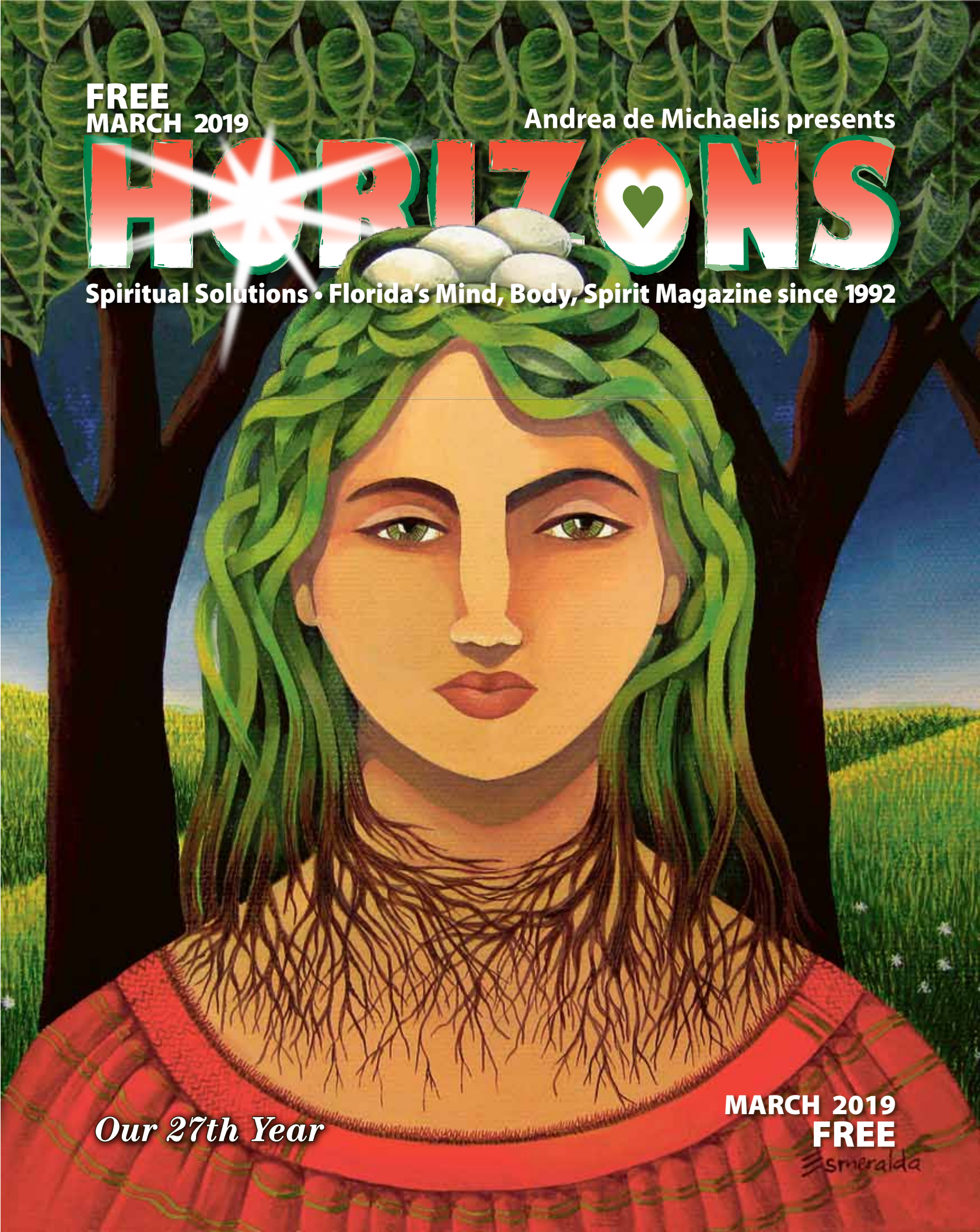


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Sunday school at 11:00am  
Child care both services

I KNOW  
WHO  
I AM

**Sunday, March 3rd 9:30 and 11:00am**

**I AM LIGHT Speaker: Rev. Valarie Parson**

Within every individual there is a spark of divinity waiting to burst forth! We are made of "good stuff." We are divine energy, and we are capable of raising our vibration, and the vibration of the world around us. Shine brightly, and light up the world.

**Sunday, March 3rd 1:00pm – 3:00pm**

**UNITY'S 5 STEP PRAYER PROCESS WITH THE LABYRINTH**

**Workshop Facilitator: Rev. Randy Fillmore**

This workshop will teach the prayer process Unity co-founder, Myrtle Fillmore, used to cure her tuberculosis and how the methodology can be used to address any challenge. There will be time to practice in mindful meditation or in a walk through the labyrinth.

**Sunday, March 10th 9:30 and 11:00am**

**I AM LOVE Speaker: Rev. Valarie Parson**

Unity's co-founder, Charles Fillmore, said, "[Love] insists that all is good, and by refusing to see anything but good, [love] causes that that quality finally to appear uppermost in itself and in all things." Join us as we begin to see ourselves and each other through the eyes of Source Energy. We've got nothing but love for you!

**Monday March 11th 7:00pm**

**SOUND HEALING with Vashti Saint Germain and James Trufan**

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

**Sunday, March 17th 9:30 and 11:00am**

**I AM CREATIVITY Speaker: Rev. Valarie Parson**

Creativity is my natural state of being; I am immersed in endless possibilities. Come and let your creative juices flow as we experience creativity from artists in our spiritual community who will indulge in an artistic jam session throughout during the service. Watch them "create" as they are inspired by the music, the message, the meditation and the songs! This is creativity at its best, and it lives in you, too!

**Sunday March 17th 12:30-1:30pm**

**EFT TAPPING CIRCLE with: Julie Jacky, Certified EFT Practitioner**

We will uncover your hidden beliefs, thoughts, feelings, and emotions that are keeping you stuck and no longer serving you, then as a group we will tap together and release it. There is great POWER in tapping as a group -- each person will experience shifts and leave feeling calm and at ease. \*If you have not tapped before please show up 15 minutes early (at 12:15 PM) to learn the tapping points and experience the constricted breathing exercise

**Sunday, March 24th 9:30 and 11:00am**

**I AM FREE AND UNLIMITED Speaker: Rev. Lulu Logan**

What a powerful affirmation! It is even more powerful when we believe it! What would my life be like if I truly believed that I am free and unlimited? How would I view the world, and how would the world see me?

**Sunday, March 31st 9:30 and 11:00am**

**THIS IS ME! Speaker: Rev. Valarie Parson**

"When the sharpest words wanna cut me down, I'm gonna send a flood, gonna drown them out. I am brave. I am bruised. I am who I'm meant to be. This is me! Look out 'cause here I come, and I'm marching out to the beat I drum. I'm not scared to be seen. I make no apologies. This is me." By Keala Settle from The Greatest Showman Soundtrack. Need I say more?

## ONGOING CLASSES

**Tuesday, March 5th 9:45am or Wednesday March 6th 6:30pm**

**(5 Weeks) FOUNDATIONS OF UNITY: DISCOVER THE TRUTH WITHIN Facilitator: Maggie Rosche, LUT**

Begin your new year on solid ground! Explore the foundational concepts of Unity studying two master teachers: Emile Cady's Lessons In Truth and Eric Butterworth's Discover The Power Within. Learn more about the Truth teacher within each of us by contemplating these seminal Unity books.

**Sunday, March 24th 12:30pm (5 Weeks)**

**LAWS OF THE SPIRIT Facilitator: Suzette Kachmaryk, LUT**

Something missing? Join Suzette in a discussion of the parable of a man and a sage. The Laws of Spirit, by Dan Millman, give you the opportunity to expand your perspective and provide leverage to change the course of your life.

**Saturday, March 30th and April 6 1:00pm – 3:00pm (2 Weeks)**

**DARE TO LEAD Facilitator: Dorothy Zavier**

Author of the book, Dare to Lead, Brené Brown begs the question: "What does it look like when our values, connection, courage, and life purpose are aligned...?" In this two part workshop we will focus on identifying our personal values and aligning with our core principles, and we will learn to rise for ourselves and our spiritual community!

