act of kindness, it may go on to touch thousands of people you never even meet. Behold the value of one heartbeat.

ASK WHITEDOVE



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

Dear Michelle,

My grandson builds tiny chairs and tables with scraps of things from around the house. He swears that he's seen two very tiny people, but says that they hide from most big people. I say, well it could be true. What say you?

Dearest,

Earth Angels or **Nature Spirits** reside in a place called the fairy realm. As in most folklore handed down, there is truth in the legends of fairies, little people, brownies, gnomes and mermaids too. Fables and stories of humans interacting with fairies were once known as fact. Today these nature spirits still work with humanity, the **Irish** still believe, although they are rarely seen. They live in the next astral plane or dimension and have the ability to travel between worlds and into our realm. Very young children and animals still see into the fairy realm with ease because their minds are open and they are pure of heart. Fairies, little people, brownies, gnomes and mermaids are just some of the **Earth Angels**, a category of **God's** angels that are divided into the four elemental forces. They are the **Fire, Air, Earth, and Water Spirits**.

Encourage your grandson's endeavors to interact with the **Earth Angels** - you may just find that you have a psychic-medium in your family.

Dear Whitedove,

It's been reported that **UFO's** have been sighted hovering over military installations, do you feel that aliens have hostile intentions or good?

Dearest,

We are being carefully watched by our **Star brothers**: they are monitoring nuclear warheads and nuclear energy plants around the globe. There are creditable reports that tell of **UFO's** watching these nuclear facilities and they have even disarmed nuclear missiles. I predict that citizens of the **Earth** will know this truth in coming years.

Our **Star brothers** have and will continue to intervene on the behalf of mankind and for the good of the **Milky Way** galaxy. They are doing this to be of assistance to humanity, to stop an egotistical man-made cataclysm. I would encourage everyone to speak up, stand for peace, join a global initiative of praying for world peace and vote for leaders who want peace, not war.

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Dear Whitedove,

My friend and I have had a friendly debate about life after death and is there truth to reincarnation or is it a myth? I know that you see spirits of our loved ones, what do you know to be true?

Dearest,

As I look into the **Akashic Records** (the book of life), I know that reincarnation is a truth: it is a part of the soul's evolution. We all re-visit this world in other human forms to continue our spirit's experiences and learning.

We chose to experience different genders, race, religions, economic and social status. Without reincarnation it would be almost impossible for the soul to progress to the next stage. The objective of reincarnation is to polish and perfect the soul especially while here on earth in human form. You see, in **Heaven** everything is glorious and perfect. You learn spiritual lessons at a very slow pace.

Brave Souls come here to **Earth** for fast-track learning: you can cram a lot of hard lessons into one short lifetime. Human's souls mostly learn through hardships and adversity. How would you know real joy without experiencing a broken heart?

ARE YOU HAVING A DIVINE STORM?

THE MESSAGE IN THE MADNESS



Mastin Kipp is a 30-year-old entrepreneurial storyteller from Los Angeles, CA. He is the founder of www.TheDailyLove.com (TDL), the Website, daily email and Twitter account that's merging pop culture with inspiration.

Before I tell you about my Divine Storm, I want to define the term. A Divine Storm is a period of time (it could be a day, a week, a month, a year, or an era) where it literally seems like the whole world—the entire Uni-

verse and even God—is against you. It's a time when everything falls apart and there seems to be no way out. It's a time of massive pain. Ultimately, Divine Storms come to clear out whatever is not a part of your next layer of growth. But depending on how stubborn you are, they can shake you pretty bad.

Here's one of my favorite Daily Love tweets:
The Universe has shaken you to awaken you.

The Divine doesn't act according to your own desires or expectations. The Divine knows you better than you know yourself. It sweeps in to clean the slate, to force you to give up what you have not been willing to surrender. In other words, when you utter the phrase "Thy will be done," expect all hell to break loose.

My Divine Storm was upon me. I thought things were already as bad as they could get—I was losing my business, I had lost my best friend, and I was back on Adderall. But I didn't know the half of it. What was coming next would test every shred of faith I had in myself and in the Divine.

Everything I had come to Love in this new "spiritual" phase of my life was being taken from me. It felt like God was pulling the rug out from under me, for no reason. The following events all happened over the course of one week:

- The Buddhist girl I was dating broke up with me.
- John and I ended our business relationship.
- Our company Love Yourself died.
- My roommate told me he was moving out in 30 days.
- Our initial investors in Love Yourself told us that they had lost 70 percent of their wealth in the stock crash and recession.
- My lower back went out.
- I got gout (yes, gout) in my left big toe.

