

Andrea de Michaelis presents

# HORIZONS

**MARCH 2023**

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**Body, Spirit**

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# 12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>  
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**PUBLISHER:** We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the one **God**, no matter what name we use.

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

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

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

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

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

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

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

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

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

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

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

**The greatest optical illusion is separation**

# HORIZONS

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

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



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

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

**ARTICLE SUBMISSION:** You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to [HorizonsMagazine@gmail.com](mailto:HorizonsMagazine@gmail.com). Time sensitive articles must be submitted 3 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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# THIS MONTH'S THOUGHTS ABOUT THINGS

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

**HELLO AND WELCOME TO THE MARCH 2023 HORIZONS MAGAZINE. I figure everyone who reads my stuff is into some kind of personal development or self improvement path, whether they count it as a spiritual practice or not.**

Or they at least understand the concept of being on a personal path. I figure we on some level all vibe the same or we wouldn't know of each other. I figure most have a daily practice of introspection about why they do and say and act and react as they do, especially when something riles them. I figure most have a daily practice of quiet time to have thoughts bubble up and to process and disburse them.

I go through my unconscious times where I'm critical or feel the need to passive aggressively shame someone when they fail to meet my expectations. Evolution is that more and more I catch myself and do better the next time. That's why they call it practice.

And we don't always LIKE what we get to PRACTICE.

Last month I got notice that my homeowners' insurance renewal doubled, causing an escrow shortage which I immediately paid. Today I got a notice of non-renewal, that **United Property and Casualty** is withdrawing from the state of **Florida** which means I need a new insurance carrier for h/o ins. I got a quote from **Security First** for almost \$8k. The guy told me their rates were not the most competitive in my area and that I should **Google** "independent insurance agent" and my zip code to find a better price. Aargh. I asked on **Facebook** for referrals and went to bed.

## **FRIENDS TO THE RESCUE, IT TAKES A VILLAGE**

The next day, I woke up with anxiety - fun! - anticipating spending the day on the phone with insurance agents. First tho I'd hafta gather the files so I have at hand what they'll ask me.

*I've learned to use that panicky feeling to fuel excitement about finding resolution. The seek and find activity stimulates dopamine production, which keeps me motivated and happy, which keeps me in a good vibrational place as far as attracting future experiences.*

When I'm panicky, it's easy to forget that my dollars are NOT frozen in time, they are always in a state of flux, coming in, going out. Lots goes out, sure, but enough comes in as well. I know **God/The Universe** is my supply and S/He can send me \$\$ from outa the blue by the time I need it - it's happened before. I've also got a couple properties I could sell if I had to.

Thankfully a real life friend knew an independent agent and we connected right away. I gave **Mercury** an extra day to get out of retrograde and go direct, then ordered a **4 point inspection report** because insurance companies need that info before quoting a price.

No surprise, they want me to replace my 15 year old water heater (which I promptly did) and my 15 year old roof. When I sit and do the math of the increased insurance premiums, and yes, even if I hafta get a new roof, it's all do-able. It makes me squeak but it's do-able.

I asked on **Facebook** "*who had a new roof installed in the last 2 years and is thrilled with the result and the company did everything they said they'd do with no \$\$ surprises?*" I researched reviews, chose 5 and scheduled appointments. They ranged from \$10-\$22k.

I applied for and received a free **Mitigation Inspection** from [www.mysafeflhome.com](http://www.mysafeflhome.com) which also makes me eligible for a grant which I'm led to believe would make my maximum outlay be \$5,000 on a \$15k roof.

I thought it'd be cool if I could manage it without selling land, but maybe selling a hunk of land wouldn't be so bad. I thought of the one I'd most like to part with and didn't think much else about it.

## **OH, AND THEN THE WATER STOPPED**

The pump guy came out 3 times before digging into the well. I connected to the neighbor's water supply so we had water while he worked on it. Otherwise he said I may need a new well. It is what it is.

Until the pump guy got my water running again, I filled water jugs from the neighbor's hose and poured some into pitchers to set next to sinks and in bathrooms.

*...continued on page 52*

# 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).

## NON-RESISTED DESIRE

Good morning. We are extremely pleased that you are here. It is good to come together for the purpose of co-creating - do you agree? Do you feel clear about what you are wanting from this day, to receive and to give to it? Are you enjoying your own focus? Are you enjoying how it comes to you - sometimes you say at you?

Life comes to you in response to your vibrational point of attraction, and from that, new determinations are made by you, yes? Are you enjoying how your focused desire keeps happening to you?

Do you feel like you are getting pretty good at focusing in the direction of your desire? That's really good - that really is the key to deliberate creation. The key to a happy life is to be focused in the direction of your desire.

And we're going to put that into a new term here - at least it's a phrase that we haven't offered to you before - and it's the power of **non-resisted desire**. Oh, the power of non-resisted desire - some day you'll get some of that. We're teasing you a little bit, but *mostly you don't have non-resisted or unresisted desire, you have*



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*desires that you resist with beliefs.* In other words "I want more money, but where I stand right now financially is so in my face, so I have a desire for more money in an experience of not enough."

So, would you call that non-resisted desire or resisted desire? "I have a desire for an improved relationship with this one or that one, but I have this reality of what the relationship currently is." So, does that seem like an un-resisted desire, or is it a desire that is sort of muted by reality?

So, you must be wondering "Well, then I guess we're doomed, because reality is sort of obvious - in other words, the phone rings, people drop by, and I have a

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# CHOICE POINTS ON THE PATH

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

**My team and I recently returned from a long stretch of travel; leading retreats from Switzerland ... to England ... to Florida and New York over a period of 40 days.** I try to make time to meet with members of our community during each event, and I'm always struck by the insights, challenges, breakthroughs, and questions that arise at various points of their practice.

After this particularly powerful period of evolution - in our work and in our community - I want to share with you some observations about choices we all encounter at different stages along the path ... stages of study and practice I refer to as **Novice, Initiate, Master, and Virtuoso.**

## **THE NOVICE: "I CHOOSE SOMETHING DIFFERENT."**

For someone just entering the work, this stage is all about the acquisition and understanding of knowledge and information. As novices, we're learning the content. We're remembering and rehearsing its meaning intellectually, theoretically, and philosophically - and trying to make sense of it with our thinking neocortex. *We're building neural architecture; creating new infrastructure in our brain. Essentially, we are creating a new mind.*

Choosing something "different" may seem vaguely stated, but it's literally true. When we begin to walk the path of a seeker or a mystic, it means we've come up against some aspect of our lives - of ourselves - that's no longer working for us. For some who come to this work, it's a crisis: a dire diagnosis. Or the end of a relationship. Financial hardship. For others, it may be a general sense of dissatisfaction or unease. Not necessarily an emergency, but - an emptiness.

Whatever brings us to the point of choosing something different, it's because we finally realize that continuing to choose the same - the same thoughts; same feelings;

same habits; same emotional reactions - will bring us only more of the same experiences.

To choose something different is to choose to leave the past - to leave our old selves - behind. It's the only way we can enter the present moment - and give ourselves the opportunity to create something new.

It takes a tremendous amount of energy and courage to walk a new path. When we're learning something new, we have to give that new area of study our sustained time and attention. We must etch what we're learning into our brain by constantly weighing what we know against what we don't know. We must understand the what and the why - so we can begin to naturally re-hearse in our minds how we're going to apply it.

At this early stage of learning, it's important to be patient with our process. We shouldn't put pressure on ourselves with anger or frustration. I often tell my students at this stage, "*You're just not that good yet.*" And it's not meant to be discouraging; just the opposite. When we're just starting out, we need to give ourselves a break. We need to let go of expectations - and be kind to ourselves.

All of this is part of philosophy and theory. At the novice stage, we're installing hardware in our brain ... so when it comes time to transition from the **theoretical** to the **practical**, we're ready. Now, it's time to get our body involved - and initiate some new action.

## **THE INITIATE: "I CHOOSE EVOLUTION."**

If we spend all our time learning and talking about something new, but never take action, then we never move beyond being a novice or philosopher. We have to do something with the information we've acquired.

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# TIPPING SACRED COWS

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

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



# THE WRAP

The hardest habit to break is the habit of being who you think you are. —Vanda Mikoloski

**Life is a journey—that’s the truest of truths—but how you travel is really up to you.** Remember when you were five and your mom or dad, or adoptive parent, or uncle, or your crazy **Aunt Matilda** read you the **Dr. Seuss** books? Well, that was it, right there, in bold colors and print, with the **Sneetches**, the **Whos**, with **Horton** and **Sam-I-Am**, the **Fox in the Socks**, and the **I ams**, the **Once-ler Sally**, and **Jo-Jo** too. **The Grinch** figured it out eventually, and **Dr. Smoot** did as well. Those books pretty much told us how life was to be, if only we could grasp the concept of the metaphor at five. What an evil trick played on us, if you think about it. Sort of makes you wonder if there really is someone somewhere up in the heavens having a huge laugh at our expense. The wisdom of life, handed to us in fullcolor, simple text for the early reader, and all we really cared about was where the dogs were racing to.

In the words of Dr. Seuss, “You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go . . .”

Is it really that simple—can it be? The answer is yes, if we will only see. With eyes wide open and ears that can hear, the answers we seek are really quite near.

How many times have we passed the answer by, thinking, It can’t be that, it’s too easy for me. I like to complicate things. Most of us do.

One day about fourteen years ago, I had broken up with “the one” and was dating the next “one.” He was yet another version of the same man I had dated for years—I must have just carried around the mask I wanted them to wear and when someone showed interest, I just slapped it on them and went for it. As I was leaving his house, doing my best walk of shame, I came across an old woman pushing her cart of belongings through the streets of the neighborhood. She looked at me and called me out: “The walk of shame . . . I’ve been there.” I looked at her, stunned. Who was this person, bum even, to be telling me anything about life? She had obviously screwed hers up. Annoyed that she had actually picked up on my feelings of shame and unhappiness, as if she was a seer of things hidden deep,

*...continued on page 30...*

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Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. [herbcorner.net](http://herbcorner.net)

## HERBS FOR HEALTHY HAIR

**Hair loss is a concern for both men and women. Every day we all lose some hair, as we get older we may notice hair thinning and more strands of hair in the drain after washing.**

Fortunately, natural hair loss remedies work well because they address the root cause of the situation. When used regularly they have excellent results. I found this out when I lost almost all my hair as a result of COVID.

I mixed up a blend of herbs containing **Horsetail** for its **silica, biotin**, and other nutrients that help stimulate hair growth it retains and improves the strength of hair.

Another herb rich in vitamins and minerals needed for hair growth is **Nettle** it restores balance to hormones needed to create new hair. For men it helps block the over production of **DHT** that can lead to hair loss.

It has **burdock** which is loaded with essential fatty acids and **phytosterols** that help generate new hair growth and **Holy Basil** known for its adaptogenic properties helping to reduce stress related hair loss.

It contains **eugenol** and **magnesium**, and help stimulate circulation which is necessary for rejuvenating and maintain hair follicles. It also helps maintain the proper hormone balance needed for hair growth.

Some other herbs that can be used would be **Ginseng** to help increase circulation needed for hair growth and nutrients to the scalp. It contains **saponins** believed to enhance hair growth and strength to the hair.

**Neem** has antibacterial properties that address skin conditions that cause hair loss, when applied topically it can improve circulation and boost hair growth.

**Saw Palmetto** helps keep testosterone levels balanced blocking **DHT** (chemical linked to male pattern baldness). A two year study found it to increase hair growth after three months of use. It can be infused in oil and added to shampoo for extra benefit.

...continued on page 19...



# THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

## SHIRTS AND THINGS

**The Man with the Ladder had a reputation which traveled further in the world than he did. It moved in circles he did not know existed.** Of course, even if he had known about these circles he would not have been allowed to approach them, much less participate in them; they were the circles of the rich and powerful, and the talented who serviced the rich and powerful. He had visited places like the **Kremlin** and **Peking**, but unfortunately for him, only by reputation. And he spoke **Russian** and **Chinese** also, but only when he was a character in one of the stories people told about him.

"My reputation leads a richer life than I do," he would lament. But he had to admit, if only to himself, that most of the things that happened to **the Man with the Ladder** in the stories he had heard never had happened to him, although often he remembered something vaguely similar. What was more damaging, was that the **"Man with the Ladder"** in these stories, said things that he not only didn't say, but did not understand either. So he finally came to the conclusion that he had a double, that there was another **"Man with the Ladder"**, only more resourceful, more intelligent and cleverer than he was, and probably handsomer too.

The **"Man with the Ladder's"** most recent excursion was to **Washington** where his reputation met the **President** and a distinguished collection of businessmen, soldiers, and diplomats. The occasion was a conference on the challenge of the **90's**. People were invited to the conference only if they had already succeeded in meeting the challenge of the **80's**, meaning they were rich and powerful.

It was out of the mouth of one of the embodiments of success that the **"Man with the Ladder"** was introduced to the **Washington** elite. The man who spoke had started a chain of computer stores before the personal computer age had really begun, so that people believed he was extraordinarily foresighted as well as sensible enough to be rich.

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"I am certain," he began his talk, "that successfully meeting challenge of the future will require discipline, intelligence and willingness to work hard. I have these," he said, not dwelling on his virtues. "I am not sure, however that the most important virtue of them all can be cultivated. I am not sure I can even put the most important virtue of all into words.