## ONGOING EVENTS

**Noon Prayer Service Tuesdays and Thursdays**

**Tuesdays – Course In Miracles 7:00pm**

**Wednesdays – Melbourne LBGT AA 6:30pm**

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optical illusion  
is separation**

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Andrea de Michaelis

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# HORIZONS

<b>Our Advertising Rates • Low because we're in it for the outcome, not the income .....</b>	<b>6</b>
<b>12 Steps of Spiritual Freedom by Rev. Tom Sannar .....</b>	<b>6</b>
<b>This Month's Thoughts About Things by Andrea de Michaelis .....</b>	<b>7</b>
<b>Crystal Garden with Margaret Lembo .....</b>	<b>8</b>
<b>The Teachings of Abraham-Hicks .....</b>	<b>9</b>
<b>Herb Corner with Cecelia Aitable .....</b>	<b>10</b>
<b>Sweatpants &amp; Coffee with Nanea Hoffman .....</b>	<b>11</b>
<b>Emerge As A Leader, Acknowledge Your Spark with Mastin Kipp .....</b>	<b>12</b>
<b>Seth through Jane Roberts .....</b>	<b>13</b>
<b>From The Heart with Alan Cohen .....</b>	<b>14</b>
<b>Ask Whitedove with Michelle Whitedove .....</b>	<b>15</b>
<b>Don't Fuel It, Cool It with Jamie Coulson .....</b>	<b>16</b>
<b>Soul Songs: Abraham Fun with Karen Williams .....</b>	<b>17</b>
<b>Our Calendar of Events .....</b>	<b>18</b>
<b>Spiritual Graffiti with Jeff Brown .....</b>	<b>19</b>
<b>Notes From The Universe with Mike Dooley .....</b>	<b>19</b>
<b>Don't Fault Someone Simply Because You're Out Of Range .....</b>	<b>21</b>
<b>Our Phone Directory *Pick up Horizons at these stores and locations* ...</b>	<b>22</b>
<b>Yoga: A Natural Pathway to Godhood with Ma Yoga Shakti .....</b>	<b>27</b>
<b>Monthly Horoscopes by Maya White .....</b>	<b>30</b>
<b>Cover Art .....</b>	<b>31</b>
<b>Roy Eugene Davis, Center for Spiritual Awareness .....</b>	<b>32</b>

**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](mailto: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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## HORIZONS MAGAZINE

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

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



**You are loved and guided more than you can imagine**



**Andrea de Michaelis**  
Publisher

## THIS MONTH'S THOUGHTS ABOUT THINGS...

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

### HELLO AND WELCOME TO THE MARCH 2019 EDITION OF HORIZONS MAGAZINE.

Springtime! Seeds we'd forgotten were planted now rise to the surface to bloom. There's always a lot more going on beneath the surface than we know.

#### What you see happening is not all that's happening

A Facebook friend wrote, "I was just assaulted by woman who was drunk / high out of her mind, stumbling, slurring words, chasing me down the streets of Brooklyn. Touching me in unwanted ways, pulling on my umbrella. What the fuck. It was all I could to say very loudly "stop touching me, stop following me." This shit really happens and I couldn't defend myself or do anything to stop it. All I could do was run away and I was in such shock I couldn't call the police I couldn't take a photo or video. I shudder to think if the situation had been reversed that the man would have hurt me. No one would believe me and I'm just fighting back tears on the C train. She tried to follow me onto the subway but either didn't have a metro card or it was empty. I got very lucky. I'm out of sorts. People don't do this to each other."

Andrea responded to him. "I see everything as an agency of the soul, helping us be of value, What a holy honor and yes, a vibrational match. *The lifeguard always attracts the swimmer in distress. The fireman always finds the fire. Sometimes the flailing grab onto what they see as a ladder out of their chaos, and they are then a vibrational match to the person who wants to be helpful.* Sometimes, in their altered state, they just want to touch the hem of the garment of someone they think can somehow help lift them out of their situation. What's going on in their minds is likely not some high maniac screeching erratically at a stranger. At this point, her soul is hovering a short distance away watching as her body goes on autopilot until it's over. Bless you for being there for the broken, even tho it breaks your heart to do so."

That was more interesting because just the next day I had an interesting happening at home. I was washing romaine in the kitchen when I felt guided to sweep the front walk so I went outside. Soon a black van pulls up and drops off a woman about my age who seemed very shy/disoriented/confused. She asked if I was Andrea who did Horizons and then went to pay and dismiss her Uber. I motioned for him to wait.

Long story short, she's having a hard time, needs a place to stay, multiple landlords stealing from her and kicking her out, is from the Keys, "your magazine helped us in jail, I've read it for years," she has volunteered at Daily Bread, a local homeless shelter. I gave her the February Horizons, the driver volunteered he knew where Daily Bread was and they were on their way. She wanted to hug me, we hugged twice, she was clean and her clothes were clean. I told her I was on the way out and she kept trying to say something. I asked if she was able to pay her driver and she said yes. I'm hopeful she'll find her way

...continued on page 29...

## Dance To Heal The Earth Florida 2019

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



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

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

### A Joyous Celebration of dance music and ceremony in honor of ourselves and our Mother Earth connection

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### Welcome!

Grandmother Robin Youngblood  
Grandfather Bert Gunn







# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Archangels & Gemstone Guardians Cards, and many more. Her latest book is Crystals Beyond Beginners: Awaken Your Consciousness with Precious Gifts of the Earth. Margaret Ann is an evolutionary aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) [TheCrystalGarden.com](http://TheCrystalGarden.com)

## MINDFUL MANIFESTATION WITH CRYSTALS AND GEMSTONES

**Are you ready to improve your ability to create your world as you want it to be?**

**Ask yourself, "Am I fulfilled and happy?"** If the answer isn't a resounding, "YES!" then it's time to awaken. Mindfulness is key to improve your spiritual and personal life. As you strive for personal growth, become self-aware. Start the self-awareness journey by becoming conscious of all the thoughts going through your mind.



**What is mindfulness?** Mindfulness is being aware of your thoughts and consciously choosing which thoughts you allow into your mind. You create your reality with every thought, word, and action including outside. Outside influences include your choices of entertainment, reading, and music as well as conversations that you participate in. Your mind and intention design your days and your life.

**Crystals and gemstones have been used for millennia** to help with meditation and mindful manifestation. Crystals are tools that provide you with the ability to maintain mindfulness with focused intention. With the right vibrational matching gemstone nearby you have some help to remember to focus on what you DO want, instead what you don't want in your life's experiences.

**To choose the crystal that best fits your positive thoughts and intentions** for the purpose of amplifying your intention, simply look at your collection of crystals (and gemstone jewelry if you have some) as you stay focused on your goal. Get clear on your intention. Which stone or color does your eye naturally gravitate toward? Pick that gemstone and formalize your intention. *As an example*, if your intention is to have more financial security, then try using a pyrite cube with a matching affirmation like this: There are plenty of people with plenty of money who want the goods and/or services that I offer. Repeat this statement often and visualize the outcome.



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# ABRAHAM-HICKS



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

## ABRAHAM ON FEELING SUCCESSFUL:

You don't even have to know specifically what you are wanting. You can be so general you can say, I want magnificent success! I want abundance to flow unto me, and I want the process to come. And if you will say that enthusiastically and mean it and feel it, you cannot miss.

As you are wanting success, all you have to do is get excited about the success. You don't even have to be so pointed as to get excited about the vehicle that leads to the success or excited about the contact that leads to the vehicle that brings you the success. Just be excited about the success. Feel the power that is within you. You do that by saying, I want to feel it and by expecting to feel it more self-talk, that is all. Self-talk that makes you feel good. Self-talk with others.

## ABRAHAM-HICKS ON ALLERGIES:

"Do you know what has happened to someone who has a sensitivity to food? They're insensitive to their emotion, until it got big enough in the form of an allergic reaction to get their attention. You don't have a sensitivity issue, you have an insensitivity issue, you haven't been aware that you weren't in the Vortex.

You'll discover that you're not allergic to food, you don't have hyper-sensitivity to food, you're allergic to being out of the Vortex. You're allergic to negative emotion, you're allergic to things that make you worry, you're allergic to things that make you feel overwhelmed, you're allergic to things that make you feel resentful. That's the operative word: resentful.

We just think it's a wonderful thing, where if something's got your attention and you're not in the Vortex and you don't know it, don't worry, it'll get bigger, and if you still don't know it, don't worry, it'll get bigger, until it gets big enough, that you say, 'this is uncomfortable, I think I need to do something about this'. Just don't do the crazy thing and start to eliminate food from your experience. That is what makes you feel deprivation. That's not the answer to what you're looking for.

