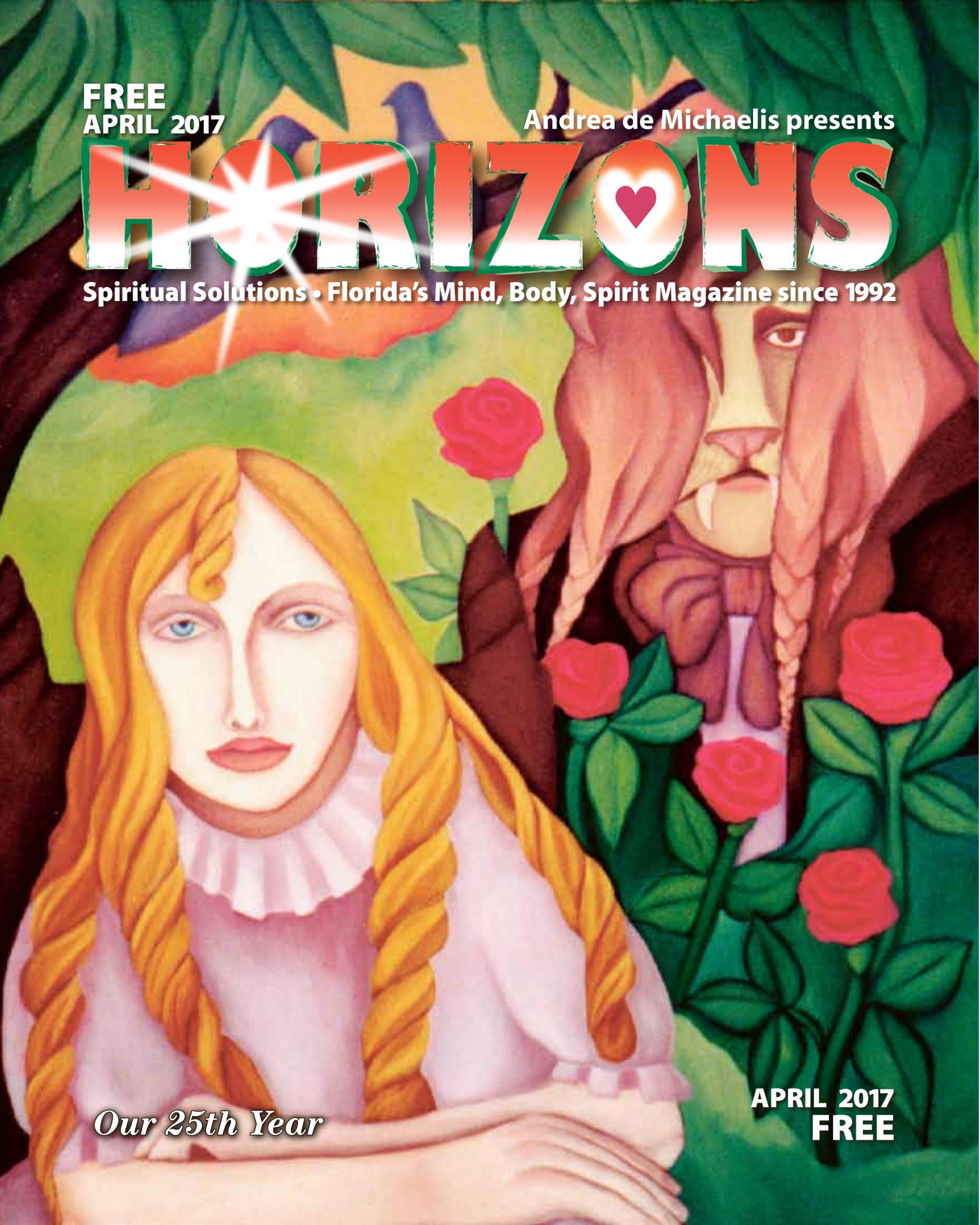


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Margaret Ann Lembo is the author of The Essential Guide to Aromatherapy and Vibrational Healing and The Essential Guide to Crystals, Minerals and Stones, Archangels and Gemstone Guardians Cards and Crystal Intentions Oracle . . . and more. Find out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

APRIL 2017

April Showers: Nurture the Seeds of Your Consciousness

The lilac flower and essential oil are a perfect match for nurturing new beginnings. The fragrance of lilac aligns with the zodiac sign of Aries, the beginning of our astrological cycle.

Every spring we have an opportunity for renewal and growth. You can establish the intention to awaken your mindfulness and your consciousness during this next cycle of your life. When I smell certain floral scents, I am immediately transported to my childhood garden. Essential oils can easily transport us into our memories. Memories bring awareness as a jumping off point to either remind ourselves of the blessings of the past or as a tool to heal underlying issues that just might be holding you back. Breathe deeply and release that which is no longer relevant. New foundations for connecting with blessings and gratitude can be nurtured now to replace what you removed or cut away.



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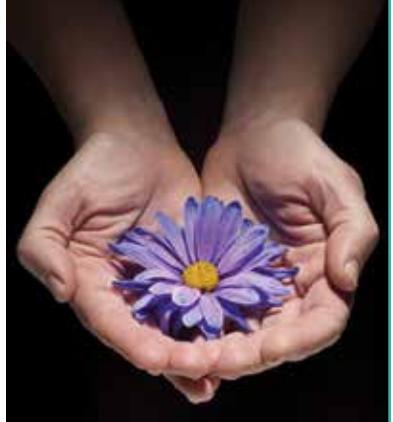
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GOOD FRIDAY SERVICE 4/14 – 6:30PM This will be a service with celebration of the life of Jesus Christ, prayer and communion in preparation for Easter.

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10AM–3PM Compassion – Cooperation – Community. We will have a farmers' market, exhibits of soar and eco products, music, a vegan café and earth inspired arts & Crafts. There will be music throughout the day and the event will end with a drum circle at 3:00pm.

HOLY HUMOR SUNDAY 4/23
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SUNDAY, APRIL 9TH AND APRIL 23RD THE QUEST facilitated by Valarie Parson. 12:30 PM – 1:30PM Got "QUESTions?" Join us each Sunday for one power-packed hour as we journey through the book and workbook of "The Quest." We'll take the topics as they come and have great discussions as we find meaning on the journey and help others along the way. Books and Workbooks available in the bookstore at Unity of Melbourne. Suggested love offering \$5.