"The most important aspect of the future is the unexpected part. If, in the **70's**, I had met the challenge of the **80's**, I would be the owner of a shirt store and not the owner of a chain of computer stores. But, in fact, in **1975** I met the challenge of the **90's**, only I didn't know it.

It was in that year that I invested my life's savings in a clothing store not much different then the ones I had clerked in for many years. I renamed the place **Shirts and Things**. The store was one of six making up a mini-mall in a little courtyard. The courtyard had benches, trees, cobblestones and it's entrance was on a busily traveled street. The trouble was that it was the easiest thing in the world to walk right pass that entrance.

*...continued on page 48...*



# 100 SURE-FIRE REASONS TO GO WITHIN

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

**Why people turn their attention from the outside to the inside. Since the beginning of time, there have always been peace-seeking people who have “turned within” — seekers of truth and knowledge of the Self.**

Disappointed in the ways of the world, many have ended up in caves, monasteries, ashrams or the lotus position. Some sought the guidance of Teachers, Sages, or Masters while others stayed closer to home and simply checked out their nearest yoga class.

If you are feeling the need, these days, to redirect your attention from the outside world to the unexplored world within your own self, there's a good chance your reasons are on the following list. **How many apply to you?**

1. You just lost your job
2. Oprah told you to
3. Your 401K is now a 101K
4. The world always seems to let you down
5. You're not getting any younger
6. You've always been curious about this going within business
7. Someone you love recently died and it got you musing about your own mortality
8. You think the Dali Lama is cool
9. You had a near death experience years ago, but could never figure out how to stay in that blissful place
10. Your long-term relationship just ended
11. Your house burned down
12. Watching Dancing With the Stars has lost its luster
13. You're an unhappy atheist
14. You've been diagnosed with a terminal disease
15. You're about to have a root canal
16. Your three-year plan has revealed itself to be a total charade
17. It's free
18. You like to try new things
19. Your wife, husband, kids, and hair have all left you
20. You like what Jesus said about the Kingdom of Heaven being within
21. There's no time like the present
22. You read it in a book
23. Your team just lost the Big Game and you realize that everything you give yourself to in this world eventually lets you down
24. You're stuck in traffic
25. You're on your death bed
26. You're on vacation
27. You need to calm down
28. Inner space is more interesting to you than outer space
29. Space is curved. If you looked through a powerful enough telescope long enough, word has it that you'd eventually end up seeing your own butt.
30. You're curious what **Socrates** really meant by “Know Thyself”

*...continued on page 46...*



# SETH SPEAKS

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

**People want a pill called truth. You take it and all your problems are solved. You know what to do with your life. There are no decisions for you to make. The pill solves it all for you.**

You do not believe in pills that come from a bottle any longer, most of you, but you want a metaphysical pill, and the metaphysical pill will solve it all for you.

**[A student: "Seth, what is this stuff that everybody calls enlightenment?"]**

Enlightenment is a normal part of your consciousness. It is a function of your consciousness.

There are varying methods that you think will help you achieve it. As long as you think you need methods, you will run from method to method, and from teacher to teacher. And the teachers will very cleverly work within your beliefs.

If you believe that you are guilty, then you will go to a teacher who will say, "Yes, you are indeed guilty, and I will tell you how nasty and dirty you are." And in one way or another, he will show you how to do penance for your sins.

It may be a wise and clever benign guru who gives you so many hits over the back with a whip. It may be a system of beliefs that tells you that you must work very hard for knowledge because you believe you do not deserve it easily.

Work with your own beliefs—honestly, and see what you think when you are finished. If you believe that knowledge is difficult to achieve, it will be. But you will often work within a system that agrees with your beliefs.

Now, up to a point this is beneficial, and you will learn from it, and you will see within the system the reflection of your beliefs, and you will begin to move out of that system.

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But you need, often, the framework of the system, and the agreement, so that often a beneficial framework is set up, but one through which you will move.

Now in many cases, and in such schools—in any schools of beliefs—you will find, for example, students who will set themselves apart, and begin offshoots as their system of beliefs begin to change.

You will find alteration, but in all cases, each of you use the system of belief for your own purposes. There will be benefits involved and you will move through each.

There is no end to the creation of beliefs within your system. Each are handy reference points that you use—rocks that you stand on for a specific time. Now when I

*...continued on page 19...*

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# THE CONVERSATION

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. his favorite pastimes include being 'Gramps' to two adorable grandchildren, volunteering, and training to walk the Camino de Santiago pilgrimage. You can follow him on Facebook: <https://www.facebook.com/david.cronin.79/> He can be reached at: [davidcronin490@gmail.com](mailto:davidcronin490@gmail.com)

**“But what are you FEELING?!!!” she asked for the third time, the exasperation in her voice continuing to rise.**

“You keep asking me that like I can isolate, pinpoint one particular feeling and articulate it back to you! Like I could pull out one instrument’s sound from a full orchestra. I don’t have that capacity! At least not like you! Plus, you seem to think that since I can’t communicate a distinct feeling that must mean I don’t have feelings, for you, OR US! That’s not true!”

(Long silence)

“While I can’t pinpoint anything specific, I can tell you what it all feels like,” he said softly.

She nodded her head, feeling hopeful again.

“It feels like I am all alone in a space capsule, hurtling through blackness beyond blackness, towards something unknown. There are twenty warning lights I never even knew existed, all flashing fire-engine red. Twenty alarms, all different, desperately blaring like fog horns. Panic overload, that’s what this feels like.”

“But you are not alone,” she gently replied.

“YES I AM!! That’s the whole point!” the agitation now rising in his voice. “You are not HERE! IN THIS CAPSULE! You are not having this experience, I AM! You are in your own space capsule, gently floating somewhere, I don’t know, maybe above the majestic rings of

**Saturn** with some **Dan Fogelberg** love song playing on the speakers.”

(Long silence)

“What do you need from me?”

“I need you to trust that I will find my way; that I WANT to find my way. That this is okay, too, even when all the lights flash and the alarms sound. I need to be able to reach through all this and find you. To know that you’re there, even before I am clear enough to reach.”

They embraced for a long, long time, all the tension evaporating away. She looked at him lovingly and with a playful glimmer in her eye asked, “Maybe we should name our space capsules, what do you think?”

“Sounds like fun, what did you have in mind?”

“How about ‘**Lifeline 1**’ and ‘**Lifeline 2**’?”

“Perfect!”



# ESSENTIAL LIFESTYLE HACKS



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit [www.yogashakti.org](http://www.yogashakti.org) Email [yogashaktiny@gmail.com](mailto:yogashaktiny@gmail.com) Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfid4QT1fYGYn0b6QhPw>

## ANGER

**Anger is usually thought of as a negative reaction. Anger can be a great tool to give us energy to manifest change. But just like fire, which can cook a wonderful meal or burn down the house, anger can also destroy us.**

Anger is an emotional state that varies in intensity and creates physiological changes in the body. When we get angry our heart rate and blood pressure go up and so does our level of energy. This is because it is a natural response that allow us to respond if we are attacked. For this reason most anger is expressed through aggressive behavior.

**Anger need not harm. If we treat it with respect, it will teach us how to better humans.**

Anger can be caused by internal or external events. We can be angry because of an event caused by another person or circumstance, or we can be angry from an internal source like memory or self judgment. We mostly deal with anger through expressing, suppressing or calming.

**EXPRESSING ANGER** can be done through assertiveness without aggression. To do this means that we need to be able to express our needs, and how to get them met without hurting others. Assertiveness does not have to be demanding but it means being respectful to oneself and others.

**SUPPRESSING ANGER** may turn inward and cause hypertension, high blood pressure or depression. Unexpressed anger can lead to pathological expressions of anger, such as passive-aggressive behavior or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learned how to constructively express their anger.

**CALMING** means not only control in our outside behavior but also our inner response. Taking steps to lower our blood pressure, calming down until the feeling is resolved.

We need to define anger into righteous anger and entitled anger.

**RIGHTEOUS ANGER** is an anger that lets us know when boundaries have been crossed. Anger can be born from injustice. This reveals when our circumstances are misaligned with our worth.

*...continued on page 45...*

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# SOUL SONGS • 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" on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

## Slim 'n' Trim

**If I want to lose weight, I might approach it in a conventional way:** berate myself for gaining excess poundage in the first place, worry about how bad I'll look if I keep on expanding, and set up a dietary regimen for myself and then feel guilty as heck each time I cheat. **Berate-worry-feel guilty** is one way to motivate myself to change my eating habits. But it's unlikely to bring long-lasting results, for negative emotion is possibly why I overate in the first place - to soothe and de-stress myself. Hello, vicious cycle.

A more successful approach will be, first, to discard the phrase "losing weight," as it causes me to focus on what I don't want (excess weight). I can substitute a word such as the British have used: "slimming." Next, I make peace with the shape my body is in right now. I appreciate it. I marvel at its intricacies and the way it serves me day-to-day.

Last, I hold an image of how I want to look and feel. I savor that image. I delight in that image. I relax and enjoy moderate meals while allowing that image to manifest.

No more obsessive wars with food. No more battles with the bulge. I release negative emotion, accept where I am, focus on what I want, and make way for my awesome new bod.

## Rewards Program

**Life doesn't necessarily reward me for my work ethic,** although a fulfilling job can be a wonderful experience. Life doesn't necessarily reward me for helping others, although being of service can offer me purpose and meaning.

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

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

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

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

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



# MICHELLE WHITEDOVE

## CELEBRITY PSYCHIC



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

**DEAR MICHELLE,**

**I have a situation, which I've been praying about and meditating to hear an answer. Now I'm asking God and his Angels for a sign as to guide me in the direction for my highest good.**

**– Hearing crickets in Kansas**

**DEAREST,** Logic and reason are an option to weigh your decisions although I prefer to always rely on my intuitive voice. If I draw a blank there, then I ask for a sign from above.

People have different experiences after praying for a confirmation. The signs can be grand or they can be subtle as a fragrance, an unsolicited phone call from a friend with a message, a meaningful song that comes on the radio, a knocking sound when contemplating an option, seeing an animal totem, a book dropping and the page opens to a quote on the topic or just a feeling of being lead to the solution.

Your angels and Spirit Guides don't want to scare you and manifest, so signs, answers during meditation, confirmations and conversations in the dream-time are methods of receiving specific guidance.

Continue to call upon your unseen support team, invite them to help and watch for clues as to which direction that you are being guided. Everything is in Divine order.



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# SETH SPEAKS

...continued from page 13

say move on, I am not speaking in terms, necessarily, of higher or lower advancement. I am not speaking of beliefs as rocks that lead to the mountaintop of truth.

### [Rick: "Where do they lead?"]

They lead to other beliefs, and to other realities, and to other creative activities that all extend the nature of your own consciousness—the nature of your own being—and that open up with yourselves the acquiescence to new experiences that increase the being of your being.

It would do you no good, now, to have fifty-six teeth. Your mouth would not hold them, and it would be difficult to smile or frown. I will leave you to make the connection with that analogy.

# HERB CORNER

## HERBS FOR HEALTHY HAIR

...continued from page 10

Externally I added **coconut oil** to my shampoo because it is loaded with nutrients that strengthen hair, improve scalp health, improve dryness, fight infections and fungus; it penetrates the hair follicle preventing protein loss keeping the hair strong and shiny.

To the shampoo I added **essential oils (ESO) of Rosemary** to increase circulation needed for hair re-growth. Studies found it to work as well as **minoxidil** increasing hair count, **Peppermint oil** to stimulate hair follicles. **Sage** for its ability to create stronger and thicker hair, **Lavender** for its antibacterial properties keeping the scalp free of fungus or anything else that can prevent hair loss, plus it helps reduce stress.

I also added **iodine** to my shampoo because many people with iodine deficiency suffer from hair loss. It also has antibacterial, antiviral, and antifungal effects preventing many conditions that can develop on the scalp around the hair follicle causing hair to fall out.

I also made a massage oil with these oils applying it 2-3 times a week leaving it on for 1-2 hours before washing.

With consistent use of herbs and oils both internally and externally I did get my hair back even thicker and stronger than before.



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# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

## WELCOME TO MARCH 2023

**March was the first day of the year in the Roman Calendar and was named for the god Mars.** On the first day, the temples in **Rome** were adorned with garlands of laurel and the fires were lit. **Vestal Virgins** began their celebration in honor of the **Goddess Vesta, the Goddess of The Hearth Fire.** Its fire had to be re-lit by the **Vestals** each March 1 by rubbing two sticks together. Today, the remains of the **Temple of Vesta** hint at its former grandeur, made up of 3 main standing columns and part of a fourth with steps leading up to it. The first month of the year is a good time to think about the spiritual warmth in your living space. Ask **Vesta** to kindle those fires anew. Do this by lighting a flame, and sure to keep this lit all day.

*Dear March—Come in  
How glad I am  
I hoped for you before  
Put down your Hat  
You must have walked  
How out of Breath you are  
Dear March, how are you, and the Rest  
Did you leave Nature well  
Oh March, Come right upstairs with me  
I have so much to tell -  
Emily Dickinson*

**March 1: Baba Marta, Bulgaria.** Also known as **Grandma March Day** and **Birch Month.** One of Europe's oldest Pagan holidays, It is a day when people can celebrate the end of winter and the coming of spring.

**March 6: Purium, The Feast of Lots** in the **Jewish** faith that honors the survival of ancient **Persian** Jews who were marked for death

**March 7: Full Worm Moon in Virgo.**

**March 8: Holi,** a **Hindu** festival of colors that welcomes spring and a new harvest in **India.**

**March 17: St. Patricks Day** - Christian

**March 18: Goddess of Fertility Day:** In the ancient times, a few days before the spring equinox, women wishing to conceive would make offerings to the Greek goddess, Aphrodite, and to other gods and goddesses of fertility in celebration of life, fertility, and rebirth.