You're looking for Vibrational Alignment, not omitting the culprit. This is a Universe based upon inclusion. You can't push unwanted things out of your experience. When you're outside the Vortex, anything and everything can cause an adverse reaction.

...continued on page 20...



## Reverend Robyn Stevens

Consultant,  
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**321-757-7522****

# Herb Corner

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](http://www.herbcorner.net) 321-757-7522

## Herbs That Benefit Degenerative Disc Disorder

**Your discs are the cushions between the vertebra that act like shock absorbers allowing for smooth movement, preventing the vertebra from rubbing together.** When the outer fibrous bands of the disc are herniated, they bulge outward; this is referred to as a “**slipped disc**” typically this occurs in the lumbar section of the spine. When the disc bulges it tears at the outer covering (the “annulus”) and weakens the inner gel-like substance (the nucleus) shifting the position of the disc. This shifting reduces the space between the vertebra causing muscle spasms and pain due to increased blood flow to the area where the nerves are aggravated from the disc becoming compressed and thinner, and eventually a misalignment of the spine. Overtime the continuous herniation causes the inner gel of the disc to leak out causing a “**ruptured disc**.” Some things that cause thinning of the disc can be dehydration (since the discs are comprised of 80% water), poor posture, sleeping in a bed that does not support the back properly, work environment that is hard on the back, infections that may have settled in the spine, medications like corticosteroids or immune-suppressants or by a poor diet that does not support the connective tissue. Since proteins are essential to creating and repairing bones and cartilage, eating more high protein foods would benefit the repair of the vertebrae and discs. However, eating a diet high in carbohydrates can lead to degenerative disc disorders as carbohydrates are acidic and contribute to inflammation which wears down bones and cartilage. **There are herbs that help re-build damaged cartilage such as Plantain, Solomon Seal, Boneset, Horsetail, Comfrey and Eucommia**, these have been found to promote the production of collagen needed for the formation of cartilage. Other herbs that may help would be those that encourage the anabolic hormones needed for amino acids to encourage protein synthesis for proper formation of cartilage and bones. **Parsley, Fenugreek, Wild Yam, Green Tea, Artichoke and Peppermint** have this ability. Nutritive herbs such as **Alfalfa, Nettle, Horsetail, Burdock, Calendula, Black Walnut, Green Tea and Oat straw** are rich in boron, silica, calcium, magnesium and selenium which help create collagen needed for healthy cartilage. And there are herbs to help reduce pain and inflammation like **Burdock, Cats Claw, Devils Claw** (studies have found **Devils Claw** to work like NSAID’s or cortisone), **Ginger, Cayenne, Eucommia** (which has a role in blocking the pathways that damage cartilage cells) and **Frankincense**. Which has been found to be as effective as NSAID’s for the reduction of pain, cramping and inflammation. And **Turmeric** whose active constituents block pain and inflammation and the pathways that damage cells leading to unhealthy cell growth. Also exercise like weight-lifting, stair climbing, or bicycling help by bringing more oxygen and nutrients to the nucleus of the cartilage, but nothing too strenuous because that can cause the catabolic hormones to breakdown cartilage.



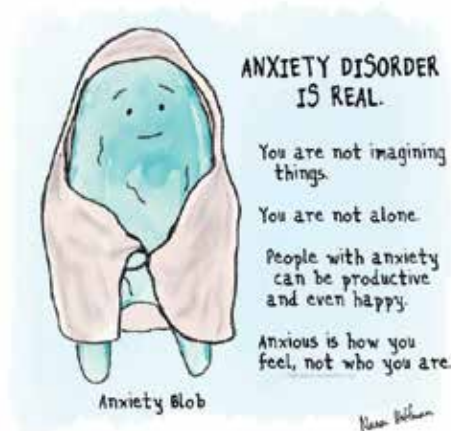


Nanea Hoffman is the founder of Sweatpants & Coffee. She writes, she makes things and she believes in love, peace, joy, comfort, sweatpants and caffeinated beverages. Visit <https://sweatpantsandcoffee.com>, <http://www.twitter.com/sweatpantscafe>

**These are anxious times. Now, more than ever before, people are talking openly about living with anxiety. Of course we're anxious!** Anxiety is the appropriate response to the state of the world today. It's a miracle any of us can unfurl from our fetal ball long enough to get anything done.

The news is full of horror and heartbreak. The doomsday clock is a-ticking. Everything is on fire or flooding or being shaken to bits. There are at least five things in your sandwich that will likely kill you.

But I want to talk to you about the difference between being scared for appropriate reasons, like the thought of impending nuclear destruction or how close you came to wrecking your car when that person pulled out in front of you without signaling, and actual anxiety disorder. Because the former is an adaptive response to your environment which helps you to make decisions in order to survive, while the latter is like a faulty fire alarm that goes off all the time for no reason whatsoever, to a degree that impacts your well being.



known as **Anxiety Disorder** (which breaks down into several distinct diagnoses including social anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, and generalized anxiety disorder) as **Anxiety Blobs**. Or, I don't know, maybe your anxiety doesn't manifest as a blob. Mine happens to be a vaguely worried, amorphous lump.

**Anxiety Blobs** experience normal anxiety, too. We worry about doing well on tests or being able to pay bills or if that person likes us. But we also have anxiety that can be constant, severe, and overwhelming. It can be triggered by a particular event or circumstance or it can just happen, out



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of the blue, like a freak tornado. We may experience physical symptoms like sweating, shaking, shortness of breath, nausea, racing pulse, disassociation, tunnel vision, fatigue, and dizziness. If untreated, an anxiety disorder can negatively impact your work, your relationships, and your overall quality of life.

In short, it blows. Big time. However, I'm here to tell you that anxiety is survivable. That there are bright moments that part the clouds of despair and fear. You may always live with the disorder, but you can manage it like any other chronic condition. I'm not saying this is easy. It's not. The most heroic thing you do might be opening the door of a therapist's office and making yourself go in. It might be texting a friend that you are not okay. It might be choosing to wash and feed yourself so that you can get to the next lily-pad and figure out what to do next.

There is always an action you can take, even if that action is infinitesimally small.

#### SOME OF MY COPING METHODS INCLUDE:

- long walks
- shower crying
- writing
- list-making
- cat snuggling
- soft blankets
- medication
- exercise
- reading
- making stuff
- housecleaning
- cognitive behavioral therapy
- Netflix marathons
- allowing loved ones to be kind to me
- looking for ways to be kind to others
- telling the truth, loudly if necessary

*...continued on page 31...*



# HOW TO EMERGE AS A LEADER: ACKNOWLEDGING YOUR SPARK

Mastin Kipp is founder of [www.TheDailyLove.com](http://www.TheDailyLove.com) (TDL), the Website, daily email and Twitter account that's merging pop culture with inspiration. He is the number one best-selling author of *Claim Your Power* and *Daily Love: growing Into Grace*. He has been featured on the Emmy Award show, *Super Soul Sunday*, and recognized as a "thought leader for the next generation" by Oprah Winfrey.

**The world is full of dabblers, people who talk about, dream about, and vision-board about changing their lives.** Now it's time to go further. The world needs you to rise up in courage and action and make claiming your power a way of life. How? By diving deep.

## THE HEAD MODEL IS KEEPING YOU STUCK

We've been told that changing our lives by changing our thinking is the name of the game. While there is truth in this, it's kind of like saying that to change the direction your car is going, you simply have to turn the steering wheel. The problem is that depending on the situation, turning the steering wheel can be very hard. And if you're out of gas, it won't make much difference anyway.

My friend, we are out of gas. We are tired and stuck. We have affirmed ourselves into oblivion, and we're still stuck. Think about it: Have you ever been in the midst of a positive affirmation like "I love myself," and almost before you were done saying it, another part of you jumped in and screamed, "BS!"? You probably said to that part of yourself, Thank you for sharing, but be quiet, and continued with your positive affirmations. But the nagging voice didn't go away.

You judged yourself and you have probably judged others who have heard the same voice. We've all gotten caught up in a massive superstition that positive thinking is the answer. If I think a positive thought, I will get a positive result. If I think anything negative, I will attract disease, poverty, and unhealthy relationships. We've become like helpless toddlers tossed into a pool of thought, trying to keep our heads above water with all this positive thinking and visioning, even though we can't swim. It's no wonder we tend to sink and drown.