ONGOING EVENTS

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



DATE: **SATURDAY, APRIL 22, 2017**

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The greatest optical illusion is separation

Publisher/Editor/Creator
Andrea de Michaelis

On the Cover (page 31)
Beauty and the Beast
by Robyn Bellospirito

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

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



Horizons thanks everyone willing to take the risk

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

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

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Inside back	\$525	\$1395	\$2400	
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3. Willingness To Change. I am willing to assess my life, to honestly look at and face all my fears.

4. Dominion. I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Welcome to the April 2017 Horizons. First of all, it feels good to have my arms and hands back 100% after a year of not letting them heal up properly before I over-used them again. Last **March** I did some major yard pruning and injured them both. By **October** I was almost good to go when **Hurricane Matthew** came along. I threw myself into yard clean up afterwards and re-injured them again. *All I have to do it stop using the injured limb for 6 weeks, six short weeks and it will heal like crazy.* I kept stopping short at 4 weeks in, being bored because I couldn't use my arms. Taking a walk outside was frustrating because everywhere I look there was a plant to be watered, a branch to be pruned, a blossom to be cut, some leaves or branch deadfall to rake up. *It became a real lesson in observing without doing, observing while holding the thought that everything was fine as it was, nothing needed to be any different than it was.* That's a very powerful contemplation and was pretty life changing for me. It was the break I needed to reset my internal soul clock.

WHAT'S THE WORST THAT CAN HAPPEN?



Clouds of dark smoke billowed in the sky as a brush fire closed **I-95** on **March 5th** as we were driving home from **Fort Lauderdale**. We ran into it at 2:30pm. I was glad for **GPS** because I got a **Google** alert letting me know traffic was ahead. It showed me I could get onto the **Turnpike** 6 miles ahead at the **Northlake Blvd** exit. It took about 30 minutes to travel the 6 miles, inching along, then I headed

west to the Turnpike. I haven't taken the Turnpike for about 15 years and didn't recall where the exits were. The Turnpike runs parallel and right alongside **I-95** for a good stretch in south **Florida**. But my exit is **Hwy 192** which is in **Kissimmee**, 40 minutes west of **I-95**. I wanted to find the first exit I could get off once I was north of the brush fires so I didn't end up 40 miles too far west. I discovered that the Turnpike now is **SunPass** only. At first I hesitated to get on since I don't have **SunPass**. But it was the only way home since **US1** and **AIA** are together down there and that was where emergency vehicles were accessing the scene of the fire.

My hesitation was brief then I asked myself, "*What is the worst that can happen if I get on the Turnpike and don't have SunPass?*" I figured I'd have to pay a maximum fine or a violation ticket but it would still be our quickest way home.

I went through the ticket lane and even though I did not have a ticket, they allowed me to pay \$12 which is the maximum toll. A friend told me that had I just sped through the **SunPass** lane, they would have only sent a bill to my home for the amount of the toll (about \$2.30.) I was told that before I got to the toll booth but then I saw the sign that said like **\$100 fine for going through without paying**. I should have just driven through the **SunPass** only lane. I know now for the future.

Asking myself the question "*what's the worst that can happen if I do ____*" has become a very liberating practice. Some things are worth paying the price for to avoid unnecessary aggravation.

I'VE HAD SOME BIG CHANGES THIS MONTH!

I recently learned that **Wells Fargo** helped finance the **Dakota Access Pipeline** so I moved my personal and business bank accounts, which I'd had since 1984, to my local credit union. **Wells Fargo** has always been good to me, but sometimes you gotta vote with your wallet.

For years I had a credit union savings account that I had to open when I got a car loan. Later I used the credit union for my tenant to deposit rent into each month. There was a checking account attached to it that I paid the rental home repairs, taxes and insurance out of, but I didn't use the credit union otherwise.

I've been on a "dumping the doubles" streamlining kick so I was ready to consolidate and get all my banking in one place. I had to open several business and personal accounts and was surprised to learn there were no service charges on any of them. I could have been saving many dollars per year had I realized that. It was a trip -- and time consuming -- changing all direct deposit and bill paying info, but it felt good once it was all changed over. It felt like a fresh start.

For decades banking was very automatic and impersonal for me. I had a lot going on and making a deposit was a routine chore to be gotten over with as soon as possible. I was thrilled when they built a credit union 2 miles away, I can walk my deposits in now. There are no monthly fees and my dollars support my local community. Instead of driving my first deposit through, I parked my car and walked inside. There were a couple of people waiting and a couple of others came in after me, so there were half a dozen of us standing in the small lobby. It was easy to make conversation and get to know some new neighbors in the community. It was a good experience and it made me feel connected.

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CHANGE

A message from Kryon channeled by Lee Carroll. Visit <http://www.kryon.com>
Lee Carroll will be in the Melbourne, FL area
Nov 25.2017, the Saturday after Thanksgiving

Greetings, I am Kryon. I want to create something in this room. I want to create the harmony and coherence of thought. I want to talk to you personally right now about what you're facing. All of you are facing change. Sometimes change has already occurred in your life, and for some of you, it's still coming. This shift of the planet, the one that has been foretold by the ancients, is here. You are needed to balance yourself so that those around you will have the opportunity to be changed by your balance. They can change more gracefully because the wisdom that is yours creates a template that they can emulate. There is no reason to fear the changes at hand. The things that you hold the most dear may be altered. They may alter themselves! There may be changes in your biology, readjustments, and recalibrations in your relationships, in business, in your vocation, your avocation, and in literally all you like and don't like.

Shifts are not always bad. Many shifts move into benevolence where there was none before. Sometimes it's a solution when there was none before, so I ask you, **why is it that when change and shift start to occur, you go to the worst common denominator, which is fear?** You've all had good things happen unexpectedly. That comes with life. Why do you expect the worst during this shift? The answer is that this one is the big one. This one starts to change your consciousness, makes you ask questions that you've never asked before. This shift allows you to awaken to new truths. Many of you are starting to become more compassionate. If I could envision anything for you, it would be a smile on your face, joy in your heart, and an understanding that goes beyond the reality you have grown accustomed to.