**March 20: Vernal Equinox**

**March 20: Ostara** - Pagan/Wiccan celebration of **The Spring Equinox.**

**March 20: Norooz** - **Zoroastrian** New Year.

**March 21: New Moon in Aries.**

**March 22 to April 21: Ramadan:** the start of **Islam's** sacred month, a holy month of worship, study of the **Quran,** prayer, and fasting.

*Enjoy the month  
& Blessed Be*



# GARDENING THE MEDICINE WAY

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



## PLANNING A FOOD GARDEN

**Planning a food garden can quickly become overwhelming.** Starting with the list of foods you are eager to grow, you also begin to learn how much sun and space each individual plant will need.

**Then we start to learn about companion planting,** which means some plants grow great together and some plants will impede another's growth. Many of your garden planning questions can be answered with a simple timehop back to the **Victory Gardens** of the World War eras.

**Victory Gardens were promoted to encourage citizens** to grow and preserve their own food, in order to conserve commercial canned goods for the troops.

**The United States Department of Agriculture** produced a wide variety of at a glance posters and easy to use booklets. Some of these can still be found online at the **USDA National Agricultural Library** at [www.nal.usda.gov](http://www.nal.usda.gov).

**The conservation of resources was emphasized** by encouraging folks to prepare the soil early using straw,

home compost and animal manure and to use the most simple of gardening tools that may already have been available around the home.

**A sample poster (see right) shows a variety** of nutritious vegetables and their recommended planting space and order. A 25 x 50 ft garden is not quite a fit for most of our backyards. While it is definitely fun to be adventurous and grow a few new veggies to add to your diet, start slow and look at what vegetables are commonly on your grocery list and stick with them, continuing to be mindful of the companion planting process. This will help you customize the size of your garden.

**Victory Garden literature also encouraged planting seeds** in stages, to provide families with a steady, fresh harvest. Instructions were provided for preserving food for later, through canning drying or freezing. Remember to take into consideration how quickly you will consume your preserved food as taste and quality will degrade over time. And of course, sharing your bounty brings the greatest joy!

*Happy Gardening!*

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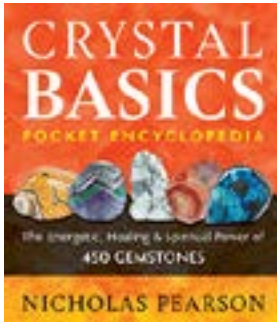




# CRYSTAL BASICS

## CRYSTAL CORRESPONDENCES

Nicholas Pearson has been immersed in all aspects of the mineral kingdom for nearly 30 years. As one of the leading voices in crystal healing today, he offers a unique blend of science and spirituality alongside a grounded, practical approach to working with crystals. The author of several books, including *Crystal Basics*, he lives in Orlando, FL <https://theluminouspearl.com/>



**In addition to examining the energy of crystals through the lens of science, there are many ways of categorizing the subtle energies and spiritual properties of crystals (and other substances).** These other levels of understanding can be called correspondences because

they are said to correspond, or vibrate in harmony with, other principles, symbols, and forces in the universe. This concept is based on the occult principle of correspondence, often summarized in the expression “As above, so below.” We will look at some of the major correspondences used in crystal healing today, including color, chakra, elemental, planetary, and zodiacal correspondences. But we begin with a brief geology lesson, so we can explore how the science of crystals corresponds with their energy.

### GEOLOGICAL CORRESPONDENCES

When I first began my crystal journey I relied on the clues provided by color, shape, and traditional correspondences to discover the healing power of rocks and minerals. However, as I learned more about the structure, makeup, and formation processes of my favorite stones I saw correlations between these geological features and the energies I read about and experienced firsthand. I saw that metamorphic rocks provided assistance during periods of change, and minerals rich in iron were grounding, as were those that belonged to the cubic crystal system.

Over the years I’ve found that the geologic clues encoded in crystals are the most reliable indicators of a crystal’s energy. Here we’ll explore the fundamental correspondences and energies of a crystal’s formation process and crystal system.

### FORMATION PROCESS

All of the rocks and minerals of **Earth** are formed through a sequence of events known as the rock cycle. Their origins are generally classified as **igneous, sedimentary, or metamorphic**. **Igneous** rocks and their constituent minerals form when molten rock cools; they are also referred to as primary minerals because they

are the start of the rock cycle. **Sedimentary** rocks and minerals are made from other rocks and minerals that are broken down from some kind of weathering or erosion in their environments. The resulting particles are put back together to create new formations. **Metamorphic** rocks are the result of either igneous or sedimentary rocks that are transformed by exposure to heat and/or pressure, which causes their components to reorganize themselves.

A crystal’s formation process usually indicates the level of its action. Learning about the formation process of your healing tools provides insight into where and how they direct their healing energy. Refer to the list below for some key words describing the effects of the different formation processes.

**Igneous:** symbolizes new beginnings, sparks inspiration and creativity, inspires freedom, burns away stuck and stagnant energies, provides stability, helps recognize and manifest your potential, reaches into the source of an issue

**Sedimentary:** reveals how the environment affects you, enhances memory and recall, reveals subconscious mind, dissolves longstanding issues, highlights how karma shapes your life, facilitates past-life recall

**Metamorphic:** assists all processes of transition and change, alleviates sense of overwhelm, promotes strength and courage, increases stamina, protects during vulnerable periods of change, stimulates self-reflection

### CRYSTAL SYSTEM

The seven crystal systems (cubic, tetragonal, orthorhombic, monoclinic, triclinic, trigonal, and hexagonal) are groups of crystals defined by their shared geometry. Each crystal system has unique relationships of their internal axes based on the shapes of their crystal lattices. Minerals that belong to the same crystal system generally exhibit similarly shaped crystals. In addition to the seven known crystal systems, there is also a group of materials that have no discernible crystal structure; they are referred to as amorphous, meaning “without form.”

While the formation process indicates the level to which a crystal directs its energy, the crystal system (or lack

*...continued on page 41*

# CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE



Photo by Karin Wolf

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

## NEW BEGINNINGS

**Spring represents new beginnings. Here at the Emporium, a long awaited new beginning has arrived. Max and Helene Mpiyo** will be arriving next week to close on their purchase of the **High Springs Emporium**. We are busy getting ready for their arrival and will be closed through **March 2** to put the new inventory they are bringing on the shelves. **Raven, Forrest and Lu** will be continuing on at the new business which will be called "**The High Springs Emporium Rock Shop**." The phone number will remain the same and I will be here to help until **Max and Helene** move to **High Springs**.



Max and Helene Mpiyo

**I will be keeping my business and changing the name to SharronRocks.** My **Facebook** page will be switched to my new business name and the **High Springs Emporium Rock Shop** will get a **FB** page of its own and a new email address. After a nice rest to recalibrate, I will set up my own website and online store.

I'll continue my work with the rocks and crystals. Part of my work is connecting people of like minds, so I would like to introduce my dear friend **Nicholas Pearson** to all of you crystal folks not yet acquainted with him.

I have known **Nicholas** since he was eighteen and he has always loved everything about the mineral world. He worked with the mineral collection in college and has a deep understanding of the science of mineralogy. He has also always been drawn to the metaphysical and mythic aspects of crystals and gemstones - there is no one I know who is more capable of connecting science and metaphysical than **Nicholas**.

Over the years I have known him I have been privileged to watch him grow into the prolific author and metaphysical teacher and practitioner he is today. He

has written many books about crystals and his latest, "**Crystal Basics Pocket Encyclopedia**" covers 450 different gemstones and minerals in an easy to understand yet interesting and comprehensive way. Some of the mineral pictures in the book were taken at the **High Springs Emporium**. You can read an excerpt from his work on page 22 facing this column. Copies of "**Crystal Basics Pocket Encyclopedia**" are available in many metaphysical and crystal shops. You can also order directly from **Nicholas** and access his online classes and podcasts through his website <https://theluminouspearl.com/>

The past years of growing the **Emporium** have been a true blessing and I have loved every minute of it. Bringing the rocks and crystals into **High Springs** has triggered a wonderful blossoming of appreciation of nature, science, spirit and hope for our future together. Thanks to each and every one of you who have helped create this wonderful space. I look forward to all that is to come and will continue my journey into the fabulous world of rocks and minerals. I'll be sharing more with all of you next month.



Sharron Britton

Nicholas Pearson

19765 NW US Highway 441 • High Springs, FL 32643  
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# SPIRITUAL GRAFFITI

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

**As I get older, I recognize just how important it is to be surrounded by people who deeply believe in our value and goodness even when we lose our footing.**

It took me years to rid myself of the lite-dimmers and it has been much clearer sailing since.


Not that there isn't value in having difficult people to overcome, but eventually it becomes essential to be surrounded by those who lift and wish us higher. If they don't see you in your highest light, wish them well and cut the cord."



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# NOTES FROM THE UNIVERSE

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

**I'm going to share a little secret with you. Actually, I should have shared it with you ages ago, but most "people" aren't ready for this kind of secret.** It's the secret to getting anything, absolutely anything you want. To magnetizing into your life the things, emotions, and circumstances you dream of. It explains how masters become masters and adepts become adepts. And it'll finally convince you that I am always there with you to lend a hand or perform a miracle. Ready?

Practice.

Because just a little practice goes further than you could ever imagine.

Now fight the temptation to nod and shrug it off. Do something! Visualize just a little. Act with faith just a little. Explore your beliefs just a little.

Manifest a little something; a phone call, a compliment, a flower, whatever.

Expect a little miracle. Expect a little help. Expect it to be easy.

Tallyho,

The Universe



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Betsy Chasse

# TIPPING SACRED COWS

...continued from page 9

I grunted something and began to walk away. As I passed her, she said calmly and with more love than I think I had every truly experienced in my entire existence, *“It doesn’t have to be so hard, and it doesn’t have to hurt so much. Why are you making it so hard on yourself?”* I had no idea what she was talking about, because at that point in my life, I definitely did not have the eyes to see or the ears to hear, just a sad heart and no idea how to fix it. Hearing it from a homeless woman between **Beverly** and **Melrose** in **Los Angeles** wasn’t really how I expected to gain the true meaning of life, yet since I had already blown off **Dr. Seuss**, I suppose beggars shouldn’t be choosers.

Along came **Bleep**, and it seemed to give me the answers I was looking for. Little did I realize it provided the needed data but the integration was going to take a while. I lived in *“I know it all”* for a decade and then, after my existential crisis and the accompanying angsty hijinks, finally came to the place of *“I don’t know,”* and I’m okay with that.

A few weeks ago, my son asked me if I knew who had been the first person here. How cool that he even pondered that question. I looked him straight in the eyes and said, *“I have no idea. I’ve thought about it, I’ve read about it, and the truth is, I’m not sure. But if you’ve got a theory, I’d love to hear it.”* He contemplated quietly as my daughter chimed in, *“I think we are made up of the stars—we are their wishes of who they’d like to be if they could be a person.”* Wow, pretty damn awesome if you ask me. Maybe she’s paying more attention to **Dr. Seuss** than I did.

Once, before the beliefs set in and the emotions became rote, we believed in potential, we loved unconditionally, and we had no fears. We manifested without trying because our expectations were honest, and in truth we were the closest we probably would ever be to enlightened. And then we lived, and we forgot. We bought into the illusion, the matrix, and instead of being happy, we thought we needed to seek it, like that lost toy still hiding under the bed, behind the boxes we keep our dreams in because we no longer believe they’ll come true. We’re on the journey now, waiting

to arrive, but where are we going and what’s the rush? We’re so busy trying to do what we should be, we don’t take time anymore to really imagine or create what we could be. Essentially, we do create, just not what our souls desire. Instead we create from our box of broken crayons and torn papers because we don’t dare ask for anything new, because deep down inside, we don’t think we deserve a clean canvas on which to paint.

But what if you had one? What would you paint, and why aren’t you painting that already? Now that you see what’s keeping you from painting your dream, you can do the work necessary to paint that picture.

In the beginning, as I gazed upon my new empty canvas, I was frightened; what if I just painted the same thing, only slightly different? I looked around the room at all the shreds of my past, and I realized that there was one important thing I must do before I put pen to paper. I gathered up all my pieces, torn and thrown about in anger, judgment, and fear, in a rage of disappointment, and I took each piece, smoothed out its crinkles, wiped away the tears left on the page, and lovingly held it for a moment.

I remembered each moment with gratitude. I knew that each one of those failures, hurts, betrayals, mistakes, and misdeeds given and received was a gift because with each one I grew and expanded my understanding of who I am and who I choose to be. Without them, I wouldn’t be here, right here in this moment of freedom. Freedom from the dogmas of shoulds. Free to forgive, or not, free to feel how I feel, and free to paint the picture I want.

Often it is said that the **New Age** movement is all about “me,” and to some extent that is true. Me is all we have, really. We’re stuck with us. When the party is over and everyone goes home, we’re left with ourselves. I believe that until I have cleaned up my own house, I cannot truly be of service to anyone else’s. And if some think that’s selfish or unspiritual, so be it. Just like the idea of stripping away the ego, this concept that we should be in service to others has gotten way out of hand.