As a result, we all too often do something that kills our dreams. When all our positive thinking doesn't lead to the positive results we're looking for, we make it personal. We say, "Something's wrong with me," "It wasn't meant to be," "I'm not good enough," and on and on. Even if you can get past those self-blaming narratives to give changing your thoughts another chance, success can seem like just a distant wish, something for the gurus or privileged people—but not for you.

Your sad story about your life becomes a self-fulfilling prophecy. The inevitable uncertainties of life come, and you use these moments as an excuse, as confirmation of why you're stuck and why you're going to stay that way. Claiming your power, living your Purpose—it all just becomes a bunch of wishful thinking.

Or perhaps you've turned to talk therapy. You've spent thousands of dollars over many years creating a massive case file about your life: who hurt you, who held you back, how your parents didn't give you what you needed, and so on. You've psychoanalyzed the whole of your life, and in the end you find you're still left asking, "Why did this happen to me?"

Perhaps you want to change an addiction. The head model would tell you to think thoughts of sobriety and happiness. Yet too often those thoughts take hold for only a short while, and then it's back to your normal set point.

So you take pills, hoping you won't feel the pain of your failure as acutely. You may listen to those who tell you you'll always have your disease of addiction, and you need to accept your lot in life. But all the while there's something else calling you. Something subtle. A whisper coming from deep inside. And it's getting dimmer and dimmer and dimmer.

No amount of chemical healing agents can fill the void of your Purpose. If you are spending your time numbing feelings that should be felt and released, you are keeping yourself stuck. No matter what old-model methods most of us have tried, from positive thinking to therapy, we still suffer from this sense of feeling stuck. We still are left wondering if there isn't more to life. In short, we suffer from what I call **P.D.D., or Purpose Deficit Disorder**.

*...continued on page 26*

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# SETH ON RELATIONSHIPS AND MULTIDIMENSIONAL PERSONALITIES:

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**In nontime you perceive at your own rate. You organize experience in your own way. These experiences however will always involve you with others.** Indeed you can go far further in such relationships. The relationships between multidimensional personalities is far more complicated than those you know.

Entities, if they prefer, and under various conditions, when they become acquainted with others, may introduce to each other if they so prefer, various portions of their personalities. These various portions will be able to help each other and to aid in development. Take for example entity A and entity B. Self 4 personality of entity A may get along quite nicely with B's self 6. A's self 2 and B's self 2 may not get along well at all, so the entities will shift to those personalities which have the greatest rapport, and use them to establish a relationship.

In nontime these portions of the entity exist quite freely, without any time barriers to separate them. Many such relationships have been established as indeed I speak with you because we get on so well. I am also familiar with your particular system, and found it emotionally satisfying.


Multidimensional personalities can therefore establish contact at various levels. Their relationships involve a trust that yours do not have. They have many areas of agreement open.

Now your physical relationships may or may not have anything to do with personal affiliations after any given existence within your system. There are mothers and fathers that you have forgotten, and children that you do not know. Psychically and subjectively the relationships did not take. You are not burdened with them, or they with you.


This simply means that you did not spark creative impetus of any kind within each other.

Now. You did not bring forth response from one another. This perhaps is more important. You did not challenge one another. You may have gotten along quite well with each other. Do you see?

No strong love was generated. If ever a hatred was generated, then the relationship usually continued in one way or another through several existences. It would be worked out, you see."




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# FROM THE HEART



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

## Fear is the Liar

I recently watched a touching documentary, *Tea with the Dames*, an intimate chat between four legendary British actresses, **Judi Dench, Maggie Smith, Joan Plowright, and Eileen Atkins**, all of whom have been knighted. I found it a treat to momentarily peek into the lives of four esteemed thespians.

At one point the subject of fear came up. Judi Dench admitted, "I still feel quite anxious when I have to act in a film." I was stunned! Here one of the world's finest actresses, who has often been cast as the Queen of England, and exudes utter confidence in her roles, now 85 years of age, is still plagued by fear! To my further surprise, her peers, also among the most respected actresses in the world, confessed that they, too, are camera shy.

This shocking revelation confirmed to me a phenomenon I see in many successful professionals: Even while the voice of fear pursues us, we can go on to create huge success. That voice often disguises itself as "fraud guilt"—the idea that "I am a phony and if people knew the truth about me, they would not pay me, like me, or want me." A survey of top Hollywood movie studio CEO's asked, "What do you fear most?" The most common answer was, "I am afraid that people will find out I don't really know what I am doing." Meanwhile these execs were turning our fabulous movies, earning many millions of dollars for their studios.

## Success is not the liar. Fear is.

Don Juan, the mentor in Carlos Castaneda's classic series of conversations with his Yaqui shaman teacher, told **Castaneda**,

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"Fear never really goes away. It sits on your shoulder and whispers in your ear, trying to frighten and belittle you. The spiritual warrior hears the voice of fear, but does not give in to it."

**Phil Alden Robinson**, writer and director of one of my favorite films, *Field of Dreams*, recounts that during filming, "Every night I went back to my room and thought I had failed." Meanwhile, **Robinson** was turning out a blockbuster film that was nominated for three **Academy Awards** and has become a classic.

*A Course in Miracles* tells us that there are only two emotions, and thus only two voices we might listen to: love and fear. We all have a fear voice that chides us with all kinds of threats. At some point we must stop running from the fear voice and confront it. The question is not, "Does fear taunt you?" The question is, "Are you willing to move ahead anyway?" My mentor **Hilda Charlton** used to say, "The dogs bark, and the caravan moves on."

The deepest purpose of our life is to rip the mask off of fear to reveal the love it hides. We must cease to live as if we are small, and claim our authentic magnificence. Even while scary newscasts and prophecies bite at our heels, we must move on.

At the height of the **Beatles'** illustrious career, **Ringo Starr** decided he wasn't fit to be in a band as talented as the **Beatles**. He went to **John Lennon** and told him, "I'm leaving the group because I'm not playing well and I feel unloved and out of it, and you three are really close." **John** replied, "I thought it was you three!" Then **Ringo** told **Paul McCartney** he felt like an outsider. **Paul** replied, "I thought it was you three!" **Ringo** didn't bother going to **George Harrison**, who might have given a similar reply. The idea that any of these four—**Ringo, John, Paul, or George**—was not a "real" **Beatle** seems laughable and ludicrous, since each of those musicians was talented in his own way, and their unique synergy made the **Beatles** the most successful entertainers in history. But each of them had to face and deal with his own demons. If even the **Beatles** suffered fraud guilt, you can see what a liar that voice is, and why you should give it no credence and not let it stop you on your own path to success.

*A Course in Miracles* also tells us, "fear is never justified in any form," and asks us to remember, "I am at home. Fear is the stranger here." **Emerson** boldly suggested, "Do the thing you fear, and the death of fear is certain." Consider all the things you have feared, and how many of them have come true. And of the very small percentage that have come true, you have continued to move ahead, and even learned valuable lessons from the experience.

In the human experience we all feel fear at some time. How you deal with it determines whether or it has power over your life, or you claim dominion over it. Fear and love cannot coexist in the same mind or place. The more we choose love, the more that becomes our prevalent experience. We have been taught by word or example that fear is real and love is the illusion. But the world is often inside out and upside down. Only love speaks truth.



# ASK WHITEDOVE



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

**DEAR WHITEDOVE,** In passing someone told me that my twin brother and I are twin souls. I've always thought that Twin Souls were more like married partners on the same exact path?

**DEAREST,** A twin soul can be any gender and it's not always a lover either. A twin soul is the other half of you. In the Heavens during premortal life, a small amount of very evolved souls will choose to divide their soul's energy and incarnate in two different bodies; many times in different parts of the world. In this manner the soul can cram two totally different experiences into the same time period on Earth. They do this to evolve more quickly and work out karmic debts OR the soul has a big spiritual mission and needs a second person to magnify their effectiveness and help them to bring their spiritual goal to fruition. For example it has been said that Jesus and Mother Mary were twin souls.

**DEAR WHITEDOVE,** There seems to be so many really evil people in the world doing great harm. What happens to them when they leave this world?