It was one of the worst weeks I'd ever had. Worse than all those years ago when I was on cocaine and drinking all the time and got fired. Because Love Yourself wasn't just a clothing company to me. It was who I was. It was my identity, and

... continued on page 21 ...

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ABRAHAM FUN



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

Soulson #129 Reality Be Danged

I can stop letting reality - whatever is going on around me - guide my thoughts. Behind the scenes, it is actually my thoughts that elicit my reality.

When I stay focused on the reality I've already created, it is a perfect way to continue creating the same sorts of things repeatedly. It is a perfect way to stay "stuck."

Today I take an imaginary key and unlock my mind. I take off an imaginary lid and allow my brain to get some air. I try on some new ways of thinking, new ways of creating.

I begin to shift my focus away from that which is "real," at least when it involves drama and trauma. I practice placing my attention on that which feels good when I think about it - a pleasant memory, a deep desire, a synchronicity, someone's positive attributes.

I take charge of my thoughts; I take charge of my life. Now anything is possible.



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CALENDAR OF EVENTS

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

Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907
321-725-4024 www.yogashakti.org

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

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

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne
1924 Melody Lane behind Melb Auditorium 321-419-6262

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

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free.
321-725-4024 www.yogashakti.org

2nd Sat. every month JACKSONVILLE Psychic Fair 1-4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313

Sundays MELBOURNE 10am Center for Spiritual Living Space Coast 2401 N. Harbor City Blvd, Melbourne, FL 32935 (Chapel Room inside Unity of Melbourne) 321.474.2030 www.cslspacecoast.org

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

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

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, nsbcuuc.org, 386-308-8080

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

March 23 – 25, 2018 SEBASTIAN, FL Love Extending Retreat, A Weekend Experience Based on "A Course In Miracles." Friday 4:00 PM through Sunday 4:00 PM. At Kashi Ashram, 11155 Roseland Road, Sebastian, FL 32958. Retreat Cost: \$199 includes 6 vegetarian meals; Accommodations available at Kashi upon request. Contact Betty Ritchie, Certified Master Trainer; Facebook: I AM PRESENCE@IAmPresentBettyRitchie; Paypal: BettyRitchie16@gmail.com; E-mail: bettyritchie2002@aol.com; Telephone: 772-562-3681

Friday July 21, 2018 PENSACOLA at 7:30 pm An Evening of Spirit with World Renowned Psychic Medium and NY Times #1 Best Selling Author, James Van Praagh will be "Live" at Skopelos at New World Landing 600 S Palafox St, Pensacola, FL 32502 (850) 941 4321
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NOTES from the Universe

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

What you want has no bearing on whether or not you'll get it. None. Nada. Zippo.

It's only ever a question of whether or not you can behave as if you already have it.

**I got you, babe -
The Universe**




SPIRITUAL GRAFFITI

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

Some of us cannot preserve our dignity and well-being if we remain connected to one or both of our parents.

This is not to say that we don't do our best to heal and preserve those relationships, but sometimes it is simply not possible and it is not healthy to continue. Unfortunately, many who have made the brave, necessary decision to disconnect are met with a shaming, shunning response from others. It is one of the most destructive and imprisoning guilt trips of all time "But she's your mother", "But he's your father", "They did their best", "You owe them your life" etc. This has to stop. You can be sure that if someone is considering disconnecting from members of their family of origin, there must be very legitimate reasons for doing so. Even if they did their best, that doesn't mean we have to stay in contact with them. Some wounds cut too deep. Some bridges have been permanently burnt. Some people do not change. You are not a bad person if you choose to say good bye to abusive family members and that includes parents. You have every right to preserve your emotional integrity.



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FOLLOW YOUR INNER GPS

5 HELPFUL TIPS FOR NAVIGATING THROUGH LIFE

Talayah G. Stovall is an author, speaker. Her previous works include *Crossing the Threshold*, *150 Important Questions You Should Ask Before You Say "I Do,"* *P.U.M.P. It Up!*, and *7 Secrets to Ignite Your Dreams*. <http://www.talayahstovall.com>

Over the past year and a half, I've been doing some training on the road that has required a lot of driving. One week alone, I logged 885 miles on my rental car. Although I'd never used it before this project, the navigation system on my smartphone quickly became my new best friend. Even with clear instructions from "Navvie," as I call the voice, I still managed to get lost at times.

But Navvie is ever patient with me, simply saying in a sunny voice, "new route" every time I mess up. She never says, "I told you that twice already. What's wrong with you?" She never raises her voice or insults me for making a mistake. I appreciate her for that, and I try to cooperate as much as possible.