Of course, giving of yourself to others is important. It creates community within you, and it feels good to feel connected to others, but once again, it comes back to you. There is no one who can tell you how to live a spiritual life but you. This idea that we should all forgive and forget is a menace to humanity. It is one of the greatest causes of unhappiness you’ll encounter, because you are refusing to allow yourself to be the true authentic experience, and in forbidding yourself

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# TIPPING SACRED COWS

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to be real, you are locking yourself into a prison of your own creation. “Better out than in,” as **Shrek** would say. The trick is to not get stuck in the muck of any one emotion or feeling. The trick is to be honest and do the work, and the work starts with you being honest with yourself.

Ultimately, life isn’t about becoming enlightened or seeking happiness. The great **Declaration of Independence** got it wrong in my book. Happiness isn’t a pursuit; it’s a state of being already existing within us. Happiness isn’t the prize.

How does one “just be happy”? That is the hardest and simplest answer of all. We choose it. We got into the habit of choosing unhappiness because we forgot we were in charge, and we confused the idea of happiness with pleasure. Happiness isn’t about smiling all the time, loving all the time, or getting everything you want. It’s about living and experiencing everything this life has to offer you, truly and authentically.

Okay, so I’ve had some fun. I’ve been silly, overly dramatic, probably made some outlandish generalizations and possibly some farcical analogies. But I bet if you take a moment, you’ll see that we all do that, more often than we think. We put a lot of pressure on ourselves, and we create a lot of stress in our lives simply in our heads and then spend our day acting out the scenarios as if they are real, often making them real just so we can live them out. **Shakespeare** described the human condition best in **Macbeth, Act V, Scene V**: “*Life’s but a walking shadow, a poor player that struts and frets his hour upon the stage . . .*” (dramatic!) But seriously, we are dramatic creatures, and it’s time to have a good laugh at our expense. I did. I wanted to laugh at myself and the absurd things we put ourselves through in order to find that elusive happy place. Because ultimately, that is what we’re all looking for. Call it enlightenment or call it living your bliss, free from those pesky attachments to people, places, things, times, and events in our lives that didn’t live up to the barometer set by the spiritual, cool people.

But you know what, I already am at the pinnacle of being— the grand stage of enlightenment—because I am being. I know, I know . . . that sounds so woo-woo and nebulous after I just wrote thirteen essays on why woo-woo and nebulous suck cow’s balls. But that is because it is woo-woo and nebulous. Which is awkward if you are all like, “I can define every aspect of my existence without words like woo-woo.” For me, the trick is loving the nebulous, loving the in-between, living in the moments that are what they are: struggle (suffering), joy and bliss, happy, sad, and everything in between.

I stopped striving to be something I couldn’t be, and in doing that found happiness, all the aspects of happiness, all the layers of happiness, all the strings attached to the theories of being happy. They aren’t theories anymore; they are possibilities, and I am free to grab on to any one I choose at any moment and make it real. I let go of being the material **Betsy** (and I don’t mean that in the “I like to buy shoes” kind of material, because I do, and I’m not going to change that). In the materialistic science kind of way, I let go of the notion that everything is as it is—solid, static, black and white, no room for change—and I found peace in the color spectrum.

I gave myself permission to fuck it up, to forgive myself for fucking it up, and accept that I am going to continue to fuck it up. This isn’t a permission slip to go out and be an asshole and then repent on **Sunday**. I must operate from a place of integrity, if not for the other beings in the world then for myself, because I have to be able to live with myself. I accidentally create enough cow shit that I need to clean up, so there’s no need to create any on purpose. People know what’s in your heart—it shines outwardly, and you especially know what’s hidden in the dark crevices of your spirit, your soul, so don’t put anything down there you don’t want to come back up as bile later on. That’s just gross.

So often in my life and in the lives of those who have opened up to me, there is this desire to shove our true feelings way down deep. I’ve written in this book about my real feelings about my divorce, my childhood, and my parenting. I sort of feel all splayed out as if everyone reading this is examining the contents of my guts and it ain’t pretty. Frightening thought, actually, but freeing too, because I am finally able to just be me, all covered in cow shit, laughing my ass off at the sight of me.

Now that you’ve had a chance to laugh and cry with me, do it for yourself. Live, feel, experience life, this

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reality, this dimension, because in my humble, not very spiritual but spiritual perspective, that is why I am here. I have answered the ultimate question for myself. I am here to live.

The only spiritual path that is right for you is the one you're on and the one you choose to take. Let go of the "right way." Let go of knowing and just live it with all you've got.

The greatest piece of wisdom I ever got was from a bumper sticker (hey, don't judge—it's freaking profound. I want no pointing and laughing about "bumper sticker philosophy." Profound, I tell you!). It said, "**The truth shall set you free, but first it will make you miserable.**" I've learned to enjoy being miserable. I've finally figured out that being miserable often leads to great awakenings, great understandings, and some really good laughs later on.

I've learned to find a foundation of being happy because the truth is, why not? That old saying "This too shall pass" is actually true. Even in the darkest of hours, I look around me and I see in the smallest of things something magical, something amazing. It's work in the beginning, but now it's not so hard for me. It's a sacred cow I'll keep. Even when it sucks.

Every day as I hang in that space between asleep and awake, before I put my feet on the floor and collapse my reality into being, I remind myself that today will be filled with challenges, unexpected moments of joy and sadness, and everything in between. I am so grateful for the opportunity to experience this. How cool it is to live! Then, that night, as I lay my head down to sleep, I smile and say, Wow, I made it. How cool was that? And I close my eyes and dream up the next adventure.

## ACKNOWLEDGMENTS

My life has been filled with so many amazing people. Even if I didn't think they were so amazing when they were in my life. If I could thank each and every person I've ever encountered in this life, I would, because each of you has had an impact on me in some way. Most

important, you brought me here, to this now, and I wouldn't change a moment of it.

With that being said, there are some standouts. First and foremost I want to thank my children, **Max** and **Elora**: you are my greatest divine gift and my goddess of light. I am forever grateful for your coming into my life and allowing me to experience the tears of joy and utter frustration, both of which have brought me humbly to my knees. I want to thank **their dad** for not only being a part of what brought them to me, but also for being a huge part of my life. To say you made an impression is an understatement: thank you, you taught me a lot (in a good way.)

I want to say how grateful I am to my **mom**, my rock—that woman gave me, and still gives me, more than she will ever know. I honor her, and every day she shows me what true love means. And my father, who left this reality a long time ago but is always with me. Thank you, **Dad**, for giving me the greatest gift, the ability to laugh even when it's hard.

I have such great women around me. **My sister**: thank you for always being there, ready, willing, and able to bake a cheesecake, make a prank call, or watch silly cat videos. You are awesome. And to my friends **Cate, Gabby, Jennifer, and Janie**, who have stayed on the phone and didn't hang up when I cried and railed against the world, who drank wine with me and laughed at the absurdity of our lives. For hours spent contemplating the universe and our hips, or which movie star we'd bed and which guru we'd bed, in no particular order, and what it means to love and to live—I have learned so much from you and am often in awe at how gracefully you maneuver through life and are patient when I break all the glass in your house.

To my dear friends and co-conspirators in creativity **Ri Stewart** and **Renee Slade**, thank you for opening my heart and my mind to what is possible, in life and in creating art. Thank you for showing me that even I am creative, for leading me back to my creative spirit, for listening as I rambled on, sometimes incoherently, about my vision, and for actually understanding what the hell I was saying and bringing it to life. And to my friend **Jon Snow** (the real one): winter is coming and I am so very grateful to have a friend like you to face the cold with.

Thank you to the teachers who spent time with me: **Austin Vickers, Amit Goswami, Gini Gentry, Deidre Hade, and Dr. Joe Dispenza**. You are an inspiration to me and your work has had a profound effect on me. Thank you for making all of this stuff make sense.

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To my editors, **Anna** and **Sarah**—you two are saints. I don't even have words to describe my gratitude for the work you did with me in making my crazy make sense.

And to everyone at **Beyond Words, Atria, and Simon & Schuster**, thank you for your love, support, and dedication to bringing words to our world so that we may learn, laugh, and cry while all snuggled up and reading.

And lastly to my dogs, **Tara** and **Zach** (I hope you have your tennis ball with ya, **Zach**, in whatever adventure you're on now), and to my cats, (Here and Gone) **Spike, Jack Puppin, Max, Coco, Princess, Sophie, Obi,** and **Deedee**. Even you are a great reflection: in picking up your poo and cleaning your litter box I have learned many a great life lesson. Who knew there was such wisdom in a hairball.

## APPENDIX OR SOME SHIT YOU CAN LEARN FROM ME

**There I am sitting at a dinner party having that wonderful existential conversation with friends over smoked salmon and wine.** I'm wearing my I'm-so-wonderfully-spiritual mask, and so is everybody else (in immediate retrospect, it's kind of like a club, like the **Elks Club** people when they wear their nifty hats, except our club is a spirituality one and our hats are metaphoric masks on our faces). Someone has just finished a beautiful story about how they saved a dying bird from the jaws of their cat, giving it **Reiki** and sending blue light and love to heal it. The bird flits away, but not before stopping for a moment to look lovingly back at its savior.

As everyone oohs and ahs, I think to myself, Okay, yeah I've saved a few birds in my life. But let's get real for a moment, **Betsy** (yes, I am speaking about myself in the third person while writing in the first. I do this first because I can, and second because it's three something in the morning, and third—wheeeee). Admit it. You've stomped giddily on a spider, lifting your foot to make sure it's squished into oblivion with a satisfied smirk on your face.

I decide, with the same smirk I had when I smeared that spider into oblivion, that it's time to take off my enlightened-master costume and get real. It's fun to watch the horrified look on their faces when I reveal that underneath that mask I'm more like **Darth Vader** than **Mother Teresa**—I'm conflicted. I'm part human, part master, part little shit, and I'm okay with that.

I launch in on the story of my recent encounter with a dying possum, the possum who attacked my cat and left it for dead, the possum who has been snacking on my garden, the possum who creeps me out by lurking about at night while I sit in my yard. The ultimate asshole possum.

As it lay there bleeding on my concrete, I only thought about how I was going to need to get out bleach to clean up the mess the next day. I did not rush over to it, sending it healing whatever. I did not give it **Reiki** as it passed over to the next realm. I just waited for that sucker to die so I could get rid of it before my kids woke up.

Apparently, that was not very spiritual.

But you know what, it was real. And real is where I am at. As I have said, being spiritual isn't wearing bunny bliss slippers and rose-colored glasses. We are humans and humans are flawed and when you're hiding your flaws, when you're hiding your true feelings, you're not being—you're bullshitting. Bullshitting every one around you and, more important, yourself. And if you truly want to be free from all the old paradigms, beliefs, and baggage and move forward in your life in a way that allows you to experience the happiness that's inside you, the happiness and peace you deserve, then it's time, as **Dr. Phil** would say, to get real (see, you can learn something from **Dr. Phil**. In between the fake tears and the slugfest there are some gems).

**I like to play a game with myself, especially when my bullshit meter is screaming Code 3! Code 3! You're lying to yourself! It's called "My Life Sucks," and it's designed as a way for me to get real about my feelings, about what I really believe underneath all the pithy quotes and "right" ways of being and doing.**

There is a freedom in allowing yourself to be angry, to be disappointed, to be hurt, and to not judge yourself. To take some time in that space without analyzing the whys. I believe sometimes when we think we're "aware," we think we're supposed to pull some piece of spiritual wisdom out about a situation. We forget to

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allow ourselves a moment to just be what we are. It's tricky not to get stuck there—but I know I won't, I can trust myself to not do that—but the release of allowing myself to just be brings more clarity and acceptance than when I stuff it away. When I start to "work" on the feeling without giving myself time to experience it, to understand it.

So I invite you to play along—to give yourself the freedom to take the actual time to figure shit out. This invite is open ended, to include right now.

**Letting it all hang out is, for me, the first step in healing, the breaking down of old patterns and the discovery of what my true desires are. Play the victim for a while, because deep down inside we are victims; we're just afraid to admit it. I have been a victim of my own creation. So I'm going to exercise my victim right now.**

**Note:** I suggest, if you can, recording instead of writing out the games. When you're speaking, you can't judge yourself, edit yourself, or use an eraser. After you have recorded yourself playing the games, go back and transcribe what you said—and, oh yeah, don't edit it.

I'm going to give you context to help with my example on how this works. I live in a full house with two kids, a grandmother, a dog, and, well, too many cats. So finding the time or the space to rant at the top of my lungs about my life sucking is not always easy.

I have found the best place to do this is in my car while driving, usually at night after my kids have gone to bed. With my mom home to watch them as they slumber, I jump in my car. I figure it's the most private space I have, right?

Which means that I, er, sometimes let loose while motoring along. Because it's private space (in my make-believe land, but whatever). So, this one time, when I was letting loose in my private space in a way that I suppose could be described as ranting. Okay, yes, I was ranting, ranting about an ex-boyfriend who was the cause of all my suffering. He was the reason I was

insecure and unable to love fully and, on top of that, he had a really small penis! The fucking nerve.

As I screamed all of this at the top of my lungs, I got hung up on the word penis—it's a great word to say when you're mad. I repeated the words small penis over and over again, spitting and frothing (as one does when using the sm's and p's). What I had forgotten was that my window was down.

"Small penis, small penis, small penis!" That was me, all a-rant. Slow motion, my head turns. "Smaalll peeenissss . . ." and there, next to me, was a really nice slice of manhood in a convertible. The detail about the convertible is only important because the top was down, which was like having his windows down to the power of four, plus a roof. So there we were, eye contact being made as just as I finished the extended "s" sound of penis.