**DEAREST,** Once I asked God "What happens to evil souls like Hitler?" It was explained that all souls must go through the "Life Review" process; organized religions call this "Judgment Day". This is when the soul reviews their life from the beginning until the end - it's much like a movie playing although they feel sensations of the emotions attached to every person that they come into contact with. The souls that have hurt so many will experience the pain they inflicted - tenfold. This is the first step in allowing the soul to understand and take on the severity of their actions and learn from them. Can you imagine the pain? For most souls, just experiencing the emotional and physical pain from their life review would be enough for them to change and move forward to the next level of consciousness. But if a dark soul has continued this pattern over several lifetimes and they seem to enjoy the power, chaos and their evil deeds, obviously they have chosen not to move forward in progressing their spiritual consciousness.

God honors our free-will although he will intervene when the same soul continues to cause unspeakable suffering to the innocent lifetime after lifetime. When evil souls have done so much harm, they are not allowed to reincarnate on Earth until their souls are regenerated and healed. They go to a special healing place in heaven. It's a solitary and restricted space for transformational healing to take place, the soul is decon-

structed down to the very spark of God. Only the core of the being is preserved and the dark intentions are stripped away. Then special angelic healers called "Mothers" rebuild the soul with waves of unconditional love. There are many facets of love that need to be added back to the soul to make it whole and balanced such as empathy, generosity, compassion, hope, kindness, devotion, loyalty, affection, sympathy, trust and the list goes on. The healers dedicate themselves to work on and nurture their patients to develop the soul back to its fullest potential of balanced energy. This way the soul has fresh start.

**DEAR MICHELLE,** As a psychic, lately I've had some strange physical & spiritual symptom; I feel this overwhelming amount of heat in my body and my psychic abilities have increased, I almost feel like they've been magnified. What's going on?

**DEAREST,** Congratulations, you are experiencing an awakening and a transformation. Your chakras (your body's spiritual energy centers) have been activated. This is called Kundalini rising, the Sanskrit word for kundalini, means coiled like a snake. When the dormant energy that is coiled at base of your spine awakens you will feel the hot energy much like tingling electricity rising up your spine from your root Chakra as it activates all the body's chakras as it rises. This is a spiritual process of becoming more enlightened, gaining more spiritual gifts and bringing about major changes. It's also called "the awakening of the soul". Get ready to transform and shed the part of your life that no longer serves the new you.

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# DON'T FUEL IT, COOL IT

## MANAGING POST TRAUMATIC STRESS

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

### Resistance

**The brain and body avoids pain and looks for pleasure. But the brain and body put survival before all of this! They live day to day. What helped them to survive yesterday will help them survive today! Familiarity.**

Everyone is carrying some form of pain in some way, be it, regret, shame, guilt, anger, grief, trauma, resentment and so on. (this is why I say pretty much everyone).

We become comfortable with our discomfort!

We're uncertain how our lives would be if we didn't have these things to hold on to, to talk about, to attach ourselves to, to resemble, to let others know why we are this way, to be familiar with...To feel Safe!! (Survival)

The body and brain have become used to their emotional and chemical FIXES! They don't realise how bad it is for them, they're just trying to survive the day remember!

We have practiced these ways of thinking, being and living for way to long!!

And I think it's what's hurting us the most. We're constantly in conflict with ourselves, which causes mental and physical unease, dis-ease.

We all know someone who constantly criticises, condemns and complains, moans, dramatises every situation in their life. Who has a victim mentality and feels that it is everyone else's fault that their life is the way it is. "If they changed then I'd be a lot happier".

Our perceptions of how others are treating us, can validate our position!

I know this and can admit I have been that person from time to time. I've been there and done that, I lived it and still catch myself doing it every now and again.

We can't escape from prison, if we don't realise we are in prison. Awareness is the key that unlocks us.

We convince ourselves it's normal! But if it's hurting us, then isn't it time we changed things, and try to do something about it?

The only power past has over us, is the power we give it!

I'm trying every day to learn more ways to help heal and improve my mental and physical health. And this is why I share with you all.

What we resist persists.

Don't fuel it, cool it

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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



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**The art of living is the art of choosing to think thoughts that feel good when I think them.** This is the secret to attaining the health I want, the home I want, the income I want, and the relationships I want. This is the key to moving beyond depression, anxiety, low-self esteem, and addictions. This is the way out of limitation and into the experiences I seek. Life can be a "mixed bag." I need not look far to see signs of struggle, disaster, cruelty. But I cannot dwell on unwanted things and receive the life I want, for the universal Law of Attraction infallibly brings to me the very kind of things I think about all day long. I can take action to improve circumstances - my own or others' - without wallowing in thoughts of how wrong, unjust, or rotten is the situation, for that mindset only brings me more things to arduously fix. I make it a habit, a routine, my life's project to focus my mind on that which I want and like. I keep pulling myself back to that place until it seems natural to appreciate, savor, and find the good aspects in everything. I do this for myself. I model this for others. I start here and I start now.

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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](mailto:HorizonsMagazine@aol.com) or call 321-750-3375 with credit card info. No calendar listings taken by phone.

Mondays and Thursdays SEBASTIAN 7pm, \$11 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic. 1614 US Hwy 1, Sebastian. 772-480-4344

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](http://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 meets at 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](mailto: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](http://www.yogashakti.org)

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Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://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 Spiritualist Chapel of Melbourne meets at 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](http://nsbcuuc.org), 386-308-8080

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

March 16 (Saturday) MERRITT ISLAND 11:00 am Candle Burning Workshop @ Book and Bead Outlet. Kim Danbert, instructor. This workshop focuses on Candle Burning practices to help you receive your intentions. Tuition \$40. Call 321 453-2665 to register.







# 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>

**Really and truly, money just isn't that important. Now, by all means pursue it, spend it, and roll around in it, but just don't let it become "how" the rest of your dreams will come true.**

**I know how; you just dream -  
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. [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**One of the hallmarks of the ungrounded spiritual movement is this statement: "There is only THIS moment."** It is often made by spiritual teachers who are dissociating from their unresolved history- self-avoidance masquerading as enlightenment. We can understand the value of this way of thinking- it calls us out of our worry mind, our habitual consciousness- and reminds us to be here, now.

But it doesn't work- at least not for very long. Because "this moment" actually includes and encompasses every moment before. The past is not behind us, as many of us wish it was- it is deep within us, encoded in our cells, somatized as memory and unresolved trauma. It fully informs our lens on reality. In most cases, the "power of now" is just a dissociative construct. Because most of us are still influenced, and ruled by, the power of "then." The answer is not to pretend we are present, when all we have done is fled or momentarily suspended our past. That's not true presence. That's not true healing. The answer is to own, embody and resolve the "then", so that our experience of the moment both honors our history and recognizes the ways our moment is informed by our past. It is to recognize that past and present are intrinsic to each other. The mystery begins with our history.

An excerpt from 'Grounded Spirituality'



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# ABRAHAM-HICKS

*...continued from page 9...*

We see you scrambling around trying to figure out, 'it might be this food, it might be that, I wonder if it's the Sucralose, I wonder if it's the sugar, or the carbs, I wonder if it's the wheat, I bet it's the Gluten', and we say, it's not any of that, it's because you're not in the Vortex, and you've got other things that you're focused upon that is keeping you from being in the Vortex. Period. Period. Period!"

## ABRAHAM ON HOW TO HELP SOMEONE

Sometimes someone will be sick, and a daughter or someone who loves a sick person will say, "Abraham, I'm wanting to help this person." And we say, just hold the image of them in a place of utter Well-being, and trust that through the path of least resistance, either they will recover and Well-being will be restored here, or they will withdraw and Well-being will be restored there. But in either case, whether they stay or whether they have what you call the death experience, the Well-being is always restored.

Whether it is someone who has just been bipping along in physical experience who has been meditating, who knows the sweetness of Connection on a day-to-day basis, who says, "Ah, this life experience has been so wonderful and I think I will now turn my attention to another aspect of my life experience," closes their eyes as they put themselves in the bed, make the transition, and they are discovered as having made their transition in the night. Or whether they have some violent experience, where at the gun of an enemy, or the gun of someone violent, or a car crash, they make their transition—as they make their transition, ultimately it is still the same experience.

## ABRAHAM ON COMPLAINING:

Most people do not realize that as they continue to find things to complain about they disallow their own well-being. Many do not realize that, before they were complaining about an aching body or a chronic disease, they were complaining about many other things first. It does not matter that the object of your complaint is about someone you are angry with, behavior in others you believe is wrong, or something wrong with your own physical body. Complaining is complaining and it disallows improvement.