We all have goals we want to achieve—places we see ourselves going in life. Sometimes getting there isn't a straight shot. There are twists and turns along the way, and it's easy to get confused and frustrated when we lose direction. Here are five lessons that Navvie taught me about navigating through life:

1. You must know where you are and where you want to go. Though uncomfortable with this knowledge at first, I soon became grateful that "the system" always knew where I was at any time. Armed with that knowledge, the only thing I have to tell Navvie is where I am trying to go. In order to achieve our goals, we first have to be honest with ourselves about where we are right now. Then we must have a clear and specific view of where we want to end up. As Stephen Covey says, we have to "start with the end in mind" if we are to reach any of our goals.

2. There is more than one way to get there. I noticed that when I put an address in the system, Navvie gives me a choice of three routes, with the mileage and estimated travel time for each. I get to choose which route is more appealing to me. I can choose the fastest, the most scenic, and so on. The good thing is that all the routes ultimately lead to my destination. There is always more than one way to arrive at our goals, so we should never get discouraged when our path is not exactly the same as someone else's. Trust that you will eventually arrive at your destination.

3. It is never too late to get back on track. Sometimes we get stuck in traffic. Other times we need to take a detour. Navvie taught me that it doesn't matter if I get stalled or off track along the way. She doesn't care how long it takes to arrive at our destination. She allows me to pick up right where I left off and keep going. There is no such thing as too late, too old, or too far off to get back on track with your goals. Persistence pays off, and it will always work out in the end if you just keep moving in the right direction.

4. You might be closer than you think. One night, I drove around and around within a half-mile radius, looking for my hotel for at least 30 minutes. It was right there, but I couldn't see it because, by design, it blended in seamlessly with all the other buildings. (Somehow I'd managed to find a hotel that was conveniently located right in the middle of a strip mall, but we won't get into my shopping habits here.) Sometimes a goal might seem out of focus. We can't see it clearly because of everything else going on around us that distracts us from where we are heading. If we refocus ourselves, we just might find that what we want has been right in front of us all along.

5. Enjoy the journey. While I navigated through unfamiliar territory, I found many delightful distractions along the way. From historic sites to outlet malls, I took it all in. I got the opportunity to visit places that I wouldn't have ordinarily seen. I've met (well, I've seen) Punxsutawney Phil, the supposedly 124-year-old groundhog who predicts the weather each February. I've visited the Mississippi River town where Mark Twain grew up and based his classic tales. I've snapped breathtaking pictures of Yosemite National Park. The list goes on . . . It's important to appreciate where we are on the way to where we're going, even in those moments when we feel "lost." Take some time to stop and smell the roses. It makes the journey more enjoyable, and, before you know it, you will have arrived at your destination.

If your current path isn't taking you where you want to go, it isn't too late to change direction. Don't allow your dreams to die. Get started today! Envision what you want for your life, set your destination, and remember to have fun along the way. And if you need support on your journey, always reach out for guidance. For more tips, see my book, *Light Bulb Moments*.



DIVINE STORM

...continued from page 16...

not just my identity, but also my mission. It was the way I thought I was going to inspire the world and change the course of many people's lives.

In a matter of weeks, *Love Yourself* was gone. And everything else was gone, too. I had no business, no girl, almost no money, and no place to live. The only things I had were a lot of debt and a gout boot. (Try walking around LA wearing a geriatric ski boot and see how good you feel about yourself.)

I was spending more and more time at my hangout, **Golden Bridge Yoga**, even with the gout. That week I ran into the owner of **Golden Bridge**, a woman named **Gurmukh**. She told me that, according to **Louise Hay**, gout was all about the need for control. But what could I possibly be trying to control—except a life that was falling apart at the seams?

I was in a full-on crisis and it was really scary. It felt like **God** and the whole Universe were against me. So I quit the **Adderall** (for good this time), loaded up my **Caroline Myss Spiritual Power, Spiritual Practice** meditations, kept doing the **Abundance Meditations**, and hit the **Kundalini yoga** even harder.

One day while listening to **Caroline**, I had a momentary glimpse of an idea. What if this isn't happening to you; what if this is happening for you? I don't remember where I had read it, but I remembered her saying that your job is to say your prayer—and then see everything that happens after that prayer as an answer to that prayer.

So, what if my **Divine Storm** was an answer to my deepest prayer? What if my life crumbling around me wasn't a punishment, but an act of pure Love? Could that actually be true? It seemed crazy to think so. I felt so lost, so abandoned, so alone. I just wanted to turn back. But a glimmer of hope had been sparked. To read more about what I did to heal after my **Divine Storm**, see my book, **Daily Love, Growing Into Grace**.

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4 MYTHS ABOUT FINANCIAL SECURITY

...continued from page 8

And I'm not talking just metaphysically. Vast quantities of food, energy, and other resources go to waste every day. Yes, half the world is starving, but the other half throws away more than enough to feed them. There is more than enough to go around.