**Spoiler alert.** I did not get his phone number. I did get an awesome visual representation of the words gawked and in horror. I pretty sure I gave a great imitation of "insane lady" as visualized through the lens of "Holy shit—she's going to cut off my penis!" Good times!

**Disclaimer: when playing MY LIFE SUCKS, keep your hands in the ride and for the love of god, make sure you're alone and no one can hear you.**

## STEP 1: MY LIFE SUCKS: SAY IT LOUD AND SAY IT PROUD!

No really, it sucks. Don't hold back, really lay it all out on the line here. What really sucks about your life? Your job, your boyfriend, your car, your house, your nails, your hair, your body . . . really, what sucks? Spend as long as you can listing everything that sucks about your life. But truly mean it and don't judge. If it popped into your head, you absolutely hate it, so say it, or write it down.

**Examples:** *My shoes suck because I can never find my size. My clothes suck because I'm short. My car sucks. My boyfriend sucks. My furniture sucks. My garden sucks. My hair sucks.*

## STEP 2: WHY DOES IT SUCK?

Does it suck because of your parents, your husband? Who or what made it suck? Now is not the time to go all Deepak on yourself and pretend you think you have some wisdom, because if you did, your life wouldn't suck. So be honest about why you think your life sucks.

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**Examples:** *My job sucks because the people in my office are Neanderthals and stupid and mean. My school sucks because no one likes my kind of music. My parents suck because they were broke and couldn't buy me anything.*

Note: Don't judge! I know you . . . you're judging. Stop it! Scream it, yell it, sing it, sign it—whatever, but say it.

## STEP 3: BLAME IT ON EVERYONE AND EVERYTHING ELSE.

Here's your chance. With no one listening, really let them have it. In this moment I give you permission to be the biggest victim you can be. Go back through as much of your life as you can remember and let those fuckers have it.

**Examples:** *I'm short because of my damn parents. My body sucks because I'm short and I had kids and they ruined my body.*

## STEP 4: ACKNOWLEDGE YOU'RE A FAILURE.

Yep, you failed. Admit it—you have utterly failed at life. If you hadn't failed, your life wouldn't suck, right? So say it loud, and say it proud. I am a complete failure!

What have you failed at? Go back through your life and list every failure, no matter how small it might be. Don't let yourself off the hook, and don't hide behind some excuse. You failed— list it.

**Examples:** *I failed because I didn't go to college, and that made it hard for me to get jobs, and I didn't go because my parents didn't save my money, and it's all their fault. I failed my kids because I got divorced and now they will be losers. I failed at marriage not once but twice, so now I know that I will never find love.*

Note: Now is not the time to give yourself a pep talk. These thoughts are hidden deep within you. You know it, and I know it, and they aren't going anywhere unless you let them out, so do it!

Don't you feel better? Wasn't that fun! You did it. You blamed everyone, and you admitted you were a failure. All those little thought monsters that have been partying it up in your head for years are finally out on the table or the bed or in my case, the windshield of my car.

Okay, now what? You are probably feeling a little cranky and mad at the world. After all, you did just blame them for all your life's misery. Here's what.

## STEP 5: THE RELEASE: IS ANYTHING I JUST SAID TRUE?

Many of us will say no, it's not true. But if you don't believe it's true, why did you say it? There is a part of you that believes it is. Why do you believe it's true? And do you still want to?

See, now you know what's really lurking in the deep recesses of your mind. And now, if you truly let it all hang out, you can pick up that sacred cow and examine it fully, from all angles, look at it all painted and sparkly. You can admire all the things you did to try to pretty it up, to make it spiritual, make it accepted, make it okay. And if you couldn't make it okay, and you just shoved it in the back where no one could see it and cobwebs formed and bugs moved in and it created a whole little world inside of you. Well, now it's out, front and center, and you can finally deal with it. Keep it if you want or let it go if you don't. That's the hard part: letting go of something that has become a part of you, ingrained in your skin.

## STEP 6: AWARENESS, ACCEPTANCE, AND FORGIVENESS.

And this is the final step, one that you will repeat many times in your life. The first time I played this game, as I came to this step, I cried. Actually, I sobbed uncontrollably because I had never let myself feel any of this before and the relief, the release, was so profound that for days, even weeks after, I felt great. But the truth is, sometimes those fears, those beliefs try to sneak back onto my shelf. So I am aware, and I find the time to play My Life Sucks again, and I remind myself that I am human. My feet are planted on this earth, in this reality for a reason—to work this shit out. It's all going to be okay: just do the work.

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# ABRAHAM HICKS

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Esther Hicks

computer and a smart phone.” So it is not a simple thing for you to have **non-resisted desire** because reality keeps messing with it. Now, it doesn't need to mess with it - you could get so focused, you could decide in such a powerful way that you're going to be a selective sifter and only focus upon the reality of your life that doesn't resist your desires.

But that would require sleeping a lot, tremendous amounts of meditation, and lobotomies (Fun), because life is what it is. And that's a good thing.

We are not wanting to make you think that you have to get so disciplined in your thought that you just stop looking at reality all together, although we would far rather that you create reality rather than face it, but facing reality is part of creating new reality because there is a bouncing off place, and that's where you stand.

And with your current beliefs, you didn't make them up, life taught them to you, and you learned them because you gave attention to things and the Law of Attraction matched you up with things that were like them.

And so it would feel ridiculous to you to just deny your reality and say that something that is isn't or something that isn't is, because you are practical in nature. And that serves you sometimes and doesn't serve you sometimes.

But what we really are asking you to consider is not giving up your now reality altogether - not even - or not ignoring it or denying it, but just getting out ahead of it with your thoughts, meaning do some **segment intending**:

*"I've just gotten into my automobile and I'm on my way somewhere, and in this segment I want to have a comfortable drive, and I want to meet up with other*

*compatible drivers, and I want to feel happy in my body and in my vehicle, and I want to be rested and ready when I arrive where I'm going,"* that kind of thing - getting out ahead of it. Because when you're getting out ahead of it, when you are looking forward, you are less likely to be contradicting your own desires.

Now, it doesn't mean that just because you're looking toward the future that you're not contradicting desires, because you sort of do that.

If you listen to a meal around the table with a few people, and you listened with new ears following this time we are together, you may find yourself a little startled at how much looking back at things to complain about goes on almost everywhere you go.

And almost no one knows that that is THE defeating element, that is the opposite of discovering the awesome power of non-resisted focus.

We've been saying to you for a while that one who is connected to **Source Energy** (we've said it in a few different ways - one who is connected to the stream, one who is in the **Vortex**, one who is tuned-in, tapped-in, turned-on, one who is under the influence of **Source** - all of those things meaning the same thing), one who is connected to **Source Energy** is more powerful than millions who are not.

**That is a non-resisted thought, and we want you to discover for yourself the power of non-resisted thought**, because you just hardly ever do it - you are so objective with your thoughts, you are so weighing the pros and the cons and the pluses and the minuses, you are so not wanting to hurt someone's feelings who is standing in a belching of complaint, and you don't want to make waves.

And it feels weird to you if you've trained your thoughts into optimism when you are talking or living with a pessimist.

We know how that is, and we're not asking you to divorce your pessimist - we're really not - we're asking you to discover the power of focus and influence your pessimistic others into alignment with their own **Source Energy**.

What we really want for you is that you discover your own power. And until you do, you're sort of sloppy in your creating - you're creating by default.

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## **ARIES – (March 19 – April 18)**

### **ARIES: MOOD FOR MARCH 2023**

Jupiter assures you of a good spirit. Everyone likes you; your ideas and your eloquence are unanimously appreciated. You spend the month surrounded, appreciated and happy with yourself. This enthusiasm assures you that your popularity will rise.

#### **Love**

### **ARIES: LOVE FOR MARCH 2023**

Count on Venus and Jupiter to attract attention. Take advantage of this to rekindle the flame and seduce. Only you will be seen.

**In a Relationship** : an excellent month to exalt your partner's desire. You occupy the first rank in the heart of your chosen one.

**Single** : Your radiance attracts whoever you like. You are bewitching.

#### **Money**

### **ARIES: MONEY FOR MARCH 2023**

Do not hesitate to ask for recognition of your merits. You will not be refused anything, as your radiance makes people want to warm up to you.

#### **Work**

### **ARIES: WORK FOR MARCH 2023**

This is an excellent time to make an impression at work. Your aura fascinates, and you are in demand. Take a step back, and do not rush into anything without studying the question. Your proposals are a surprise but are followed.

## **TAURUS – (April 19 – May 19)**

### **TAURUS: MOOD FOR MARCH 2023**

You are freer and feel a great sense of satisfaction. You stop suffering and choose what is good for you, regardless of conditioning.

#### **Love**

### **TAURUS: LOVE FOR MARCH 2023**

Venus asks you to step back from your emotions and examine the past to assess your aspirations. Some know that gestation is coming to an end and promises a bright future.



**In a Relationship** : whether you are expecting a child or have a project, the sky sends you good signals. A change of life that respects your desire to open the future.

**Single** : you want to manage your life by freeing yourself from conditionings and opportunities that arise. Seize them.

#### **Money**

### **TAURUS: MONEY FOR MARCH 2023**

You have supporters who will defend your interests and support your cause. They are particularly generous.

#### **Work**

### **TAURUS: WORK FOR MARCH 2023**

A project takes shape and allows you to launch a new cycle. You welcome any opportunity that frees you from a painful stranglehold. You assert yourself without being subjected to frustrating rules.

## **GEMINI – (May 20 – June 19)**

### **GEMINI: MOOD FOR MARCH 2023**

Galvanized by Jupiter, you take advantage of this celestial energy to succeed in love and business. Connected to your inner world, you are guided, inspired and receive the right information to act wisely.

#### **Love**

### **GEMINI: LOVE FOR MARCH 2023**

Venus invites you to make tender plans: conceive a child and unite. Your aspirations are supported by the situation and those you love.

*...continued on page 37...*



**In a Relationship :** Venus allows you to blossom in happy circumstances. Your friends and loved ones are very caring. You take the time to understand the events.

**Single:** At the beginning of the month, launch yourself into the adventure. If you like someone, you declare yourself. You are in an atmosphere that is conducive to collaboration and fun. You will have time to think later.

## Money

### GEMINI: MONEY FOR MARCH 2023

Do you need funds for your projects? You are supported by those who are watching you and want to follow you on the adventure.

## Work

### GEMINI: WORK FOR MARCH 2023

Now is not the time to rest; you must act, lay the foundations, and finalize a project you like. You have the support of your colleagues, your superiors, the public or a clientele that likes your bright ideas and good plans. Stay tuned to your good intuitions.

## CANCER – (June 20 – July 21)

### CANCER: MOOD FOR MARCH 2023

You have no time to be bored. You leave no one indifferent. Jupiter pushes you to mix with the world, to connect with others, and to spread the good mood around you.

## Love

### CANCER: LOVE FOR MARCH 2023

Your social influence and charisma attract the eyes and multiply your chances of seducing. Your projects please those around you who enjoy your company. You surprise and make those you love want to follow you.

**In a Relationship :** if your projects have what to astonish, you involve the partner in the adventure, and they do not resist.

**Single:** your intense magnetism cannot be resisted. You embark on the other in your projects which leave the ordinary.

## Money

### CANCER: MONEY FOR MARCH 2023

You have every chance of hitting the jackpot. Your popularity serves as your passport to bankers and financiers.

## Work

### CANCER: WORK FOR MARCH 2023

Count on a climate that supports your plans and ambitions to broaden your horizons. You can launch projects that are out of the ordinary. Your radiance attracts the favour of those who support you.

## LEO – (July 22 – August 21)

### LEO: MOOD FOR MARCH 2023

Nothing can alter the contagious enthusiasm that makes you well-surrounded. Promising love affairs, flourishing business and an ability to change things to your advantage. This is a great way to boost your morale and put a smile on your face.

## Love

### LEO: LOVE FOR MARCH 2023

Whether it's a meeting or a better relationship, you have much to look forward to. At the end of the month, expect a happy event that will pleasantly surprise you.

**In a Relationship :** the month fulfills your expectations. It is an opportunity to develop your relationship, to give it more meaning. You are fulfilled and surprised.

**Single:** a meeting makes your heartbeat. A happy event in the family and the possibility of overcoming previous limitations.

## Money

### LEO: MONEY FOR MARCH 2023

Your charisma and your conquering energy open doors for you. If you need money to complete a project, rely on your popularity to ask and receive.

## Work

### LEO: WORK FOR MARCH 2023

You deploy enormous creativity that allows you to realize your ambitions. You have an unmistakable flair that makes your situation evolve. At the end of the month, negotiations will come to a successful conclusion. You will end the month on a high note, with an unexpected event fulfilling you.

*...continued on page 38...*



## **VIRGO – (Aug 22 – Sept 21)**

### **VIRGO: MOOD FOR MARCH 2023**

Nothing prevents you from believing in your potential. You rally the votes around a unifying vision of the world and push back your limits. This adventurous spirit and audacity allow you to spend an excellent month.

#### **Love**

### **VIRGO: LOVE FOR MARCH 2023**

Magnetic, you give off a very sensual aura, with a strong power of attraction on the other. Count on dialogue to build exciting relationships or reconnect with an adventurous spirit that sustains the relationship.

**In a Relationship** : you and your partner are reaching the peak of happiness. Whether it's a matter of sensual impulses or a getaway for two, you spice up the relationship and live privileged moments together.