## ABRAHAM ON WHAT IS THE STANDARD OF JOY THAT YOU ARE DEMANDING FOR YOURSELF?

Your emotion, your indicator of vibration, is indicating the ratio between your currently focused desire and any other belief or thought that you hold about same. When you feel negative emotion, anger about something, or fear... the name of the emotion does not matter, it always means that there is

a desire within you that, in this moment, you are contradicting with some other thought. Your emotions are always about your relationship with your own desire, and nothing else.

And it's time for you to just begin relaxing about it, and not make it a personal issue of your own valor, or your own value, or your own integrity. In other words, it's just, how many times have I thought this thought?

Find thoughts that feel good, because it is inevitable that you are going to always be moving toward something. So why not be moving toward something that is pleasing? You can't cease to vibrate, and Law of Attraction will not stop responding to the vibration that you are offering. So, expansion is inevitable. You provide it, whether you know you do, or not. The only question is, what is the standard of joy that you are demanding for yourself? From your Nonphysical perspective, it's a high, high standard.

## ABRAHAM ON ATTRACTING THE RELATIONSHIP YOU WANT

The relationship that you're really wanting to foster - discover is too strong of a word, but it applies - discover and foster and encourage and understand and know is the relationship between you and your Inner Being?

And once that is really, really established, somebody who is not a vibrational match to that won't even show up on your radar. But, if you've got a wobble going on, you're gonna be attracted to others that have the wobble going on. Are you getting what we're talking about? When you are really in Alignment with Who-You-Are, only those who are really in Alignment with Who-They-Are will come into your radar. But, if you're sort of wobbling all over the place, then you've got a wider range of those that are going to be attracted to you, and you to them.

## ABRAHAM ON BEING COMFORTABLE IN THE NOW

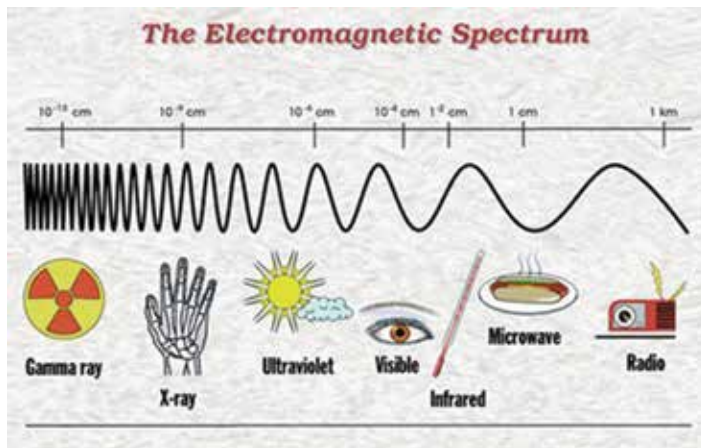
Because it's a sure thing... what you want, what you want, what you want, what you want... it's all coming. Can you hear how we want you to be comfortable in the not yet manifestation of it? If you can enjoy the journey... there will always be a journey and that freaks people out, they say, "Oh Abraham wants us to enjoy the journey because we're never gonna get to where we're going, so they want us to be happy with the journey."

That's not what we're saying at all. If you're enjoying the journey, you're always where you want to be, and every step along the way of it will be delicious as it is unfolding, you see? You're always where you want to be. And life isn't about out there. Life isn't about later. Life isn't about when she comes. Life isn't about when he comes. Life isn't about when that happens and that happens. Life is right now. How ya doin'? It's right now. How ya doin'? How well have you practiced it? How ya doin' now? How ya doin' now? How ya doin' now?

"I'm happy now. I'm eager now. I like that. I like that. I like that. I like that. I'm wobble-free now. I'm happy now. I'm eager now. I'm interested now. I'm appreciative now. I'm happy now." Yeah.



# DON'T FAULT SOMEONE IF YOU'RE SIMPLY OUT OF RANGE



**When you try to have a serious discussion about your relationship with a friend, lover or client and they blow it off continually, don't take it personally.**

**They can't hear what you're saying because you're on two different wavelengths. No one is right. No one is wrong.**

**If you continually tell them your emotional needs are not being met, and they continually blow it off, stop looking to them for emotional support.**

**Don't blame anyone for not meeting your expectation. Xrays can see what we can't. Dogs can hear what we can't.**

**DON'T FAULT SOMEONE  
IF YOU'RE SIMPLY OUT OF  
RANGE.**

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**If you have been told that you or a loved one will just have to live with pain or that your health or that a specific condition cannot be improved, think again!**

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## ACKNOWLEDGING YOUR SPARK

*...continued from page 12*

### HEAD MODEL BELIEFS THAT LEAD YOU TO SUFFER FROM P.D.D.

1. You can change your life based solely on the level of thinking is enough.
2. Negative thinking is bad.
3. Fear is the opposite of love.
4. You can attract what you want without any work.
5. Not getting what you want is a sign that it's not meant to be.
6. Once you've had a breakthrough you don't have to do any more work.
7. Medication is sufficient and it's all you need to fix a spiritual problem.
8. Something is wrong with you that needs to be fixed.

### WHY WE NEED A HEART MODEL

We need a Heart model because these head models never served us well. Yes, they have worked for some, but for many they provided a temporary Band-Aid that got ripped off at the first sign of failure. Guilt quickly took over, and the search for Purpose was abandoned yet again. On the contrary, using a new, more Grace-filled model, I've seen clients carrying decades of trauma go from being too paralyzed to talk about it to genuinely laughing about it in a span of just 20 minutes.

I've seen survivors of rape and incest overcome these evil acts to become beacons of healing for others who needed their unique perspective. I've seen clients go from making \$37.50 an hour to \$16,000 in a week. I've seen clients whose therapists told them to get a divorce reconcile and then go on to have children together. I've seen gay clients courageously come out to their families and be embraced when they thought they would be shunned. I've seen a client who tried to commit suicide while pregnant admit that it was scarier to be her true, vulnerable self than it was to try to take her own life. Both she and her son are thriving today.

### ACKNOWLEDGE YOUR DIVINE SPARK

This world is full of infinite potential, so there shouldn't be so many of us feeling so stuck. Infinite potential. Yeah, right. But it's true. Suspend your disbelief for a moment and hear

me out: You are not just a human being. You inhabit a human being, but at your core you are a Divine Spark of the Creator. You are a Soul who chose a body and lessons to learn in this lifetime. Your true identity is Divine. And your Soul learns through contrast.

What does that mean? If your Soul wants to learn forgiveness in this lifetime, then you must also experience betrayal. If your Soul wants to learn self-love in this lifetime, then you must also experience self-hatred. Without your difficult experiences, you wouldn't be able to learn, grow, and transform in the way your Soul desires. Pain is a teacher. But we also have infinite possibilities to choose love as our go-to reaction.

This lesson in opposites may sound contradictory, but it's true. When you begin to take on this new perspective and belief system, everything changes. Questions like "Why did this happen to me?" are easily answered. You find out how much the opinion of others truly matters, and how much power you've been giving away to your family, friends, tribe, celebrity, and so on. You see that what you thought was the goal of life wasn't it at all. You see that there is great meaning in the seemingly insignificant "coincidences" in your life.

Einstein has said that you cannot solve a problem from the same level of thinking that created it. The head model served us by giving us the basic understanding that we do indeed create our own reality.

### SOME UNINTENDED CONSEQUENCES OF THE HEAD MODEL ARE:

- Blaming yourself for your failures
- Turning "aha moments" into reasons to feel guilty and ashamed
- Buying into the superstition that negative thoughts attract a negative reality or make you sick
- Feeling like you can never fully arrive
- Believing that self-love is something you can perfect
- Giving up when you meet resistance or fear
- Turning God into a vending machine based on your vision board
- Thinking that sharing your truth and emotionally vomiting on someone are the same thing
- Trying to only identify with your Soul or Divine nature and ignoring your humanness—even worse, thinking your human thoughts and emotions are wrong
- Believing that your teacher, guru, pastor, preacher, or mentor has all the answers or better answers than you do inside

*...continued on page 28...*





# YOGA: A Natural Pathway To Godhood

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

**How Can We Get Peace Of Mind? Keep the body still for steadiness of the mind.** When mind is under control, it forgets the body. Practice and will are the two secrets of meditation. At first meditation is difficult. Later the mind begins to taste the beauty of the inner life. Chant Om and meditate on the sound. Learn to empty your mind. Mind is like a pot. If it is clean, you can cook well. Feel empty as if you have no past or future. Release your mind from the clutches of the past, present and future. Feel as if your mind is born today. We usually feed our mind on the biscuits of the past. This habit should be broken.