Even more abundant than the material world is the spiritual world: the creations of the human mind—songs, stories, films, ideas . . . all the stuff we call intellectual property. Once we take off the blinders, throw overboard the story we've been sold, we can see how truly abundant the world really is.

3. THAT WE'RE SEPARATE.

The current financial system is based on the idea each of us is an isolated fragment, disconnected from each other and frature. It operates under the false assumption that what happens to someone over in Africa has no bearing on you or me. It's based on the idea that we can pollute this river over there or extract that ore down there without affecting ourselves.

Any **Economics 101** professor will tell you that maximizing self-interest is normal, that competition is in your DNA. But when we give up our cultural story that it's a dog-eat-dog, every-man-for-himself world, we can't help but notice that human cooperation is actually the norm. People love to help each other. Ask for directions if you don't believe me. People will fall all over themselves to help. I would argue that giving to your fellow man is a human need.

Tim Cahill, founding editor of **Outside** magazine, told me this story when we were in **Namibia** a few years ago:

While walking to the **Swakopmund Convention Center** for a presentation he was giving to the **Adventure Travel Trade Association**, he asked a local, balancing a basket on her head, for the quickest route.

Noticing this stranger was on foot, she asked him, "What time do you need to be there?" When he told her, she immediately pivoted and said, "C'mon. Let's go back for my car. Otherwise, you'll never make it." This is who we really are, lovers of life just waiting for the chance to help.

**WHEN WE GIVE UP
OUR STORY THAT
IT'S AN EVERY-
MAN-FOR-HIMSELF
WORLD, WE NOTICE
THAT HUMAN
COOPERATION
IS THE NORM**

My daughter, a card-carrying member of **Oxfam**, helps host what the international confederation calls a **Hunger Banquet** at her college every year.

Upon arrival, each guest draws a random ticket assignment to a particular "seat" at the world's economic table. Fifty-six percent (representing those who live in dire poverty) sit on the floor and get maybe a handful of rice and dirty water. The 42 percent who represent the middle class might get a sandwich and a card table. The remaining 2 percent get white tablecloths, china, and a feast fit for a king.

The purpose of the banquet is to open our eyes to the fact that economic disparity and location, income, and available resources depend a lot on randomness and dumb luck.

But what ends up happening (and this is where our notions of the world get seriously threatened) at these Hunger Banquets that **Oxfam** has staged in dozens of countries is that the 2 percent, when faced head-on with the 56 percent sitting on the floor, end up sharing their gnocchi, asparagus, and artichokes in pesto cream sauce.

Given the chance, people consistently do the right thing. This is what's true. This is what our inner impulses instruct us to do.

Once we let go of our ridiculous notions of "the way the world works," we get ample proof that there's absolutely no need to protect ourselves from each other, from nature's cruelty, or from our own inner impulses.

4. THAT OUR PURPOSE IN LIFE IS TO VALUE THINGS THAT JUST DON'T MATTER.

The economic system, as it currently reigns, encourages us to go against our highest nature. It encourages us to seek money above all else. It creates a hierarchy that certain people are better than others. It tells us that having more stuff makes us happier. It teaches us to hoard resources, to value a big car more than, say, an old-growth forest. Anyone who has ever spent time in an old-growth forest can tell you there's a lot more satisfaction to be found under a 2,000-year-old redwood than in the **Lincoln MKX** **Matthew McConaughey** drives around in TV commercials.

...continued on page 31



ABRAHAM-HICKS

...continued from page 9

getting in your way, the only thing that has been holding you up, the only thing that has been troubling any of you, is one thing: you have not been appreciating you. You've been looking at you, seeing lack and vibrationally closing down the energy that allows you to get what you want. That has been it.

Can a person who doesn't appreciate Self suddenly start appreciating Self? We don't think so. We see, every time you try, you fall back into these same old ruts. Every time you try to get outside of yourself to look at yourself, what you see is the same thing you've sort of trained yourself to see. That's why you've said and you have heard others say, "I can't see myself as others see me."

Well, you do see yourself as some others see you. In other words, everybody sees you a little differently depending on where they're vibrating. A connected one thinks you're magnificent. A not connected one doesn't think you're so magnificent - but it doesn't have anything to do with you. It has to do with where they're vibrating as they are perceiving you.