**Single** : rely on your sensuality to charm and your listening skills to make people want to follow you. Then plan a dream holiday to complete your seduction.

#### **Money**

### **VIRGO: MONEY FOR MARCH 2023**

If financial negotiations are underway, events will work in your favour. There is no need to force your way through to get your wishes granted, and justice is done.

#### **Work**

### **VIRGO: WORK FOR MARCH 2023**

You seduce your interlocutors by proposing new initiatives that surprise them and make them want to support your actions. You convince them they are making the right choices by agreeing to embark on an adventure with you.

## **LIBRA – (Sept 22 – Oct 21)**

### **LIBRA: MOOD FOR MARCH 2023**

The sky is working on the positive evolution of your sentimental and social life. Listening to others and being inclined to mingle, you appreciate the atmosphere in which you flourish in good company.

#### **Love**

### **LIBRA: LOVE FOR MARCH 2023**

With a commitment in sight, your relationships benefit from an astral conjuncture that supports your love af-

fairs. This is an opportunity to declare yourself, unite for a stronger relationship and count on Uranus to put some fantasy in the air.

**In a Relationship**,: you reaffirm your commitments, rekindle the flame, and establish a more exciting operation.

**Single** : a meeting is legalized. You perpetuate a romance, attract whoever you like, and spice up everyday life.

#### **Money**

### **LIBRA: MONEY FOR MARCH 2023**

It is part of an expansion if you sign a business or marriage contract this month. It could bring you great rewards.

#### **Work**

### **LIBRA: WORK FOR MARCH 2023**

Amid an inner transformation, you don't want to blend in. You must follow your intuitions and break with a past of dependence and submission. You may want to obtain more autonomy and sign the contract of the century.

## **SCORPIO – (Oct 22 – Nov 20)**

### **SCORPIO: MOOD FOR MARCH 2023**

Count on Jupiter's energy to strengthen you, to put a smile on your face.

#### **Love**

### **SCORPIO: LOVE FOR MARCH 2023**

You are redoubling your goodwill and putting yourself at the service of those you love to improve your living conditions. Rely on your radiance to spice up the relationship, to get out of the routine.

**In a Relationship** : your charisma does not leave anyone indifferent. Take advantage of it to involve your partner in spicy adventures, warm up the atmosphere and reinforce your popularity.

*...continued on page 39...*



**Single:** :you have no trouble spreading happiness around you. You bewitch whoever you please by surprising them or establishing rules that surprise and seduce them.

## Money

### SCORPIO: MONEY FOR MARCH 2023

Take advantage of your increasing popularity to ask for a raise to request an upgrade in your efforts. No major obstacle will stand in the way of your quest. Your originality plays in your favour.

## Work

### SCORPIO: WORK FOR MARCH 2023

Open your eyes. Opportunities to score points are offered to you, a promotion, a more rewarding job, and recognition of your talents. You provoke the interest of your interlocutors by inviting them to leave their comfort zone with you.

## SAGITTARIUS – (Nov 21 – Dec 20)

### SAGITTARIUS: MOOD FOR MARCH 2023

You are carried along by an astral conjuncture that enhances your talents, reinforces your magnetism and favours your love affairs. Take advantage of your popularity to ask your family to give you enough space to express yourself and breathe.

## Love

### SAGITTARIUS: LOVE FOR MARCH 2023

The month guarantees your fulfillment. Count on your charm to attract attention or rekindle the flame. You want to emancipate yourself from a family dependence that weighs you down, you express it, and you make it accepted.

**In a Relationship :** You conceive a child or embark with the partner in a renewed ardour. Do not hesitate to set limits for those who solicit you in the family.

**Single:** :your charm makes some victims deliciously consent, and a love affair exalts you.

## Money

### SAGITTARIUS: MONEY FOR MARCH 2023

Count on your creativity to dare to claim the just reward for your merits. Nothing can be denied you. You shine with all your lights.

## Work

### SAGITTARIUS: WORK FOR MARCH 2023

Your creativity will allow you to obtain the recognition you are looking for without difficulty. This is the ideal time to express your talents openly in society.

## CAPRICORN – (Dec 21 – Jan 19)

### CAPRICORN: MOOD FOR MARCH 2023

Playful and willing to spread happiness around you, you please everyone. Whether at home, in private or at work, you are the unanimous choice.

## Love

### CAPRICORN: LOVE FOR MARCH 2023

You take care of your own and improve your living conditions. You aspire to live a love that is out of the ordinary, to spice up the relationship or to openly express your need for fantasy.

**In a Relationship :** attentive to the well-being of your family, you benefit from good popularity there and in love. You lead your partner on devious paths that they will appreciate.

**Single:** :you are evolving in a private environment that you like and feel fulfilled. Rely on your ability to surprise the other person to seduce him.

## Money

### CAPRICORN: MONEY FOR MARCH 2023

You invest in the embellishment of your interior and improve your living conditions. Count on your originality and daring initiatives to obtain a bonus likely to replenish your coffers.

## Work

### CAPRICORN: WORK FOR MARCH 2023

If you manage your own company, it shows beautiful growth. If you evolve in company, your creativity makes your hierarchy want to believe in and follow you. You have arguments to seduce them.

*...continued on page 40...*



## AQUARIUS – (Jan 20 – Feb 17)

### AQUARIUS: MOOD FOR MARCH 2023

You're the only one people see. You turn everyone you meet into fervent admirers. You brighten the day, make everyone laugh and collect successes in love, family and society.

#### Love

### AQUARIUS: LOVE FOR MARCH 2023

Your entourage appreciates you, and you make pleasant encounters. If you aspire to change things in your family, you have the opportunity and the means.

**In a Relationship** : you warm the atmosphere everywhere. Your original ideas and your daring proposals rally the support of those around you.

**Single** : if you aspire to change your environment or country, you can realize your wishes. Your charm allows you to attract whomever you like.

#### Money

### AQUARIUS: MONEY FOR MARCH 2023

If you need funds to launch a project, invest, or renovate your home, they will accept to lend you some. Take advantage of your popularity to convince.

#### Work

### AQUARIUS: WORK FOR MARCH 2023

If you want to start your own business, don't hesitate to ask those with the funds. People will only resist your irresistible charm for a short time. Some are tempted to change jobs and countries or to answer an inner call.

## PISCES – (Feb 18 – March 18)

### PISCES: MOOD FOR MARCH 2023

Joyful, enthusiastic and generous, you attract those who enjoy your pleasant company and share your well-deserved prosperity. Your humour and originality enhance your popularity.

#### Love

### PISCES: LOVE FOR MARCH 2023

Appetites are on the rise, and the desire to devour life and a magnetism likely to attract benefits. Rely on your radiance to seduce and on the situation to fully enjoy the pleasures of life.

**In a Relationship** : the astral climate wants you good. Your power of seduction and ease of communication will bring you success in love and society.

**Single** : take advantage of the complicit energies of your blossoming to express your desires with every chance of seeing them fulfilled. Your way of managing exchanges surprises and seduces.

#### Money

### PISCES: MONEY FOR MARCH 2023

Your performances are praised and rewarded with dignity. If money comes to you without difficulty, you spend without counting the cost to fulfill your desires.

#### Work

### PISCES: WORK FOR MARCH 2023

You are making the most of your potential and talents. Jupiter exalts your creativity and your ability to take advantage of it. This is the perfect time to show off your abilities and get rewarded for your merits.





# CRYSTAL CORRESPONDENCES



Nicholas Pearson

*...continued from page 22*

thereof in the case of amorphous stones) represents the direction and focus of a crystal's energy. In a way the crystal systems are rather like different personality types of the mineral realm. The list below provides some key phrases to describe the energy of the various crystal systems.

**Cubic:** grounding and stabilizing, brings order out of chaos, enforces healthy boundaries, supports manifestation, promotes focus and motivation

**Tetragonal:** absorbs and transmutes negative energies, inspires creativity, attracts new opportunities, provides balance between giving and receiving, facilitates contact with higher self

**Orthorhombic:** invites greater balance, fosters sense of belonging, improves focus, helps prioritize important tasks, imparts decisiveness, releases old programming

**Monoclinic:** drives forward momentum, protects and purifies energy, helps strive for your dreams, soothes tension, highlights link between emotions and physical health

**Triclinic:** integrates new energies and ideas, helps access higher consciousness, deepens intuition, promotes adaptability, balances polarities, transforms trauma, releases limiting beliefs

**Trigonal:** brings clarity and understanding, boosts personal energy, symbolizes positive change, promotes simplicity and contentment, helps use resources effectively

**Hexagonal:** improves efficiency, communication, and learning; stimulates creativity and curiosity; expands perspective; facilitates meditation and other spiritual growth

**Amorphous:** stimulates creativity, catalyzes profound growth, symbolizes change and flux, reveals subconscious patterns, imparts flexibility, releases deeply held ideas, calms the spirit

## THE POWER OF COLOR

Color presents one of the most personal and meaningful sets of correspondences that inform our relationship with crystals. Many crystal healers and collectors begin their understanding of crystals' effects around the perceived meaning of color, especially with regard to the chakras (refer to the next section for a discussion of chakras). While color is often deeply meaningful to practitioners, it represents only a tiny fraction of the measurable energy of crystals—not much more than 7 percent of their total energy. In spite of this, color has an impact on our psychological state, not just the energetic, so it continues to serve as a useful tool for many crystal lovers. Here is an overview of the properties of the most common colors found in the mineral kingdom:

**Red:** grounding, vitality, strength, determination, courage

**Orange:** energy, creativity, passion, stamina, optimism

**Yellow and gold:** happiness, charisma, will, letting go, focus, wealth, joy

**Green:** growth, regeneration, healing, balance, love, abundance

**Blue:** connection, serenity, communication, clarity, hope, cooling

**Indigo:** intuition, introspection, calm, memory, structure, rest

**Violet and purple:** transformation, spirituality, psychic development, dispel illusion, meditation

**Pink:** emotional balance, reassurance, self-esteem, love, romance, inner child

**White and colorless:** purification, protection, clarity, fresh perspective, amplify intentions

**Black:** grounding, protecting, strengthening, self-reflecting, detoxifying

**Gray and silver:** balancing, dreams, cloaking, impartiality, intuition

**Brown:** stability, support, grounding, earthy, regeneration, connection to nature

It is important to remember that since color plays only a small part in the energetics of crystals, the above associations can be highly mutable and your personal relationship with a certain color can supersede the textbook definitions. Also bear in mind not to limit a crystal's effects to just the meaning of its color; just like you, each and every stone is a dynamic entity composed of many levels of existence.

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Dr Joe Dispenza

# CHOICE POINTS ON THE PATH

...continued from page 8

We have to initiate it. And we have to match our body with our mind in the practical application of that knowledge - to get closer to creating a new experience.

At this stage, we're intentionally deciding to evolve by making a new choice. We take the new neural networks we've begun to hardwire into our brain - and we practice doing something with them. And we practice. And practice some more. This stage of learning and creating takes constant rehearsal (mental as well as physical) - and constant repetition.

And it takes some time - and a lot of awareness and energy. Let's face it; we're going to make mistakes. And then we have to go back and unlearn whatever it was that caused us to veer off the path ... and relearn the new ideas and behaviors we're practicing. And that takes patience. And it requires a tremendous amount of awareness - so we don't react emotionally. It also takes governing our constantly analyzing and overthinking brain.

As an initiate, we have to stay conscious. We have to employ restraint - so we don't fall back into our old programs. We have to practice with our eyes open so we can actually perform the new behavior. We keep doing. We keep learning from our mistakes. We keep self-correcting. And we refine the act.

When we've actually created an experience, there's an enrichment of circuitry in the brain - and an emotion that's created from that experience. And that emotion is instructing the body to understand chemically what the mind has understood intellectually. At the same time, networks of neurons enhance the philosophical mind through the experience. Now, the information is further etched in the mind - and conditioned in the body.

In taking the knowledge we've acquired as a **novice**, and applying it as an initiate, we say to ourselves: "*Can I do this better? Can I evolve and enrich my experience? Can I perfect my experience? Can I produce an outcome once? And if I can do it once, can I do it again?*"

When we've put in our time and become good at creating - and recreating - we're ready for the next level: **mastery**. We'll talk more about **mastery** next month.

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# ABRAHAM HICKS

*...continued from page 35...*

Esther Hicks

And then you make up stuff about how it works because you innately know that things should be going well for you, and when they're not, then you come to flawed conclusions like it's not fair when it always is, or like you're not blessed when you always are, or like you're not good when you absolutely are, or like you're not deserving when you certainly are, or like somebody else is taking advantage when that cannot be.

It's attraction, attraction, attraction, attraction, attraction, attraction - it's attraction. It is attraction. It's attraction, it's attraction, it's attraction. It's only attraction, there is no assertion, therefore our yelling does not help. (Fun) It's attraction - it's only attraction, it's only attraction - and you have to figure out what your point of attraction is.

But here's the thing: You are more than this physical body. You are this physical body, and this physical body matters, and you and this personality that you know as you is an extension of **Source Energy**. And that **Source Energy** of which you are an extension is alive and current in your experience, and also has a point of attraction.

We call that your **Inner Being**, and you can call it whatever you want to, but you are an extension of it. And that which you are an extension of is **Pure Positive Energy**. That which you are is an extension of is undiluted, non-resistant focus.