Feel yourself. Feel your heart. Feel your mind. Let consciousness be with the consciousness. Try to get to the depth of your being where there is no thought of past or future. Bathe in the River of your Consciousness. This is known as **Ganges**.

Meditate on the sky of your mind. It is blue, vast, infinity. It is "**Chidakash**". There is a sky within yourself. Nobody knows how far it extends. Feel your inner heart is like a blue sky stretching far and wide. We cannot find the end or beginning. Meditate on sky and it will be your consciousness. Make a wish that is wise and good.

Ask yourself, "Who am I? What am I? What is the real purpose of life?" The dream world is very natural to us. Sleep is our nature. It is very close to our being. It is another world which is called astral world. If we have to study a book which is not interesting to us, we will immediately go to sleep and to the dream world. If body is tired, we immediately go to the dream world.

We can see that, when a baby is first born, he sleeps almost 24 hours, then, little by little, he sleeps less. This means he is waking up from another world, from another plane. He doesn't want to come out of that dream world. He is still on some other plane and is not very familiar with his physical cage. This is not our ultimate plane. If we belonged to this plane, we would always be here, but, as everybody knows, we are taken away from this plane, not only by death, but also every day when we sleep.

Sometimes the astral form is not very refined, but is in a gross, crude form. This means we have not learned to shape it properly. The soul has been caged into matter which is so tight that it doesn't let us get out. We become so sensual, so worldly, so matter-of-fact that we cannot rise above these things. The

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astral body becomes fine and refined by love, devotion and caring for others. When we pay attention to the astral body and see that it has only divine and not negative or unhappy energy, then it becomes perfect. When we have perfected or refined the astral body, we can accomplish much more. This does not mean that we have to dispose of the physical body. Physical and astral bodies are attached to each other and can only be separated by death.

This psychic or astral form is made by our thoughts, feelings and emotions. We have to be very careful what kind of thoughts and feelings we store in our personality. What we think we will become. What we think will begin to happen. If we think beautifully, it will release our stress and strain. If we think negatively, it will begin to manifest and spoil our body. We have to be so careful. Just as we are careful with a revolver, gun or knife and a little mishandling can destroy, similarly, we have to be very careful about our body, mind, thoughts and emotions. A little carelessness destroys. We are what we thought and we will be what we think.

Complete control of the dream stuff can be very powerful. However, one should not pay attention to negative things. Devotion is the safest road. By having devotion and love for God we can create a safe, fenced road which will take us where we want to go. With the help of astral thoughts and astral form, we can change our physical life, draw more energy and benefit a lot. The dream world should be under our control. It will be a good practice for all of us to correct and guide our emotions, to think in a positive way all the time and to create a very beautiful magnetic field, so that people are helped and find peace and freedom from fear.



## ACKNOWLEDGING YOUR SPARK

*...continued from page 26...*

### USING THE HEART MODEL TO PROSPER IN YOUR PURPOSE

I'm a present-moment kind of guy, but I don't want to discount all the work you've done in the past. I want to celebrate it—quickly—and then get right to the business of closing the gap between where you are and where your Soul desires for you to be—to live your true Purpose.

To do that, I want to share with you the Heart model of personal growth, because it will make you think differently and probably challenge some long-standing rules and beliefs you've had about how this game of life works.

#### HERE ARE THREE THINGS THAT ARE TRUE WITHIN THIS HEART MODEL OF TRANSFORMING YOUR LIFE:

1. Intense emotion + belief + action = result.
2. You live within circumstances (and patterns) you have created.
3. Your circumstances (and patterns) can be changed at any time.

Patterns are learned at young ages as coping mechanisms, and while I don't think they ever completely go away, I think the frequency gets turned down, and they lessen over time. I hear it all the time from clients when they encounter patterns: "I thought I worked on this. I thought I fixed this already, and now all this stuff is coming up." But that's a shortsighted way of seeing it. The real truth is that when a Survival Pattern™ (SP) continues to come up again and again, that's your work now.

One of my SPs is comparison. That's my work now. One of my SPs is procrastination. That's my work now. One of my SPs is neglecting and not nurturing myself. That's my work now. It's not like you work with an SP once and you've got it under control. It's information and a manual that shows you who you are. The patterns will be the same throughout your life; they'll just manifest in different situations.

Remember, you cannot solve your current situation from the same level of thinking that created it, so if what I'm suggesting here sounds strange or new, celebrate! We are going to work on creating new patterns within you that will create new outcomes in your life as a whole.

### HEART MODEL BELIEFS

1. You must change your life on the level of emotion, not thought.
2. Negative thinking and emotions are calls for awareness, invitations to break patterns that no longer serve you.
3. Fear is a sign you are living your Purpose.
4. Hard work is still required.
5. Persistence is still required.
6. Not getting what you want is spiritual redirection.
7. There is a Divine reason for every experience you have.
8. A breakthrough is a starting point to begin the real work. This must become a lifestyle.
9. Chemical drugs can solve short-term problems or chemical imbalances, but for sustained happiness, eventually, when the time is right, you want to choose Purpose over pills whenever possible.
10. There is nothing wrong with you. All you need is to change a pattern or two.



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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*

### I DON'T ALWAYS KNOW WHEN I'M PART OF SOMETHING BIGGER

I've been watching **Mad Men** and last night they talked about the **Cuban Missile Crisis**. I was 10, I remember my folks watching it on TV. I don't remember them being upset or fearful we'd be nuked. Years later my dad and a pal boat lifted friends' family members from **Maribel Bay** and brought them to **Florida**. That one trip turned into several days bringing anyone waiting to come, only staying long enough to refuel and go back for another group. My mom saw it as holy work. I was working for an attorney on **Biscayne Bay** in **Miami** then. I remember a client came in with a paper bag full of cash and met with two others and gave them \$1,000 per foot for boats they had in back of their houses on the water. I had to count out the cash and type receipts. I thought about my mom saying it was holy work and so I was secretly proud to be part of that even though behind the scenes.

### THIS IS HOW WE LEARN TO DIVIDE OURSELVES

One of my friends told me about a powerful lesson in her daughter's high school class this winter. They're learning about the **Salem Witch Trials**, and their teacher told them they were going to play a game. *"I'm going to come around and whisper to each of you whether you're a witch or a normal person. Your goal is to build the largest group possible that does NOT have a witch in it. At the end, any group found to include a witch gets a failing grade."*

The teens dove into grilling each other. One fairly large group formed, but most of the students broke into small, exclusive groups, turning away anyone they thought gave off even a hint of guilt.

*"Okay," the teacher said. "You've got your groups. Time to find out which ones fail. All witches, please raise your hands."* No one raised a hand.

The kids were confused and told him he'd messed up the game. *"Did I? Was anyone in Salem an actual witch? Or did everyone just believe what they'd been told?"*

And that is how you teach kids how easy it is to divide a community. Keep being welcoming to people. Shunning, scapegoating and dividing destroy far more than they protect. We're all in this together.

Enjoy our offering this month.  
Hari Om.

Andrea

# YOGA SHAKTI MISSION



Ma Yoga Shakti

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

# HOROSCOPES

## MARCH 2019

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)** How do you say 'new beginnings.' The full moon of March 21st lands in the opening gate of your sign, Aries. It's like attending your first day of school all over, right from the start. Be sure to stay free and clear. Mercury retrograde until March 28th complicates obligations, so don't sign up for anything that is going to bog you down or drain your pure, fiery energy. Keep things simple and straightforward.

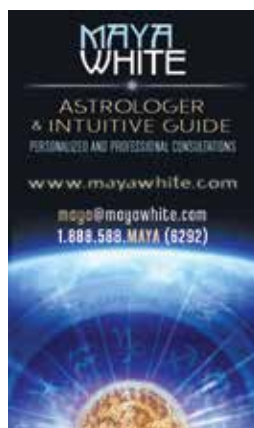
**TAURUS - (April 19 - May 19)** Mars is hearty and lusty in Taurus until the 31st, but alas, Venus, his natural mate is M.I.A. Venus is flipping through Aquarius now and her noncommittal ways leave you feeling underappreciated. This situation calls for a strategy; you must be creative to recapture the attentions of a lover (or to feel good about yourself.) Think outside the box, Taurus. Put away the same-old you and let your exotic side spring to life. Chic. Cool. Awesome.