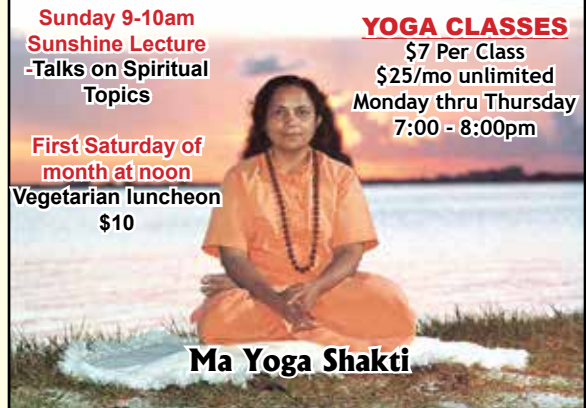
So here is a process: Some say it is a trick that works. It's not a trick. It's a utilization of the Laws of the Universe. Remember that your goal is to find an object of attention that makes you feel good while you find it. Well, some objects are easier than others, aren't they? Esther looks at her little cat, and she cannot feel other than appreciation for this pure positive energy beast. You look at someone misbehaving, and it's less easy to find appreciation.

So what you are wanting to do is look for objects of attention to which you can flow an energy of appreciation.

Now, here's the reason that this is sneaky. By choosing an object of attention that causes pure positive energy to flow through you, guess what happens to the vessel through which the pure positive energy is flowing? You thrive. When you try to look back at yourself most of you shut down, because you already have negative thoughts about Self that are hard for you to overcome.

So what we would encourage you to do, for about 30 days, is get your eye off of you and get yourself on a blitz Of appreciation. Make a decision that you are going to do as much appreciating in any day as you have physical time and energy to do.

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PSYCHIC BAGGAGE WEIGHING YOU DOWN?

...continued from page 13...

HERE ARE 3 STEPS TO DUMPING THE PSYCHIC BAGGAGE NOW:

1) Be honest with yourself.

Let the checklist above be your jumping off point to examining areas where you are blocked. For example, say that #2 on the list above got a big reaction from you. You KNOW that you keep repeating destructive patterns - even when you can predict what's going to happen. Sit with that thought, and explore how it makes you feel. What memories come up - do you recall the first time you had this experience? What do you think might happen if, just once, you made a different choice? What fears or feelings does that bring up? Listen to your intuition, and see if you can discover the root cause of this behavior.

2) Start processing your feelings.

Now that you're paying attention, you might find that you are conscious of even more repressed memories and emotions. As they come to the surface, give yourself time to process them. Treat yourself as you would a cherished friend, and give yourself permission to grieve, be angry, feel the loss, and then to forgive. Many of my students find that writing a journal or

a letter helps them let go. Writing things down - without judgment or censorship - is very healing. And if you write a letter, it's entirely up to you if you want to share it with anyone. No confrontation is required for healing to take place - just honesty and self-awareness!

3) Get help!

If simple self-examination isn't enough and you can't release yourself from whatever is holding you back - don't be afraid to get help from a friend or a professional. An objective ear might be just what you need to get comfort, validation and the courage to move ahead. Or, sign up for a spiritual workshop or meditation retreat. In a few days, you'll learn techniques that will change your life. Don't start another year carrying the weight of decades. Start releasing your baggage, one piece at a time, and you'll be lighter (and light-filled) by spring! To learn more tips, check out my bestselling book - Wisdom From

I Am Healing I Am Unstoppable I Am Eternal I Am Well
 I Am Focused I Am Living I Am Spiritual I Am
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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

Sharing space with **Stella and the Man** is working out well. He and I both work from home, both are fairly private and reclusive and are comfortable with each other. I switched rooms so he could have the private bachelor entrance and I knocked out a wall to enlarge my own new bedroom. The move was good for **Stella**, who is a declawed indoor cat since it makes her socialize with **Benny** and **Tuxedo Sam**. 30 days in she ventures out of her side of the house and tiptoes around, looking out the windows and drinking from all the water dishes, hissing and growling at whoever comes her way. **Ben** retreats and leaves her alone when she strikes out at him. **Sam** is twice her weight and can be very confrontational. So far he lets her back him down.

Getting a taste of her own power has made her more brave. Having to share space and defend her territory, having to see her human pet another cat has turned her world upside down. She's discovering what she's really made of. A month in and she now feels confident to check both cats' food dishes and hop from the counter to atop the fridge to on top of the cabinets. Her world was scarily cramped and limited for a few weeks after the move but now she sees her world has really expanded.

Challenges do that to us. They show us what we're really made of, they give us the opportunity to tap into our creativity and our power, they expand our territory, our perspective and our field of play.

NO MATTER WHAT'S GOING ON IN THE WORLD MY PERCEPTION IS ALL THAT MATTERS.

I can let myself look at something I don't like and criticize it, or I can look at it with an eye to find something to appreciate. And what we look for determines what we'll find.

If I focus on someone being a lazy bum, that's what I'll see. If I focus on someone taking time out to incubate a dream and get a life plan together, that's what I'll see. How I act with them determines how they react to me and how they see themselves.