CHANGE

If you take the word change, there are six letters.

C can represent a coherence of sameness. Let us say you're coherent with life, because it doesn't change. It's always the same. Therefore there's a coherence that makes you want to stay the same. It feels good because you've figured it out. It feels good because you think you know what's next and you're more joyful in these situations of coherent belief - then something changes. Perhaps you have a circle of friends that has always been the same, and suddenly they bring in someone new. Now the circle is different. In fact, it interrupts the way the circle was to the point where you want to quit. The coherence you had as the group that you were has changed. This is a metaphor for this planet right this minute. The coherence of everything that

used to be is starting to move and often you don't like it at all. It's just like the new person in the group changed the attitude, the consciousness, and the joy of a circle you thought you knew. What do you do with it? Human nature says you quit. You've had enough. Or, you fight to keep the circle the same. That's not an old soul. That's what the eight-year-old on the playground does, because it's all they have.

H represents you having a really hard time with the "great lie". The great lie is this: Everything that's going to happen in the future can be judged by what has happened in the past. You simply call upon that which was in order to cognize that which will be. Therefore, no matter what happens in the change, you see it as trouble, based on past change. Therefore, change is always negative. "Nothing good can come of this change," you say, "because when I examine the past, change never brought good things." And so the big lie is that nothing will ever be created that is different than what you know now or have seen. The future may be filled with things you've never seen. It may be benevolent in ways you can't imagine. Suddenly, you get sick and you have things happen to you that have never happened before. What's the first reaction? "Oh, I've always had a coherence of health. Why did it change? What's wrong with me? What have I done wrong?" And the big lie? Every time there is a change like this, it's bad news. You say, "Just look at what's happened in the past or what happened with Joe. This cannot be good." Therefore, you start to close-up shop. The big lie: Nothing is new. There is a tendency to judge everything by what has gone before. The illness? Most often you need to recalibrate your cells to be able to accept what is coming.

A is anxiety over it all. Anxiety will shorten your life. For some, change itself is an enemy and it's treated as an enemy, for it disrupts what was, which was understood and working. Getting past anxiety is what the old soul has the ability to do. It comes with the wisdom of knowing what is happening and relaxing with the process.

N - Nothing is as it seems. Nothing is as it seems here. Don't make up your mind what you think you know. As you sit there, are you willing to admit that you don't know everything? The change at hand is not repeated history. These things with you personally and also planetary are going to shift in ways that have not happened before. There's going to be integrity and compassion that has never happened before. Turmoil may be what you see for a while, but it's not always as it seems.

Many of you tend to make up your mind before anything happens what's going to happen. Not the old soul - not the balanced one. I want you to go into your mind where the issues are that bother you. No matter what it is right now that bothers you, whether it's personal or planetary, I want you to see a clean slate on a blackboard with nothing on it - nothing. It's blank because the effects of changes are not written on it yet. The effects on your issues are waiting for benevolent change.

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ABRAHAM-HICKS



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

RESISTANCE IS FUTILE! TAKE THE ROAD LESS HAZARDOUS

QUESTION: As an employee, if you find yourself in an unpleasant work environment, how could you remain in such a situation and still maintain a positive personal life experience?

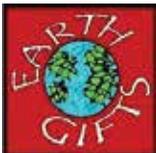
ABRAHAM: The first thing we would encourage you to do is to lay low, so to speak. Try to be as inconspicuous as possible in your awareness of the disharmony. In fact, do your best to be unaware of the disharmony, because in actually being unaware of the disharmony, there will be no active vibration of it present within you, and the Law of Attraction will then leave you out of any discordant rendezvous.

But if, instead, you are aware of the unpleasant occurrences— if you seek to quell the injustices by drawing attention to them—then you activate a vibration within you that draws you closer into the unpleasant mix. If, from your point of view, you identify wrongdoing and you point it out, those participating in the behavior you believe is wrong will rise up larger and push back at you in an attempt to convince you that it is really your point of view that is wrong. Then you push back, and they push back, and the discord looms larger while both sides are deprived of any lasting solution.

All contrast causes an asking for improvement by all parties involved, but usually those involved are pushing so hard against someone else that they render themselves incapable of seeing the solution, even though it may be quite near.

Seeing what you do not want until you can no longer stand it, and then leaving the situation and going somewhere else, does not bring a lasting solution, because the reason you left is the dominant vibration within you, which means more scenarios like the one you just walked away from are making their way into your experience again. In other words, you did not change your point of attraction by moving to a new location, to a new job, or to a new relationship.

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It may sound odd, but the fastest way to get to a new-and-improved situation is to make peace with your current situation. By making lists of the most positive aspects you can find about your current situation, you then release your resistance to the improvements that are waiting for you. But if you rail against the injustices of your current situation, you hold yourself in Vibrational alignment with what you do not want, and you cannot then move in the direction of improvement. It defies Law.

...continued on page 26...

Herb Corner

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



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As a member of the Gentian Family, Centaury has more than 40 species, which can be found in the U.S., Europe or North Africa. It may also be referred to as "Christ's Ladder", "Feverwort" or "Filwort."

Historically Centaury was found in the writings of Hippocrates, Dioscorides and Avicenna where it was mentioned for treatment of **dropsy (congestive heart)**, **parasites**, **wounds** and for **snakebite**. And it was used by the Romans for **malaria** and for **fever**; I wonder if they knew it contains quinine and that is why it is helpful for these conditions. Today the active constituents of Centaury are used in medications for appetite regulators and laxatives and for medications that treat **bladder and kidney problems**.

Currently one teaspoon of Centaury infused in 8 ounces of boiling water sipped slowly; or 1teaspoon of its tincture before meals contains the bitter constituent centapicrin and amarogentrin along with tannins, these help ease digestion, stimulate digestive secretions and bile making it good for **heartburn, ulcers, gas, bloating, constipation and diarrhea as well as gallbladder and liver disease**. When taken over time, these constituents help stimulate the reflux activity within the upper GI tract. The German Commission E mentions that 1-2 grams of Centaury used daily improves metabolic disorders; which when taken over-time can be used to take off weight (this is good for people who live a sedentary life). This may be because Centaury helps to enhance the actions of the **liver, gallbladder** and the **kidneys** in the metabolism of protein, fats and other toxins. This then helps to inhibit the accumulation of "bad estrogens", **menstrual cramps** and other conditions associated with excess estrogen.