So, when you and your physical-ness are living a moment in time and you clearly know what you don't want because it felt awful when you lived it, in that moment you launch an equivalent rocket of desire - that experience which was unpleasant to you was a clarifying moment, and in its clarification, you launched a rocket of desire which this Nonphysical, undiluted, non-resisted **Pure Positive Energy** powerful part of you received and focused upon.

And that's been going on for so long - for more than you have the ability to understand in terms of time, for more than you have the ability understand in terms of your beingness - that **this non-resisted part of you is powerful** because of the amount of life that has been lived, and what's been sorted and sifted, and what's been decided and who You really are.

And when you hook up with that part of you, you have the same power, and the Energy that creates worlds flows through your focus.

But if you don't utilize it, if you contradict it, if, in the moment something happens - when you meet a new friend and you think "I really like you," and you feel that good feeling of love or caring or appreciation, maybe some goosebumps, maybe you want to lick their face (Fun), you just feel this attraction to them - that's a moment of empowerment because you're feeling what your Inner Being is feeling.

In fact, you're letting yourself feel what your **Inner Being** is feeling.

But then, as you look them over... **Esther** had lunch with her accountant the other day - they were in a lovely restaurant - and he went to the restroom, and when he came back, he said "Oh, there's a couple on their first date sitting over by the bathroom door."

And he said "They seem to be hitting it off." And **Esther** said "I hope they don't tell each other about each other." (Fun)

Because she's heard us say you get together, you're all bright and shiny, you're all tuned-in, tapped-in, turned-on, you're in your power, you're glowing bright, you're giving the best of yourself to the other, you're seeing the best in the other, and then you say that human thing "Tell me about yourself."

And so, about a half an hour later, **Esther** went to the bathroom, and it was not a pretty sight. (Fun) Oh, they were getting along, but neither one of them had their Inner Being along for the ride at that point. She was explaining about her last relationship and he was looking on with concern. (Fun)

And so, if you find a thought and it feels good to you, identify it, isolate it and try to maintain the vibrational equivalency on it as long as you can.



Mokshapriya Shakti

# ESSENTIAL LIFE HACKS

...from page 15

## ANGER

This anger tells you: *I am worth more than this. I deserve better and love myself too much to allow this. Or these circumstances do not reflect the truth of who we are.*

This is the anger at the heart of the artist, the protestor and the organizer. This anger provides both power and fuel — as long as we control it. Anger need not harm. If we treat it with respect, it will teach us how to better humans.

Working with our anger means looking at our feelings, noticing, and listening to what our anger is telling us. What are we being called to do? What are we shown to heal? What boundaries are we asked to build? What are we asked to teach? Where do we give away our power? What will we no longer tolerate?

Working with our anger requires us to look at our needs and how to fulfill them. We can use our anger to discover who and why we are. But it requires patience.

Anger is a wonderful tool because it increases our energy if properly used and enables us to accomplish what we thought was impossible.

Anger can increase energy and performance of athletes. analysis of **NBA players** recently revealed that the responses free throws after a “clear path foul,” in which an opponent deliberately makes contact with a player just before they are about to take a shot.

If the traditional views of anger were true, you would expect the feeling of frustration, after the foul, would destroy their accuracy during the free throw, but the exact opposite was true. The players were more likely to score after the flagrant foul, compared with other

free throws that had not arisen from such frustrating circumstances.

A burst of anger can also spark greater creativity. In brainstorming tasks, angry people come up with more original and varied solutions, compared to people who had been primed to feel sad or emotionally neutral. The increased arousal appears to super-charge the mind, allowing it to draw connections that are unavailable in other emotion states. This Energy burns out quickly, but these benefits maybe worth it.

When we decide to express our anger to others in a controlled manner, it can be effective at changing opinions; moderately angry participants tend to perform better in negotiations and confrontations.

People with high emotional intelligence know this instinctively: working with **Maya Tamir** at the **Hebrew University of Jerusalem, Ford** found that people who score high on tests of emotional intelligence are more likely to cultivate feelings of anger before a confrontation. Interestingly, this seems to be related to greater overall wellbeing: knowing when to express your anger and how to do so appropriately may help you to recover more quickly from a stressful situation, leading to better psychological health.

### THE GUIDELINES TO CHANNEL OUR ANGER TO BRING ABOUT POSITIVE CHANGE:

We need to exercise patience.

We need to plan our response before initiating a confrontation, so that we have enough time to articulate our feelings.

Let us recognize our anger and take appropriate action.

**ENTITLED ANGER** is what we see mostly. It is the anger when things are not going the way we would like. This anger can be very destructive and can overwhelm us. When working with anger we say to ourselves, I am getting angry. When we are at that state is when we need to address it quickly and turn it into a positive outcome. Because if we do not, we say “I am angry.” This is when we have become anger. In that state there is no reasoning and our emotions are totally uncontrolled. We have become anger; we are not separate to deal with it. It is at that time we may say or do things that we later regret. That anger also jars our nervous system for 72 hours and weakens us.

*Entitled anger is poison. Righteous anger is its remedy. Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy.*

Aristotle



Mitch Ditkoff

# 100 SURE-FIRE REASONS TO GO WITHIN

*...continued from page 12*

31. Nothing else seems to be working for you
32. You loved **Keanu Reeves** in “**The Little Buddha**”
33. Your children find you increasingly embarrassing, uncool, and not as funny as you think you are. They’d rather text their friends than talk to you.
34. You realize the world is your projection and that the flickering images on the screen aren’t the only thing to focus on
35. There’s nothing good on **TV**
36. You lost the remote
37. You read **Siddhartha** in high school
38. You love **Indian** food
39. You’ve always been curious about meditation
39. It’s your default condition
40. It just feels right
41. You feel like you’re being called
42. You don’t believe your own story anymore – and you’re tired of telling it.
43. You realize that your personality is completely fabricated and you want to find out who (or what) exists behind the mask you call your “self”
44. Your best friend keeps suggesting it
45. An astrologer once told you about it
45. You are the reincarnation of **Shiva**
47. You keep wondering why “**Shiva**” and “**Yeshiva**” are spelled almost exactly the same way
48. You’re a big fan of silence and simplicity
49. When you log onto **Netflix**, it takes you a long time to find anything you haven’t already seen or decided, long ago, wasn’t worth watching
50. You don’t want to just read about the experience of inner peace. You want to have it for yourself
51. You went on a retreat last month and, even though the people there seemed full of themselves, smiled too much, and didn’t have a sense of humor, you liked the way you felt when you weren’t judging them
52. It’s good for your blood pressure
53. You’ve always preferred being on the inside to being on the outside
54. The **Dow** is down (but not the **Tao**)
55. The internet is down
56. All roads lead to **Om**
57. You don’t want to end up like the musk deer who wanders forever in search of the intoxicating fragrance that emanates from its own navel
58. You much prefer **Rumi, Hafiz, and Kabir** to filling out tax forms
59. For thousands of lifetimes this is what you’ve done
60. You know it in your bones
61. Your meditating best friend seems to be much more content than you are
62. Face it. You’re just not that happy with your current state of affairs. It’s like you have a low grade virus or something.
63. You want your mojo back
64. You need shelter from the storm
65. You’ve always sensed there was something timeless inside of you and now you want to experience it
66. You read “**Be Here Now**” 50 years ago

*...continued on page 47...*



Mitch Ditkoff

# 100 SURE-FIRE REASONS TO GO WITHIN

*...continued from page 46*

67. You're fed up waiting for **Christmas**, retirement, or better cash flow
68. You'd rather know the "I" than the **iPhone**
69. Three magi from **Jersey City** just showed up at your door. They are each holding a large pepperoni pizza and telling you that you better go within or they're gonna break your kneecaps.
70. Hey, if it doesn't work out, you can always get back into that network marketing thing
71. Your favorite part of dinner is grace
72. You don't need no stinking credentials
73. It's sugar free
74. Some time ago, for no apparent reason, you experienced a profound sense of gratitude, expansiveness, and joy. Everything made perfect sense. Alas... that feeling came and went. Now you want to get it back.
75. **Donald Trump** has nothing to do with it
76. It's non-caloric
77. Every time you go to a bookstore, you find yourself wandering around the spiritual section
78. When you were a little kid you alternated between feeling like an orphan and a visitor from another planet. You always wanted to "go home." Now you understand that home is not a geographical place, but a state of consciousness and going within has something to do with it.
79. Sex, drugs, and rock 'n roll takes you only so far
80. You realize that **Buddha, Jesus, Krishna, Mohamed, and Lao Tzu** can't all be wrong
81. Your most favorite people on planet **Earth** have all committed to this inner journey
82. You understand that to go within you don't need to give up bowling, poker, hamburgers, sex, baseball, cognac, crossword puzzles, scrabble, sushi, cappuccino, blogging, basketball, **William Burroughs, Otis Redding**, brownies, bonsai trees, weightlifting, jazz, the **Rolling Stones**, bargain hunting, coin collecting, the **Kabalah**, puns, making fun of politicians, arm wrestling, **Bruce Lee**, toasted marshmallows, fast cars, and the whole nine yards
83. You just looked in the mirror
84. You realize that if you can't be happy in your own skin, nothing else is ever going to matter
85. Just because
86. You feel a deep thirst within you that has never been quenched by anything else
87. You want to
88. You need to
89. You have to
90. You know that **God** is within and you'd like to make his/her/they/it/them acquaintance
91. Did I mention that you're not getting any younger?
92. You've seen "**Avatar**" more than once
93. Even if you win the rat race, you're still a rat
94. You've been looking for love in all the wrong places
95. You're almost coming to the end of this list
96. You're almost coming to the end of your life
97. It makes you feel good
98. You've tried everything else
99. You know and have always known that the peace you are looking for is within you
100. You read the first few pages of **Prem Rawat's** new book and something opened up inside of you  
Link to new book --> <https://www.youtube.com/watch?v=THQyBZqoLk4&t=6s>



Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 11*

"We put a juggler by the entrance. We tried a clown. We put a nearly naked girl by the entrance. Nothing helped. Each of the six stores was dying and, as the newest store, mine was dying fastest. As I stood by the counter looking at this courtyard which appeared to me like the center of a little village somewhere in the midlands of **Pennsylvania**, the allure of being my own boss lost more and more of its appeal.

"I remember the exact day when fame and fortune knocked. It was a hot day in **May**. Summer was firing a warning shot. I had reluctantly let go the two clerks that came with the store, so I was alone when this man came in dragging a ladder behind him. "Excuse me," he said, "Do you sell soda?"

Now you have to understand. I had just spent two days putting away the spring stock which I had not sold to make room for the summer stock which wasn't selling either. And my first nibble of the day was someone looking for soda who was probably wearing his entire wardrobe on his back.

"No," I said, "we do not sell soda. Try the next block."

"I saw the sign outside the entrance," he said, '**Shirts and Things**.' I thought the 'Things' might have included soda."

"We sell clothing." I said. "Now if you want a shirt, something light for a hot day like this..."

"It is hot." he agreed, "A **Coke** would do just fine. Even a root beer."

"We sell shirts and ties and cufflinks and even socks." I said a little miffed, "We sell suspenders and handkerchiefs. We do not sell soda."

"I'm sorry." he said, sheepishly, and left.

"The same guy came in a second time a few weeks later. The day was a mixture of heat and failure for me. I had just used up my cash reserves to pay last months' bills."

"A cream soda." he said, setting his ladder down by the door and putting 50 cents on the counter."

"We sell shirts and things. We do not, I repeat, we do not sell soda. You were in here a few weeks ago, we didn't sell soda then and we don't sell it now."

"I'm sorry, it's so hot and the sign does say '**Shirts and Things**' I would've thought by now the things would include soda." I was exasperated, I just turned and went into the backroom before I lost my temper. I did not hear him leave."

"When he came in a third time and made the same silly request I decided it was time to teach the fool a lesson so he'd leave me alone. I was certain that he was just playing with me, taking some perverse pleasure from coming into the store and making the same idiotic request over and over. I figured that if the next time he asked for soda, I could produce some for him, he would at least have to think of a new game to play, hopefully with someone else. I went out and bought a dozen or so bottles of soda one of each flavor and a little plastic case to keep them in ice. And I waited. He did not come in again for two weeks but when he did I was ready.

"That shirt in the window is lovely." he said, "Does it come in **apricot**?"

"No, it's a durable cotton blend work shirt. They come in blue." I said, hoping he had not already changed his game.

"Very nice, but it would be nicer in **apricot**."

It looked like he was about to leave and undermine my whole strategy, when he asked as an afterthought, "Do you sell soda?"

Lately I had not looked forward to a sale as much as this one but I tried to act as nonchalantly as possible, "What kind would you like?" I replied, affecting commercial indifference to a minor sale.

"A **Coke** would be fine," he said, also affecting indifference as if this were a common transaction in a shirt store."

"Could you open it for me?" he asked, putting 50 cents down on the counter.

"I don't have an opener." I admitted sheepishly.

"How can you sell soda and not have an opener?"

I had not expected him to make a reasonable request, so it was now I who felt like a fool, apologizing for such a stupid oversight.

"Wait a minute," I said, remembering where I was, "This is a shirt store. Why should a shirt store have bottle openers? Its bizarre that we have soda at all!"

"You have a point there." he said, giving it some thought. "You're not **Hungarian** by any chance are you? A lot of people are without realizing it."

I assured him I wasn't and he turned toward the door with his unopened bottle of soda. He stopped and picked up his ladder, "How about bottled water? You don't have bottled

*...continued on page 49...*





Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 48*

water, do you? --No, I suppose not." he answered himself quickly and left, as if he recognized he had gone too far.