We can activate either side of their personality by our attention to one aspect or another. What are you activating in those around you? What are they activating in you?

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. **Never deprive someone of hope, it may be all they have.** A valuable sacred service we can perform is to help people find a better feeling place when they feel alone, when they feel their life is being been torn out from under them, to point their attention toward a hopeful future. Oh, to be that person every day.

FRIENDS HAVE BEEN PASSING SUDDENLY

Friends have been passing, yes, that will never change. People will die and I'd like to go fast. But the last several years what I've noticed is that increasingly friends are passing suddenly, many without long periods of illness or incapacity. That's what I wish for everyone. I've seen it so often I am hopeful that can be my way, too. **Happy, healthy, happy, healthy, happy, healthy, dead.** To that end, I'll make sure to find something to be happy about in each Now and I know I'll have lots of time to practice that. I can ingest effective fuel and keep my body in motion. I'm hopeful.

Oh, BTW, this is one reason we connect in this body on this plane and meditate together when we become conscious of working together. To connect us from the INside, so when our bodies drop, the stream of consciousness (and the work) continues. And "meditating together" doesn't have to mean sitting in the same room at the same time, it can be done while physically solo, with the mind intent on including the other in the session. See you on the INside.

GOOGLE EARTH IS AN EFFECTIVE VISUALIZATION TOOL

I'm finally getting to use **Google Earth**. It's a great geography learning tool. I began by looking at my childhood neighborhood, then historic sites. In viewing I'm fascinated to realize how little I know about the other side of the world. I click on names I've heard in the news. It gives me a chance to say a prayer for them as well, or just to sit in a place of peace for a few moments, wishing them the same sense of security and peace I feel. **Breathing in the troubles of the area, offering it up to God; breathing down God's love, offering it out onto the area.** All we have is each other on this tiny round ball we all live on. I can see **Google Earth** will be an effective tool in doing visualizations such as these, intended to introduce hopeful and soothing thoughts into the global mental plane to help ease the suffering of the world.

A friend said she felt guilty using prayer to petition for help and solutions, since she'd usually be asking for help out of something she got herself into. I thought that was what it was for, asking for guidance to see your way out of something. Whether the answer comes from the form of a **God** or **Supreme Being**, or from simply a system of info organized by the Universe being presented for your perusal, my experience is that every time, without fail, I am answered and info is presented and a light is shone on my path guiding me out of my dilemma.

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 2018

Cusp dates are accurate for 2018. 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 2018.

Aries - (March 20 - April 18) Opportunity comes wrapped in a cloak of hard work this time around. Mars begins the month in jolly Sagittarius and life is good. Then, on the New Moon of March 17th, Mars enters Capricorn where he spars with Saturn for several weeks. But, don't let this Saturn encounter put out your fire; use it to make deep, hot coals. Keep the fire burning inside, Aries, and show the world your true inner colors.

Taurus - (April 19 - May 19) Listen carefully to your intuition. With Jupiter and Uranus running interference you really need to think carefully about whom you can trust. Your words may be misconstrued, especially after Mercury stations retrograde on March 22nd. Venus square Pluto on the 23rd invites jealousy, and Venus square Uranus on the 28th often triggers sudden endings. Play your cards close to your lovely bosom for now.

Gemini - (May 20 - June 20) If you're feeling low during this blue moon month, blame it on the stars. Really! The month begins with Mercury, Venus, Neptune, and the Sun in Pisces, (plus we have Mercury retrograde beginning the 22nd.) This water world can suck the wind out of your sails. So, here's your March madness action plan: 1) deepen your knowledge of one subject, and, 2) get out of your head, and into nature.

Cancer - (June 21 - July 21) By March 18th you will have three planets in your partnership sector - Pluto, Saturn, and Mars. You'll know the details on how this impacts your life by the full, blue moon of March 31st. Some part of your life has reached completion. This need not be troubling, rather, think of it as a harvest. So many times in life we forget to bask in the glow of a job well done; accept your reward this time around.

Leo - (July 22 - August 22) March is a month of reminiscence for you, Leo. As Chiron lingers in the last degrees of Pisces, there is a process of healing taking place now. You'll feel it immediately when Chiron enters Aries on March 25th. The fire of Aries burns more easily with your sign, Leo. Until then, release that which is no longer viable into the deep waters of Pisces. Chiron is a mentor, shaman, and shapeshifter - let go, and allow him to do his work.

Virgo - (August 23 - September 21) Mercury retrograde March 22 - April 15th activates your solar 8th house of power, sex, and finance. Of the three, you want to gain control in the power category because it gives you leverage in all other aspects of house 8. Carefully review places where you have been giving up control and make a decision to address it now. The Universe is offering you a unique 'get out of jail free' card. Play it right!