Centaury also contains phenolic acids, which have been found to **help reduce fevers** by causing the body to sweat, which aids in the removal of the toxins that are making you ill. Another ability of Centaury is to help you gain better control over your **bladder and kidneys**, strengthening them; this is helpful for children who wet the bed or for adults who are being bothered by incontinence. Finally, externally when used as a wash or as a compress Centaury can be used to help clear vision, reduce age spots or freckles and to heal wounds. It's not a commonly known herb but it has some interesting useful properties.



MY MISGIVINGS ABOUT MY ABILITY TO HELP OTHERS

Writer Sophia Quzi works as a welfare benefits specialist adviser and has been practicing Raj Yoga and teaching mindful meditation for the past 9 years. "In my job, I help people from all communities reduce suffering caused by having very little or no knowledge about their rights and entitlements in the UK. Despite a life-

time of often falling short of my own true potential, I've always held on to a quote by the poet Rabindranath Tagore:

"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky. That always sounded like something I believed in. I just never knew how to put it into practice. The moment I introduced myself to meditation and spiritual knowledge, I knew I was on my way of achieving it."

For a long time my idea of helping others was trying to fix what ever I thought was broken in their life.

My misgiving started when I had someone very close to me diagnosed with mental illness. Even though I had good intention for all of them, unknowingly I may have left some even more wounded. Only few years back, for the first time I realised that human soul doesn't need to be fixed, advised or saved, it simply wants to be seen and heard.

When I show a deep sense of respect and unconditional love to the suffering soul it naturally heals. I now know that all I can do for the sufferer, is to offer the presence of my pure love and attention, so that they can blossom to the fullest in their own pace.

I love Mary Oliver's quote "This is the first, the wildest and the wisest thing I know: that soul exists and is built entirely out of attention."

Our attitude should be as such that it only reminds the sufferer of its true self.



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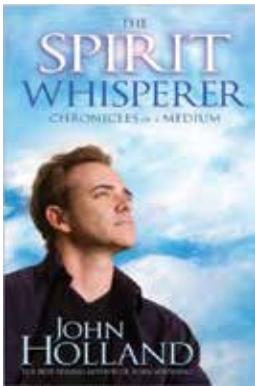
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5 WAYS TO FIND YOUR TRIBE WITHIN YOUR COMMUNITY

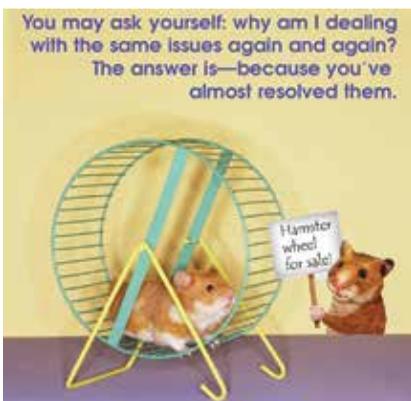
John Holland is a psychic medium, spiritual teacher, author, and radio host. He is a best seller author of: Power of the Soul, Psychic Navigator, Born Knowing, The Psychic Tarot Oracle Deck, The Spirit Whisperer - Chronicles of a Medium, The Psychic Tarot For The Heart and The Spirit Messages - The Daily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

Do you belong to a spiritual or like-minded tribe? A group where the relationships are all about sharing, giving, and receiving energetically from each other?

People who travel a spiritual path, or who are just being awakened spiritually, often find it difficult to follow their souls' path alone. Some people feel like they are the different one in their family or different from some of the people that are in their lives now. What do I truly mean by different? Let me try to explain.

If you're the type of person who constantly questions if there's more to life than what appears to be directly in front of you, then you're a little different than the norm. It may be that you've had your own spiritual experiences, and you're now drawn to metaphysics, New Age, or you just have a keen interest in psychic phenomenon. Equally, it may be that you know your soul is reaching out for you to follow its guidance. If you're experiencing or feeling these things, it's a good indicator that you're like me - one of the "different ones." If you think about it, are we really different or are we just more "awake" or "aware" than others?

I've met thousands of people at workshops and events who are from all walks of life, and from all over the world, and many have one thing in common: They are all on a spiritual quest to find their soul and their purpose. I so enjoy watching people come together, become friends (sometimes for life), and who feel they can express themselves with one another in a positive way. They no longer feel alone or feel like the different one. They have found members of their tribe.



When I say "tribe", I mean like-minded souls who are drawn to each other. People who have similar interests, who accept you, who will push you to be all that you can be, who encourage you to reach for your goals and dreams. Those who challenge you, who understand your point

of view, and who help you to possibly expand your mind and consciousness. They are the people who are members of your tribe. All of us have the fundamental human need to belong.

FINDING YOUR COMMON GROUND

I recently joined an 8-week oil painting class. I kept saying to myself: "I HAVE to take an art class!" The time was never right, or maybe I was making excuses because I'm busy doing life. But this year my soul kept pushing me and pushing me until I finally signed up for a class in oil painting - and my schedule allowed me to attend the whole 8 weeks. Now maybe being in an oil painting class for some wouldn't be considered spiritual, but for me it is. I'm with like-minded people and we all have one thing in common ... art !

The teacher is amazing, and the talent of my fellow students is inspiring. When I'm in the class studying, painting, and letting my creative juices show itself on the canvas, I am no longer John Holland, medium, teacher. I'm a student in art like everyone else there and I so look forward to the class each and every week. It gives me a chance to get out of my head and into my creative mind. The class is spiritual to me because it is meditative, and I'm learning life lessons. Like, if you make a mistake with the painting - no worries - start again. Also, let go and have fun! There are many more lessons I'm learning from the class - and I'm not alone. I'm with my art tribe!

If you feel you are not part of a tribe, or if you believe no one is out there who understands, then please think again. Your people are out there. I always say, "Like attracts like!" You just have to believe it, keep following your spiritual practices, and your souls will come together. When this happens, you will feel that you have known these people your whole life!

You can't meet your tribe if you're constantly sitting at home. Is there a certain activity you like - perhaps an art class, meditation group, yoga, or even a book club?