I had turned the tables on him and I basked in my little victory until I realized I was stuck with 11 bottles of assorted soda. As I went out to buy an opener from the hardware store, I penciled "**COLD SODA**" on the little sign that announced '**Shirts and Things**' by the entrance of the mall."

The bottles of soda I had purchased to prove to this man that he could not trample over rationality went in the first hour the sign was up. I even sold a few shirts. I bought two more cases and they were sold almost as quickly. I spent the rest of the afternoon talking to soda suppliers. The next day a large refrigerator came and cartons of soda.

The weather got behind me. It was a miserably hot summer and business for all of the stores improved but mine grew dramatically. I winnowed my stock of shirts to only a few brands, added bottled water and beer to my summer stock and hot tea and coffee in the fall. I had to hire my clerks back to keep up with business.

I looked forward to thanking **the Man with the Ladder** for his role in my success, but several months went by without him stopping in. As time passed, success became habitual and it not only erased the memory of being balanced on the brink of failure, it also reduced in my mind any role but my own in my success. I would have forgotten the man entirely if he didn't appear in my store almost a year later.

"Long time no see." I greeted him. He looked at me curiously as if he had never seen me before.

"Can I help you with anything? A soda perhaps?" I offered.

"No thank you, but I am interested in some software."

Remember this is **1975**. Even **IBM** wasn't into personal computers back then. And neither was I. "Soft wear?" I said, "You mean casual clothing."

"No, software for a computer."

"Clothing for computers?"

"No software, you know, computer programs."

"Why didn't you say so in the first place." I said jovially, sure he was putting me on. I recited the inventory of things we sold. "We do not sell software."

"I saw the sign that said **Shirts and Things**," he explained, "and I thought the things might include software." He apologized for bothering me and left.

Strangely enough I was not completely surprised when he returned two weeks later with the same request.

"I saw the sign," he explained, "and figured that since '**Shirts and things**' apparently covers everything from clothing to soft drinks I might find some software here."

I had convinced myself that my success was due to my grasp of the fundamental principles of business. I began to feel that the simplest elements of commerce were beyond some people and that one had a right to treat them curtly.

"Let's get this straight so we won't have to repeat this performance again." I lectured him, "I sell clothing, I sell beverages, I do not sell software or TV sets, or trips to the **Bahamas** or whatever else you may desire and I'm much too busy for this nonsense now."

He apologized profusely and left.

Now like most people at the time I had no idea of how a computer worked or what use it had for software. What is more, I had no interest in finding out. I was insulated by success which protected me from my ignorance and made it unnecessary to have to know those things. I wanted to get on with my success in a more reasonable direction like the gourmet food market and I thought I knew how. I also knew that this man would appear every week with the same request until it was satisfied.

I fell back on the strategy that had worked last time. It took me three calls before I managed to get the number of a wholesaler of software. It turned out to be someone who sold software from their home. You have to remember that personal computers had just come onto the scene and they were esoteric and rare.

"Send me over some assorted software." I insisted against the man's explanation that such a purchase did not make a lot of sense. "I'm not interested in a lot of details just send me over some software." It was an accepted way of buying shirts and beverages. I did not see why it wouldn't work for software.

"If they come in **apricot**, include two **apricot**." I threw in for good measure.

Two days later **UPS** delivered the software. I didn't open the box just removed the invoice and gave it to the bookkeeper to pay.

After two weeks, any thought of **the Man with the Ladder** and the software were buried under the slow advance of my plans for expansion which required bank credit, increased personnel and examining locations for outlets.

*...continued on page 50...*



Jim Egan

## STORIES THAT BEND REALITY

...continued from page 49

And that's precisely when he returned, "Excuse me." he said, "You wouldn't by any chance carry software?"

I treated the request as the most normal, customary inquiry about a **Pepsi** or a **Tigre** shirt.

"Of course," I replied, reaching down gracefully for the box of assorted software.

"It's an interesting assortment." he commented, "This one may be what I am looking for. Can I see it run?"

I hadn't the least idea what he was talking about.

"Could you run it for me? I just read about it in a magazine. I'd like to see it working."

I had been in possession of myself, dominated the situation, was personable, communicated successfully-- but I had run the string out. I hadn't the least idea what he was talking about or what he wanted.

"This is a shirt store," I said in exasperation.

"Yes, I've noticed", he said, looking around, "But I don't see any computers. Since you sell software you of course have a machine to demonstrate it on."

"Of course," I said, "What good is software without a machine to demonstrate. It's... It's.. It's in the shop. That's where it is -- in the shop."

"I'll have to come back then." he promised and left.

I called the man I had bought the software from. "Send over a machine."

"There was silence for a moment before he asked tentatively, "Which machine?"

"The one that runs the software you sent, of course." I said. "How about an **Apple?**"

"**Apple** is fine," I agreed, "If they come in **apricot** I'll take one of those too."

A week later six boxes arrived marked **Apple**. As I unpacked them I realized I had bought one hell of a complicated fruit. If not for the fact of **the Man with the Ladder** haunting me I would have repacked them and set them back. I had no idea why the man was hounding me with these inappropriate requests but it occurred to me that he might be jealous of my success, thinking he had a hand in

it. I understood his request as a challenge, a challenge that I could ignore only at the price of losing my self esteem and sense of well being.

I had to pour over the manuals that came with machines for hours before I felt comfortable putting a plug in a socket. After I had finally assembled the machine, the mystery of what to do with it just grew greater. I figured I had provided the machine it was up to **the Man with the Ladder** to know how to use it.

A couple of weeks later, one of my clerks summoned me from the back room with the news that a strange man insisted on seeing me about software.

"Do you think I could see this program run?" he asked, when I showed him the software.

"Of course." I said, leading him to the **Apple**.

"This is a very nice machine." he said politely.

"Thank you." I replied, genuinely pleased that he seemed to think so.

After he played with it for a little while he turned to me. "I've read, that they're coming out with an update in a few weeks. I'll wait for that I think. Thank you for showing it to me. I hope I haven't inconvenienced you?"

"No," I said, caught between wanting to talk a little about the machine and at the same time wanting to make it work like he had. "No inconvenience at all. Come back when the update comes out. I'm sure I can get it for you and I'll run it."

As he turned to leave our eyes met briefly and he said, "I thought you looked **Hungarian** the minute I laid eyes on you." What he meant is still a mystery to me.

When I saw the bill for the machine I realized that unless I could figure out something to do with it, teaching this guy a lesson was going to be the most expensive exercise in public education that I would ever undertake. Since I knew how to sell things I decided I would try to sell software and computers. I did what I did with the soda. I put a sign in the window and a sign by the entrance to the mall. Although it took a little more time, the consequence was the same. The personal computer revolution had just begun and I caught the first rolling wave and rode it to fame and fortune.

I am sure you want to know if I ever saw **the Man with the Ladder** again. I am not sure exactly. One day I was in the store demonstrating a program I had written to a group of businessmen.

As I turned from the machine, I overheard a man ask one of the clerks, "**Do you sell shirts?**" and before the clerk could reply, he answered his own question, "I guess not." and left.

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Andrea de Michaelis  
Publisher

# THOUGHTS ABOUT THINGS

...continued from page 6

It really makes me think what an easy life we have with running water, not having to spend hours each day locating and hauling water. Wow. And the hardest part of being without water is having to be awake in the middle of the day (my sleep time) for the service call. I can live with that. Life is good. I'm hopeful. I have no complaints whatsoever.

## AND THEN THE WATER STOPPED AGAIN

Me-OW. \$850 in 2 days on the pump and the water went out again. He'd showed me a crack in a piece of pipe in his hand and said "let's hope it's the only one."

When the pump guy asked the first day if I knew where the well was, I told him there was something there (pointing at the extreme SW corner of the lot) but I had all the house files with surveys and former refinance and mitigation inspection reports. Would they show it?

NO, he said, SO I DIDN'T BOTHER TO LOOK. Until 4 days and \$850 later when I found it in my survey file showing the well exactly 42.7' diagonal from the SW corner of the house. The **G-man** and I dowsed the corner, got a hit and began digging there until we hit roots.

The pump guy came out the next day and spent a coupla hours cutting massive roots from the young oak growing a few feet away, replacing a gasket and valve then hand pumping air into the system. When the water went out AGAIN, I texted the pump guy to not come back out and to send me a final bill outlining everything he'd done so far. Crickets. Fine with me.

## A NEIGHBOR TO THE RESCUE!

The day before, while still hooked to neighbor **Fran's** water, I noticed the hose across the road was weakening where cars rolled over it. I pulled the hose toward me to change the position and it burst a leak, spraying like a fountain. I left the **G-man** to handle that while I dashed to the store for a new garden hose. Neighbor **Fran** sees the fountain, calls **Don** who drives down, hears the story, cleaned the solenoids inside the pressure switch and had us back running on our own water in 20 mins.

He's retired but pumps were his business. He said if it stops again, that means there's a leak between the pump and the well, in which case he'll just run a line of pipe from here to there, open the ground with a ditch-witch, problem solved. I couldn't believe it was that easy. BUT IT WAS.

Within the next coupla days, **Don** tracks the pipe, decides the leak is within a particular 8ft area, in the center of which is an oak tree. The easy fix was to simply re-route the piping, bypassing the cracked pipe under the roots. We haven't had a problem since.



You never know when you're living in the midst of angels, they can be people you stand side by side with every day and they're sometimes in distressing disguises.

## BACK TO THE ROOFING APPOINTMENTS

Whew, after 5 days of sleep interrupted by roofing consultations, I have a favorite but his quote is a little higher priced. I reminded myself, *"There's a solution I just don't know about yet. As I gather info, my perception will widen and a solution will make itself known to me in time to make a good decision because that's always been my experience."*

...continued to page 53...



Andrea de Michaelis  
Publisher

# THOUGHTS ABOUT THINGS

*...continued from page 53*

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

## IT NEVER FAILS WHEN I REMEMBER TO DO IT

I can't be irked that dollars are flying out like crazy. If I am who I say I am then I'll remind myself that I've always had the means to do whatever must be done by the time it has to be done, so my expectation and belief is that this will be no different. "This" being the pump and well situation, "this" being the gotta get a new roof sitch. I don't HAVE to know where it'll come from, I just need to have full faith and expectation it'll happen.

I can spend my time worrying about my insurance premiums skyrocketing or I can remind myself of **Willis Harman's First Dream** and know by the time I get to it, I will have figured it out.

**"IN THE FIRST DREAM I am walking along a very rough terrain, on the way to climb a high and rather forbidding mountain, the top of which is concealed by mist and clouds. It is clear that the ascent of this mountain symbolizes my whole life. Clambering over the rubble in front of me is not too daunting, but as I look ahead I see that my way is blocked by several cliffs that appear to be around ten feet high. Beyond those are some still higher cliffs, the farthest being perhaps hundreds of feet high. I have no idea how I will deal with those when I get to them, but meanwhile there seems nothing to do but forge ahead. However, although I didn't know notice it at first, I am growing in stature as I go along, so that by the time I finally reach the ten-foot cliffs I am tall enough that I can simply step up over them. The same with the hundred-foot cliffs."**

Right now, my solution is concealed by mist and clouds but experience has taught me that as the time approaches, opportunities for resolution will present themselves. I just need to stay vigilant and take everything I come across as a piece of the puzzle, a clue to take me where I need to be by the time I need to be there. It's never not worked. May it ever be so.

That night was a good time to read over my fave self talk script. I read it whenever I have thoughts that I want to replace with better feeling thoughts. I read it over until I realize that what it says is true:

*"I know that I do not need to attract more good into my life, I merely need to release my resistance to the good that is already available to me. I know that I release resistance whenever I do something that is purely fun and enjoyable to me.*

*I know that anytime I look for the positive aspects in any situation, I find them. I know anytime I sit and make a list of the people I love and the things I appreciate, something in me switches on and I feel better.*

*I know when I feel better, I suddenly see all sorts of opportunity around me that I didn't notice before. When I see more opportunity available to me, I feel excited about the possibilities.*

*When I feel excited about the possibilities, Life expands around me and good things begin happening. When I feel happy and excited, I know that's the time for effective creative visualization, and I begin running the best case scenario "what ifs" through my imagination.*

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

## WHEN I RELEASED RESISTANCE, IT BECAME EASY TO ATTRACT THE RIGHT ROOFER

A day later a real life friend messaged me the name of the company who will do her roof so I set them up for an appointment. I hired them on the spot. They had a fair price and are approved contractors for the [www.mysafehome.com](http://www.mysafehome.com) program. As of this writing I don't know if I'll be approved for the grant but in any case I'd pay for it upon job completion and then would be reimbursed 66% of the cost upon the new mitigation inspection if approved. I arranged financing just in case.

A coupla days later I was contacted by a realtor who usually calls me about the land next to my Fort Myers property. We agreed on a price but then he dropped out. But I'm in the vibe! We'll see how it all unfolds. I bet it'll be magical. Enjoy our offering this month. Hari Om.



Andrea

# HORIZONS MAGAZINE MISSION STATEMENT

*What I'm here to do with Horizons is share a belief and formula for happiness that I've found is true for me and for others I know. To give readers the choice to entertain those ideas, some of which may be an option for them as well. We don't always know what we might prefer, how our life might change for the better if we don't consider and entertain the idea of something new.*

Andrea de Michaelis. Publisher

## OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience.

What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation.

Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, truly in the Now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise.

So, if you read an article that touches you or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss the offering with them.

Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

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



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