Libra - (September 22 - October 22) Set your intention that the blue moon full moon of March 31 will deliver much needed clarity. With the full moon in Libra, plus Mercury retrograde in Aries, it would seem that there is something you've overlooked. Uranus, also in Aries, has been making things difficult for you, and we're all looking forward to May 15th when he moves into Taurus. In the meantime, don't make any promises you don't intend, or want, to keep.

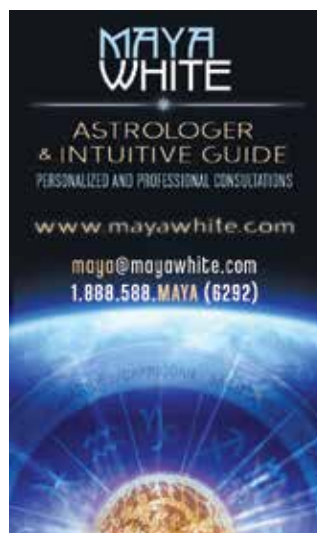
Scorpio - (October 23 - November 21) Mars, Saturn, and Pluto join forces in your 3rd house of the written word. If it's discipline you lack as you begin to write your next great American classic, this trio will get you into shape in no time. Mercury conjunct Venus on the 20th is a most auspicious day to set sail on your journey. Mercury retrograde delivers peace, provided you go with the flow and not against it. Find peace, Scorpio; be still, be calm, and carry on.

Sagittarius - (November 22 - December 20) Just when you need it, Jupiter in Scorpio is buying you time. Disruptive Uranus changes signs soon, also, which in the long run is going to give you even more quality days, which are desperately needed now. You may feel the only solution now is to kick the can down the road for just a bit longer. March is a challenging month for your sign; April more in tune with your fiery nature. Wait just a bit longer.

Capricorn - (December 21 - January 18) You're truly coming into your own, Capricorn. Let the planets feed your inner strength now; you've been patient, played the games, served your time, and now you learn how to harvest. Do a personal inventory to determine which class or workshop would benefit you the most now; whichever you choose comes with benefits far beyond your expense of time and/or money.

Aquarius - (January 19 - February 17) Of all the signs, yours is perhaps most sensitive to the energetic shifts that are in store for 2018. With this in mind, it's imperative that you fine tune your health and body. With the sun still lingering in healing Pisces, this is a critical time to tend to restore and rectify. It's not about strength so much as your ability to come out bright and shiny as the Universe shifts into high gear.

Pisces - (February 18 - March 19) You must take steps to avoid being overwhelmed by the chaos in the world now. Solace comes in being with your birds of a feather. Spend time with people who nurture you, and who also love you enough to support your growth. Yours is the Pisces fish, but you're looking for a gathering of Eagles. Stay on track with your true spiritual nature.





4 MYTHS ABOUT FINANCIAL SECURITY

...continued from page 26

Our overblown consumer culture is a massive exercise in missing the point. What the current financial paradigm offers us is not natural. It's not what we really want. The best things in life, as the old saying goes, are not things. **Derek Sivers**—the brilliant entrepreneur who started **CD Baby** and sold it for \$22 million, 95 percent of which he gave to charity—said he'd love to buy trained parrots to fly around every mall in America squawking,

"It won't make you happy. It won't make you happy. It's not what you really want."

What we do really want is to give of our gifts and talents, to be of service. We want to love. We want to be generous. We need to do these things. It's what makes us happy, what brings us alive.

Real security lies in becoming more of who we really are, in traveling light, being free in mind. Money, which is nothing but a bunch of green paper and plastic cards and numbers in a virtual cloud somewhere, is temporary, ephemeral, malleable. It's a symbol and works best when it's circulated. It gets stagnant sitting in one man's hedge fund.

Speaking of hedge funds, I think it's important to point out that villainizing hedge-fund managers and **AIG** for writing \$3 trillion in unregulated derivatives is not the answer. CEOs making \$500 million are as much a victim of the current financial paradigm as the rest of us.

I've often argued that amassing \$10 billion, the amount **Donald Trump** claims to be worth, is not that different from stockpiling old newspapers, leaky buckets, and all the other junk collecting in the homes of the dysfunctional folks we watch on the **A&E** show **Hoarders**.