Many people enjoy each other's company especially when they're all in sync with a commonly shared activity. It may be that when you identify the activity you most want to participate in, you'll discover through that class or workshop, you've become part of a tribe simply by joining something that nurtures your soul, as well as your mind and body!

...continued on page 28...

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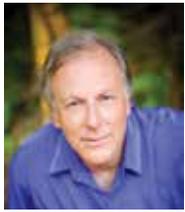
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FROM THE HEART



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LAST YEAR'S BIRDS AND THIS YEAR'S NEST

With the advent of the Internet and Facebook, I've had lots of people from my past find me and reach out to connect. Some from as far back as elementary school, high school, and college. Some of these people were my best friends at the time. It was exciting to hear from them again, and in most cases we had a lengthy phone talk or lunch date. Part of me thought we might rekindle our friendship.

But in all cases, after our initial meeting, we didn't have much more to talk about. Most of our conversation was reminiscing. After that, the interaction ran out of gas. We hugged, wished each other well, said, "*Let's keep in touch,*" and we went our separate ways, never or rarely to connect again.

Part of me felt sad that such friendships had no current life. Then I saw a quote by **Miguel de Cervantes**, author of the beloved classic novel **Don Quixote**: Do not look for this year's birds in last year's nest. What a fabulous, penetrating lesson! What is of the past belongs to the past. What is of the present belongs to the present. Sometimes the two overlap; often they do not.

This brought me to discover a principle I call **Golden Intersections**. When we connect with someone, whether for a moment, a decade, or a lifetime, there is a purpose to that meeting. **A Course in Miracles** tells us that there is no such thing as a random encounter; every person we meet is sent to us by Spirit for a purpose. Our job is to discover and extract the gift in that meeting and use it. No connection is outside our destiny of good.

All relationships exist for a reason, a season, or a lifetime. **Reason relationships** might occur via a crossing of paths for a meaningful moment, a conversation in an elevator, a hearty laugh with a waitress, one date with a person you don't see again, are never an accident; they all have purpose. **Season relationships** go on for months or years: a romantic relationship, strong friendship or a close connection with a co-worker belong to you for a length of time. Then, like all seasons, the interlude comes to an end and gives way to something new. **Lifetime relationships** are usually with family members or friend. They run deep and run the gamut of activities and emotions.

No matter how long your relationship lasts, there is a gift in it. Sometime that gift comes through love, fun, and joy. Sometimes it comes through hardship and challenge. Do not write off difficult interactions as a mistake or a waste of time. In some cases the gifts they bestow are more transformational than easy relationships. **A Course in Miracles** tells us that it takes great spiritual maturity to recognize that all events, encounters, and relationships are helpful.

I used to romanticize the past by wondering if I had made a mistake by not getting together with some past girlfriends when I had the chance to. I second-guessed myself for leaving or not cultivating relationships that could have turned out to be soulmate connections. Then something truly uncanny happened: In every case, some unexpected event showed up to demonstrate to me that there was a good reason those relationships did not endure. For example, my first love was my high school girlfriend **Laurie** in **New Jersey**. I was constantly high on love for months until we had a stormy breakup when I went off to college, and I never saw **Laurie** again. Often I wondered if we might have continued our love affair and come together for life if I had handled the situation better.

Thirty-five years later a friend of mine in **Maui** invited me to an intimate dinner party at his home in a remote tiny mountain town. "I want you to meet my friend **Eddie**," he told me. I was shocked to discover that this **Eddie** was **Laurie's** brother! When our conversation came around to **Laurie**, I admitted I felt bad about our breakup. "No need," **Eddie** told me. "If you saw the life **Laurie** has chosen, you would not miss her. Her lifestyle and the choices she has made are worlds away from what you are doing." Then he told me about **Laurie's** volatility and scarred relationships. Still I gave him my email to pass along to his sister so I could at least say hello after all these years. **Laurie** never connected. Now I realize that ending the relationship, even for what seemed foolish or immature reasons, was the way it had to be. It had a delightful purpose when it existed, but when that purpose had been served, there was no reason for it to continue.

As we step into spring, the season of renewal, we have an opportunity to let the past go and allow new life to fill us. If you and I can just have faith that what belongs to us will stay with us, and if something served us in the past it does not necessarily belong to us in the present, we would forever shine in the now. Last year's birds built their nests, and both the parents and the chicks have flown on to a new life. When we stay as light as birds in the glorious now, we too fly on to our highest destiny.

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Visit www.MichelleWhitedove.com

Dear Michelle,
I love people and animals and I want to learn how to see an Aura. Hoping that you can give me some tips.

Dearest,
The AURA is your electro-magnetic force field, it's the light of your soul emanating from within. You can train yourself to see auras with a little practice. Start with trees, they have a robust aura. Sit outside when daylight is fading because it's difficult to see the light of an aura in bright sunshine. Clear your mind, open your heart and from a distance look at the tree bark. Within an inch of the bark you will begin to see the white aura that outlines the tree. Practice daily until you see it. Trees don't move so they are great subjects to study first, whereas animals are always scampering about.

Then begin to study people as they are sitting around. It's easier if they are against a solid color wall so that you can look at the area surrounding them. You are looking for a shadow made of light. In the beginning you may only see a faint white light, but the more you practice then you'll see the light in colors. People emanate a variety of rainbow colors in different sizes. Enjoy!

Dear Whitedove,
I'm curious about the information that you may have about the use of marijuana. My Father is not open to hearing any positive aspects because he's so preoccupied in his outdated belief system. Wondering what "Spirit" has to say?

Dearest,
Our creator made every plant with purpose and the cannabis plant has been cultivated since ancient times even before the written word. It's an extremely versatile plant with many positive applications for humanity.

Hemp, the low level THC variety of cannabis was an important agriculture crop and known to be used in ancient Egypt and China. It had been in continual use globally as a natural and renewable resource used for textiles, canvas, linen, paper and rope until it was outlawed in the 1930's. Hemp was known to



Janice Scott-Reeder, AA, BA, Druid
Licensed Psychic, Astrologer, Broward County, FL
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact
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be stronger and superior to cotton. Imagine how many forests could be saved with hemp used as the main source of our modern day paper products?