**GEMINI - (May 20 - June 19)** Mercury is your planetary ruler which makes Mercury retrogrades all the more tricky. The secret to this one (March 5 - March 28th) is to ask the right questions rather than only focus on the answers. You may even have to correct a past mistake. Move right past the confusion and just dig into the problem at hand. Altho it's inconvenient now, this extra effort will actually pay off in the future.

**CANCER - (June 20 - July 21)** You are the blessed peacemaker this month, Cancer as your sign fits in and mellows all the other signs right now. The stress actually comes from the gap between what people want, and what they get. So, you'll constantly be dealing with the discontentment of others; soothing the wounds and irritations of those close to you. Art and music are a magical balm that will heal the healer. Sing, dance, and play.

**LEO - (July 22 - August 21)** Both friends and lovers benefit you now as Venus in Aquarius promises that your gains come through personal and professional partnerships. It's ok to let your guard down (just a tiny bit) and accept help. An old, forgotten bill may come due as money flows away much too quickly; spend conservatively, play adventurously, and love passionately.

**VIRGO - (August 22 - Sept 21)** You can have a lot of fun this month but it'll take a bit of planning. If spring fever is getting to you and you want or need a mini vacation, you can easily get agreement from your partner. People want to please you now, so enjoy this golden era. There is only one caveat - don't over spend! Expenses can get out of hand quickly. Do the fun 'thing', but not in a way that you'll regret it later.



**LIBRA - (September 22 - October 21)** Put your best foot forward, Libra. Pallas Athena, the goddess of excellence is marching through your sign. Pallas Athena also speaks to your wisdom, and doing the things that you do best. Get in touch with your excellence; that thing that you do better than everyone else. This is where your money is to be found in the months ahead. Practice makes perfect, but you are already ahead of the game. Harvest well, Libra.

**SCORPIO - (October 22 - November 20)** Like a performance vehicle, you can make a smooth shift into high gear this month, Scorpio. The secret is to maintain your momentum, which requires walking a fine line between effort and motion. You can be super-efficient, but don't push so hard that you burn out. But, with Mercury retrograde in Pisces, you must also avoid getting lazy or confused. Like a tightrope artist, small but consistent steps get you where you want to go.

**SAGITTARIUS - (November 21 - December 19)** Chances are that you're going to have to tell it like it is this month. This may be calling someone out on their bad behavior, or correcting a long held misconception. There is an inherent stress in the stars this month for you, so put your tender side on the back burner and get your quiver and arrows ready for a show of vigor. Keep an upper hand with humor, and stay on a moral high ground with the simple truth.

**CAPRICORN - (December 20 - January 18)** Granted, both Saturn and Pluto in your sign can amplify the pressure; however, Mars in Taurus makes it all better. Tune into your Light side, Capricorn. Plus, your intuition is on FIRE this month as Mercury retrograde in Pisces totally refutes your logical mind. Yes, it may feel like you're navigating through a mysterious fog, but think of it as a cloudy day at the beach. Relax and enjoy the show.

**AQUARIUS - (January 19 - February 17)** Venus in your sign delivers a bit of cosmic relief from the tension of recent months. Have you been irritable lately? It's possible that Mars and Uranus have left you feeling 'crabby'. Are you constantly wondering when the other shoe is going to drop? Consider that Saturn and Pluto are dogging your steps. In short, maintain your sense of humor and take it easy, Aquarius; one glorious day at a time.

**PISCES - (February 18 - March 19)** This month has a surreal quality as secret allies appear when you least expect them. Pay special attention to chance encounters; as many are friends who seemingly travel through time and space to deliver important messages or to offer assistance. Questions are answered, and pain from the recent past is soothed and taken away. Release your burdens and surrender in the way that you know you must.





... from page 11

Your own list may vary, but if you sit down to make one, you might realize you have more coping skills than you thought.

It's going to sound very strange and even counter-intuitive, but one of most effective ways I've found for dealing with my anxiety is being open about it. There is nothing more vulnerable than an exposed **Anxiety Blob**, my friends. And being honest about this struggle is scary as shit. Sometimes, it hurts. Especially when people hurl it back at you like a stone ("whatever, go take some happy pills"). But you know what I discovered? You can't shame me with something I totally accept about myself. Yeah. My brain works differently. Sometimes, I take medicine or go to therapy for it.

HEY. WOW. LOOK AT THAT. I'm still here, living my imperfect little life. The sky has not fallen.

The world is scary and difficult, but also full of beauty and hope, and even those of us who live with fire alarms in our heads can learn to navigate it.

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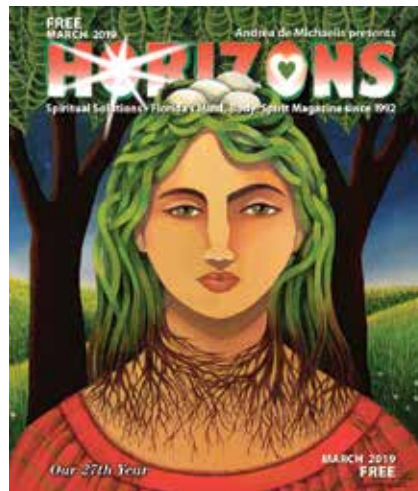
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# COVER ART

## MOTHER NATURE by Esmeralda Raven Aponte

**More and more people are becoming aware of saving Mother Earth. After all we only have one planet but if we all do our part to save Mother Earth it is definitely possible.** Teaching our children about saving the Earth is a great way of instilling life long habits that can help save the environment. Today's children will be tomorrows environmentalists. Earth is home with everyone we know, love, found, ever was.

Every human being has an impact on another so it is important to think about what impact we wish to cause. In order to survive on this suspended ball in this cosmic arena we need to love, not only each other and stand side by side but to love and fight for our planet. The planet is choking with the non believers of global disintegration, the destruction of the Amazon, the lungs of the world, the pipelines that continue on with disregard for clean water all for money and greed. Fight for nature for without it we destroy ourselves. Our imagined self-importance and delusions that we have some privileged position in the universe need to be challenged. We must continue to push everyone to feel and not become numb to the happenings of this time. We can do it.

The symbolism in my painting Mother Nature is based around the idea of new beginnings. The eggs nested in the vines on her head are representative of birth. The birth of new ideas and understandings, the fertility of the earth, of life. Roots are for grounding plants and much like plants we must ground ourselves with the land and nature to be able to understand it and make a nurturing difference.

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

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

Visit her on [EsmeraldaRavenAponte.etsy.com](https://www.etsy.com/shop/EsmeraldaRavenAponte) and [facebook.com/EsmeraldaRavenAponte](https://www.facebook.com/EsmeraldaRavenAponte)



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

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

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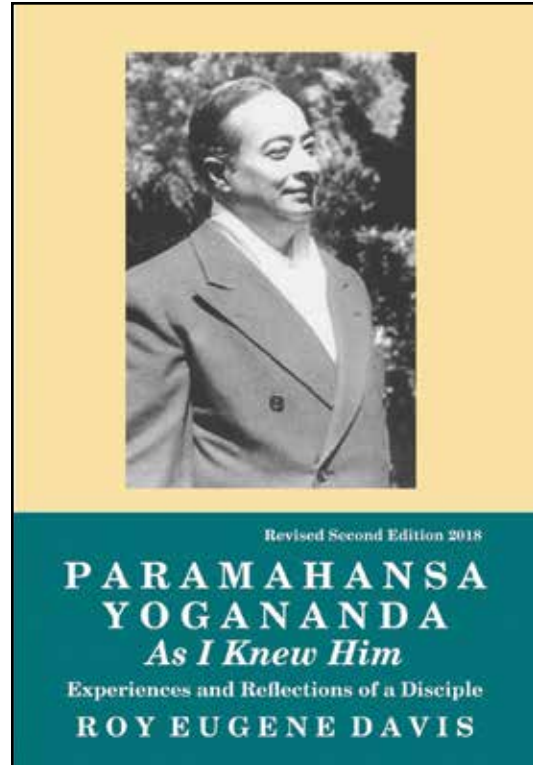
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Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951. He has taught these spiritual growth processes in the Kriya Yoga tradition for more than 65 years in North and South America, Europe, Japan, West Africa, and India. His books are distributed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



*An Enlivening Power is Nurturing the Universe  
and We Can Learn to Cooperate With It*