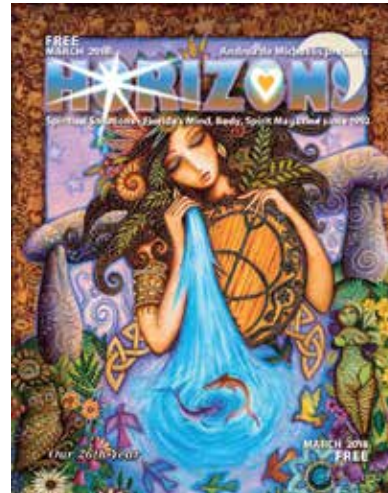
Having too much money throws off perspective and causes stupid moves, like buying stuff you won't use or really even want except that our current economic system has deluded you into believing more stuff makes you happier. As **Frank Lloyd Wright** once pointed out, "Wealthy people are little more than janitors for their possessions."

Tom Shadyac, the famous writer/director of **Ace Ventura, Liar Liar, Bruce Almighty**, and other Hollywood hits, seconds Wright's the conclusion. "Money and possessions are a trap," he says, explaining why he chose to ditch his 17,000-square-foot compound for a 100-foot double-wide. "Spending our time accruing comfort and material possessions only inhibits and complicates happiness."

COVER ART

Mistress of Chalice Well

by Holly Sierra



This lovely goddess is the Guardian of Chalice Well, one of Britain's most ancient wells, nestling in the Vale of Avalon between the famous Glastonbury Tor and Chalice Hill. Surrounded by beautiful gardens and orchards it is a living sanctuary in which the visitor can experience the quiet healing of this sacred place. For over two thousand years this has been a place

where people have gathered to drink the waters and find solace, peace and inspiration.

ABOUT THE ARTIST

Holly Sierra's illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. **Holly Sierra** now makes her home in colorful **Sedona, Arizona** and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap...Sedona is nestled amidst a geological wonderland.



Multi-hued stone formations rise upwards from the high desert floor creating a vivid, mesmerizing setting that changes hourly with the light. Regarded by **Native Americans** as sacred, **Sedona** continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers.

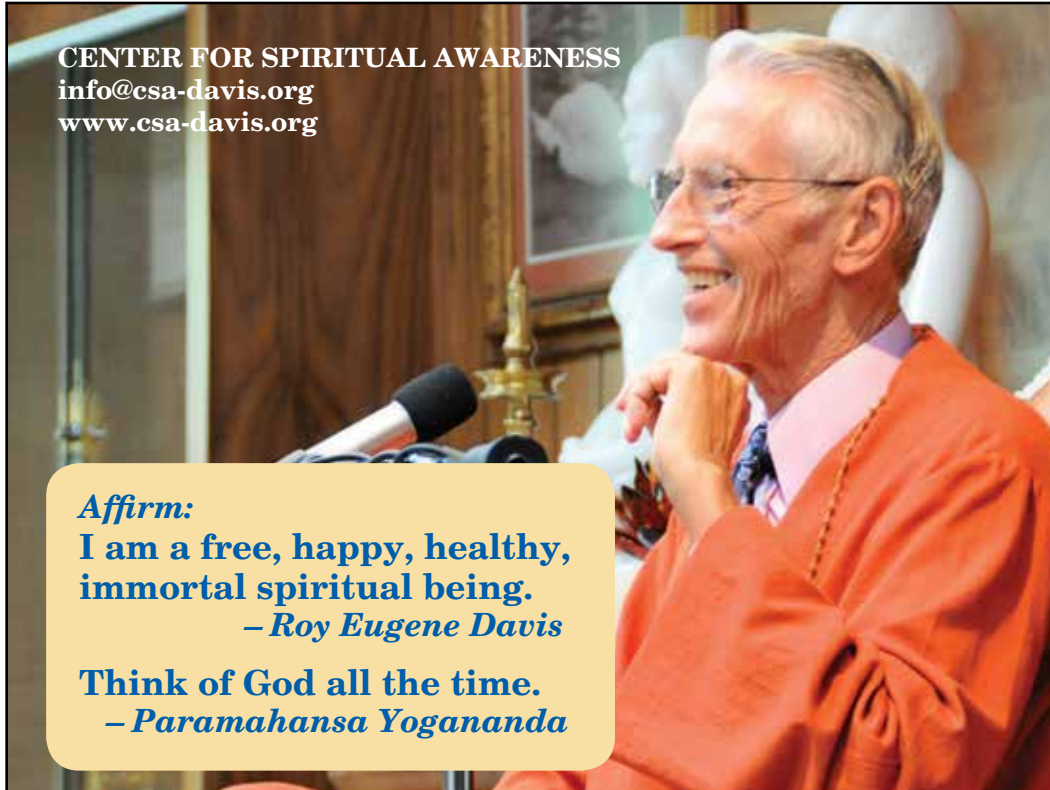
Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with **Chrysalis Tarot Decks**, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, help keep her company. Email hollysierra@yahoo.com and see her work at <https://www.etsy.com/shop/HollySierraArt>

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