During the **Great Depression**, smoking marijuana was increasing. After the outrageous propaganda campaign "**Reefer Madness**" it became a witch hunt. Criminalization of marijuana followed and hemp farms stopped production. New laws caused a black market industry and the rise of drug cartels.

When marijuana was classified as a schedule 1 drug and listed in the same category as heroin, this caused long term jail sentences for many. It reinforced the lie that marijuana is a hard drug, when actually it's a stress reducing drug and the "negative" side effects were relaxation and appetite. The stigma of smoking marijuana was fabricated and promoted which is an outdated mode of thinking. In fact, there is a whole culture that uses cannabis to expand their consciousness and heal the mind.

Once a vilified drug, science is now rediscovering the importance of cannabis, CBD hemp oil and tinctures, as medicine and possibly medical miracles in the areas of **seizures, tumors, post-traumatic stress disorder (PTSD), cancer, fibromyalgia, eczema, Crohn's Disease, multiple sclerosis** and certain neurological disorders.

As a food, the nutrients of hemp seed are known to be a nutritionally complete food source: so much so that global hunger could be eradicated because life can be sustained with a handful of seeds.

Cannabis is God's green grass that was put here to sustain humanity. We as a global society should champion its amazing benefits, push forward with medical testing, reduce laws and increase hemp production for paper goods. Natural solutions and herbal medicines are a God send - literally!

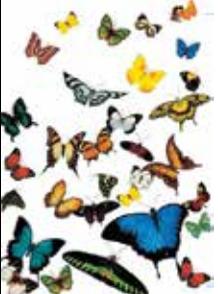
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As springs inches upon us, (although it is freezing cold in Chicago and it's hard to believe it's begun or will ever come) we all know this is traditionally the time for us to go through our homes and give everything a really thorough spring cleaning. As the days get longer and hopefully a little brighter we are ready to come out of our winter mindset and let the sunshine in.

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So lets get to it. Start by clearing out the closets, the refrigerator, and if you are really interested in making way for new life, the basement, garage, and underneath the bathroom sink, getting rid of everything that no longer has a useful purpose, or uplifts your energy.

If it can be recycled, recycle it. If it can be donated, donate it. If it can be composted, compost it. Be ruthless in your effort to clear away the old and get new energy circulating into your life.

Remember that your personal environment mirrors your inner state on every level, mental, physical, emotional, and spiritual.

As you look around what does your home say about you right now? If you are surrounded by clutter and useless bits and pieces, your overall vitality is going to be slowed down, and your energy field is going to be sluggish, less radiant, less attractive, and even stuck.

The more you clean, clear, wash, eliminate, and move the energy around you, the better the energy picks up inside you. This is so true for me that I don't wait for spring to clean on this deep level. I do it every several months, just to ensure I am living in the highest, freshest, most radiant energy possible because my Spirit deserves nothing less than this kind of love and respect.

To help elevate the energy in your life, and begin to attract all the wonderful new experiences you long for, take a keen look at everything surrounding you and pare down as much as you can.

Gather up clothing you don't wear, gifts you received and never liked or will never use, old pots and pans, and assorted dishes that clutter up the cupboards, books that you've read and will never read again, or have never read or will at all, and give them to charity. Don't need for things to be old to move them along. Anything that doesn't lift your Spirit should be put back into circulation for someone else to use and enjoy. In doing this, you are opening the way for gifts to come back to you in surprising ways as well.

...continued on page 28...

ABRAHAM FUN



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

Soulsong #449 - Is There a Golden Age Coming?

Is there a time of peace, prosperity, and international goodwill coming to Planet Earth? Will people universally thrive and live in harmony in an age that's just around the corner? Well, no. This world was not established with that intent.

Earth was set up as a place offering lots of contrast - plenty of things we like and plenty of things not wanted. From that place of great variety, we form preferences and desires for the positive experiences. And here's the secret to life: by focusing on those pleasant things, we can manifest them consistently.

If this became an idyllic, "perfect" world in which I and others had no more desires, it would spell the end of us and probably the end of the planet. For it is fresh, new desire that, every moment, pulls life force into our bodies. And those desires keep the planet spinning, fulfilling its purpose. There's no need to yearn for a golden age and feel impatient or frustrated. There will always be some problems here, there will always be some degree of conflict, there will always be people who "don't get it."

The good news: none of the junk needs to enter my experience. As I consistently remove my attention from what's going wrong and place it on what's going right, I can enjoy my own golden age, starting now.

And through that process, I benefit humankind. For every thought that has ever been thought still exists, available for access, and I'm adding to the good stuff daily.

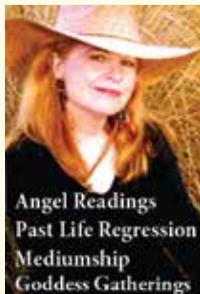
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Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at Heaven Sent 4455 Pinewood Rd Melb 32934

Saturday April 8 MERRITT ISLAND 10am-12pm Prosperity & Faith Workshop with Kim Danbert -- God wants to bless you! Visualization, Faith Plan, Empowering Scriptures. At Book & Bead, 950 N. Courtenay Pkwy call to enroll 321-453-2665

Wednesday April 19 MERRITT ISLAND 6- 8pm Message Service Kim Danbert gives Messages from Spirit. Donation basis at Book & Bead, 950 N. Courtenay Pkwy 321-453-2665

Sunday April 23 MERRITT ISLAND 1-3pm Aura Portraits Kim Danbert produces pastel paintings with interpretation of your Aura. 30 minute sessions. Please call for appointment at Book & Bead, 950 N. Courtenay Pkwy 321-453-2665

Friday April 21, 2017 ORLANDO 7:00pm A New Path to Health for Body and Soul. Medically verified healings of many illnesses. Speaker Matjaz Lesjak, MD of Solvenia conveys Bruno Gröning's knowledge in such a way that everyone can experience his statement, "There is no incurable!" Location: The Center for Pranic Healing, 619 N. Thornton Ave, Orlando, FL 32803 Contact lecture.florida@gmx.net 561-342-1783 More info, see <http://northamerica.bruno-groening.org/>

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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 and Karmageddon, an award winning documentary about spirituality and emotional healing. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

It took me some years to understand that many of us are more afraid of happiness than misery.

Because misery and martyrdom have an inherent safety about them - one is never particularly vulnerable, nor at risk of disappointment. Unhappiness becomes a security blanket, a way to armor ourselves against deep feeling. On the other hand, happiness has an intrinsically risky quality. When we open our hearts to life, we are always vulnerable to loss, to shattering, to having it all fall away. But it can also expand and deepen, joyfully permeating every element of our life. I can often sense when someone has made unhappiness their shield, their perpetual life stance. And it saddens me. Because locking ourselves into a negative way of being is a self-fulfilling prophecy: misery begets misery. Because only through risking something can we arrive at a new perspective. And most significantly, because the rhythms and tides of one's life can truly shift in the blink of an eye. *All it takes is one good day and the whole damn thing can come back to light.*



NOTES from the Universe

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

You do know, of course, why you're here don't you? Because you couldn't resist the challenge!

Nothing in all creation, not in any sphere of the universe, compares to being born into time and space without any recollection of your past. Having to find your own way when lost, your own courage when frightened, and the infinite powers at your disposal when challenged. Left to the elements to rediscover your supremacy over them. Driven by your passions so that you might rise above your humble, naked beginnings and ultimately see through the illusions that have trapped you. To find yourself once again high upon the throne of thy Kingdom come, from whence it all began.

**Walking on sunshine,
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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



LIFE 101 WITH CARY BAYER

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

WHAT IF GOD WAS ONE OF US?

In the early 15th century, a teenaged girl named Joan D'Arc saw visions in which angels told her to lead the French army against the British. She was only a girl, but she followed the directions from above just the same. In the early 21st century, Joan Girardi, the title character of *Joan of Arcadia*--now appearing in syndication on the Sci Fi Channel--carries on conversations with God and despite His challenging assignments, carries them out, too. The program's theme song asks, "*What if God was one of us?*"

What if He was? What if, each week without fail, God gave you specific guidance to align you to your higher purpose? What if, each minute, God gave you such counsel? Sure, it sounds great, but what would you do if the directions you were given didn't seem to make much sense to you or, worse, you didn't like them?

Joan, for example, was told, in one episode, to take her best friend's sculptures out of a school art show; in another to build a boat despite having zero construction skills; and in yet another to take an advanced placement science class despite a poor grasp of the subject. These seemingly inane tasks cause her to kick and scream. However, by carrying them out, she repeatedly winds up fulfilling a bigger purpose than her less than cosmic consciousness ever could have imagined. As viewers, we can't see the methods behind God's "madness" either--until the end.

What if God could ride a bus? On this show, He does; Joan sees Him (quite often Her) on public transportation, in school corridors, in parks. **Joan** gets messages from God through ordinary-looking people--mechanics, children, bookstore workers. Maybe--just maybe--you do, too. *Perhaps your life coach is giving you assignments inspired by God. Maybe your significant other is giving you God's advice. Maybe a co-worker is God covering your back.* The Creator talks quietly in your mind between your thoughts, and you call it intuition. God zaps you in your guts loud and clear to tell you when something is right or wrong for you. God whispers in your ear, and you think, "Something tells me..."

Find and watch *Joan of Arcadia* and see how natural it is for a teen-aged girl to get instructions from God. Then look at your life from a God's-eye view to see which channels God is using to give you ongoing counsel and feedback. Then follow it. You'll be glad you did.

MONTE FARBER'S QUANTUM AFFIRMATIONS TECHNIQUE



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

WHAT IS YOUR GIFT?

What gift were you seemingly given and that you now share with the world? What flows to you and through you effortlessly and endlessly? **Identifying your Gift** is the **Third Step** in my **Quantum Affirmations technique** designed to help you resonate with (now) and live in (eventually, sooner than you think!) the probable future you'd like to be living in now.

So what's your Gift? Being a kind person is a Gift and one that the world needs more and more, so if you are kind to people that is most certainly a Gift to work with when you do my QA technique. Your Gift, however, can literally be anything you are good at, parenting, cooking, business, friendship, partnership, recreational activities, communicating, literally anything.

Why do we identify our Gift as the **Third Step** in my Quantum Affirmations technique? Because we're working on dialing down your fear and other excited emotions regarding your Goal because they are a big reason why you have not already attained your **Goal, Step Two**, where we **Examine Your History With Your Goal**. Once you have identified your Gift, you are ready to dip your toe into the ocean that is **Visualization**. **Quantum Affirmations work because they are inextricably linked with Visualization which is, in turn, inextricably linked with your sub-conscious and intuitive faculties, both of which speak in symbols and emotion-feeling-tones.**

When you are alone in a place where you won't be disturbed - take some deep breaths, close your eyes, and see yourself fully manifesting your Gift, that which flows to your effortlessly and endlessly. Relax into this visualization of you working your Gift until you're comfortable and ready to bring your Goal into the mix.

Blending your Gift with your Goal is Step Four of my Five Step Quantum Affirmation technique. Right now, you should just concentrate on luxuriating in and appreciating your Gift. I'm sure you'll agree with me when I say that very few of us take the time to realize our Gift and, once we do, we are often surprised that we have more than one Gift, often many more than one.

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

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ABRAHAM-HICKS

...continued from page 9

Since a powerful desire for improvement is always born out of unpleasant situations, the larger part of you is already experiencing the benefit of the contrast you have lived, and you can—much more easily than many of you believe—begin, right now, to receive the benefit of that contrast. It may not be easy at first, but it really is as simple as making the best of where you are.

In every particle of the Universe, there is that which is wanted—and the lack of it. By making a decision to orient yourself to look for what is wanted, you will change your vibrational patterns of resistance and it will not be possible to remain in unwanted situations for long periods of time.

A Rampage of Appreciation is one way to speed the process.

A FUN GAME FOR GIVING THANKS

The Rampage of Appreciation game can be played anywhere and at any time because it is easily played simply by directing pleasant thoughts in your mind. If you were to write your thoughts on paper, it would enhance this process, but it is not necessary.

GIVING THANKS

Begin by looking around your immediate environment and gently noticing something that pleases you. Try to hold your attention on this pleasing object as you consider how wonderful, beautiful, or useful it is. And as you focus upon it longer, your positive feelings about it will increase.

Now, notice your improved feeling, and be appreciative of the way you feel. Then, once your good feeling is noticeably stronger than when you began, look around your environment and choose another pleasing object for your positive attention.

Make it your objective to choose objects of attention that easily evoke your appreciation, for this is not a process of finding something troubling and fixing it; this is a process of practicing the higher vibrations. The longer you focus upon things that feel good to you, the easier it is for you to maintain those vibrational frequencies that feel good. And the more you maintain these goodfeeling frequencies, the more the Law of Attraction will deliver to you other thoughts, experiences, people, and things that match your practiced vibration.

Since it is your primary intention, as you move through your day, to find things to appreciate, you are practicing a vibration of less resistance, and you are making your connection to your own Source Energy stronger.

SHOWING GRATITUDE AND APPRECIATION OFTEN

Because the vibration of appreciation is the most powerful connection between the physical you and the Non-Physical You, this process will also put you in a position to receive even clearer guidance from your Inner Being.

The more you practice appreciation, the less resistance you will have in your own vibrational frequencies. And the less resistance you have, the better your life will be. Also, by practicing this Rampage of Appreciation, you will become accustomed to the feeling of higher vibrations, so that if you ever revert to an old pattern of conversation that causes resistance in your vibration, you will notice it, early on, before the vibration gets too strong.

The more you find something to appreciate, the better it feels; the better it feels, the more you want to do it; the more you do it, the better it feels; the better it feels . . . the more you want to do it. The Law of Attraction assists with the powerful momentum of these positive thoughts and feelings until, with very little time and effort, you will find your heart singing in your joyous alignment with who you really are.

And in this wonderful-feeling vibration where no resistance exists, you will be in an exaggerated state of allowing; you will be in the vibrational state where the things that you desire can flow easily into your experience. The better it gets, the better it gets!

BE GRATEFUL AND MORE GOOD WILL COME

Every time you appreciate something, every time you praise something, every time you feel good about something, you are telling the Universe: “More of this, please.” You need never make another verbal statement of this intent, and if you are mostly in a state of appreciation, all good things will flow to you.

We are often asked, Isn’t love a better word than appreciation? Isn’t love more descriptive of the Non-Physical Energy? And we say that love and appreciation are really the same vibration. Some use the word gratitude, or a feeling of thankfulness, but all of these words are descriptive of Well-Being.

A desire to appreciate is a very good first step, and then as you find more things that you would like to say “Thank you” about, it quickly gains momentum. And as you want to feel appreciation, you attract something to appreciate. And as you appreciate it, then you attract something else to appreciate, until, in time, you are experiencing a Rampage of Appreciation.



HOW TO KEEP THE FAITH AND KEEP GOING

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

I understand how frustrating and disappointing it can feel, when your dreams don't seem to be immediately realized. You are excited to share your product or service with others, and to get going with your life purpose career. This can also be true with your prayers for healing, relationships, and so forth.

I felt that way when I sent my first book proposal to potential publishers, and all I received were rejection letters. At first, I thought this might be a sign that I wasn't meant to be an author. Yet here's what I want to share with you: If you repeatedly and continuously receive a message to do something positive . . . do it! That's your inner divine guidance, urging you toward your life purpose.

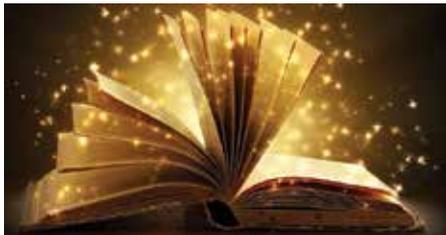
You may receive these inner promptings as feelings, intuition, thoughts, ideas, visions, or signs. It feels like your angels are persistent coaches who are encouraging you to keep going - and they are!! That's what my guardian angels did with my first book. Although it had been rejected, my guardian angels urged me to take the printed manuscript out of my desk drawer and send it out again. They clearly guided me to make photocopies of the manuscript and send it to 44 publishers!

And this time (although I received 40 rejection letters), I was accepted by 4 publishers!

Look at those Angel Numbers! The number 4 means the angels are with you, and they certainly were when they pushed me past all of my fears of failure and success. The angels had me focus upon my mission: to help as many people as possible, instead of focusing upon fears.

Similarly, when I first had a clear vision to create angel oracle cards, my publisher didn't immediately "get" the concept. So I received a rejection. Yet, the angels never get discouraged, and they urged me to ask my publisher again . . . which I did, and received a second "No." Those angels are persistent and tenacious, because they had me ask my publisher 4 times, and finally I received a "Yes."

If you're experiencing blocks or delays, please keep the faith and keep going. Listen to the persistent divine guidance, which will support you and open all the right doors for you. Do not let the world's "No's" stop you from following all of the "Yes's" you're receiving from God through the angels.



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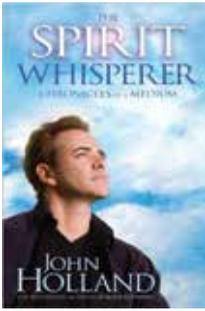
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5 WAYS TO FIND YOUR TRIBE WITHIN YOUR COMMUNITY

... continued from page 12 ...

1. LOCAL EVENTS

Try asking your neighbor if there's a certain event coming up that fits the activity that you like or enjoy.

2. ONLINE

Is there an online community where you can share your thoughts?

3. FORM YOUR OWN CLUB

Maybe there are certain friends you know now who have similar interests, but you've never acted on it. You could even be the leader and form something new!

4. TAKE A CLASS

Is there a class or workshop that keeps grabbing your attention?

5. VOLUNTEER

If you're a lover of animals, is there a local animal shelter that could use your help? I find that animal people have a bonding experience that can only be shared with other animal people.

These are just a few suggestions. But remember, the more spiritual you become, the greater the possibility that some friends may fall away. It's as if your vibrations are no longer in sync. Please know that it doesn't mean they are bad people - it's just that you may find they cannot relate to your journey.

Please take heart, because for every person who leaves, a new tribe member will soon appear and step into the void.

You have to know and believe that our thoughts attract, and the same goes for like-minded people somehow finding each other!

Sometimes your tribe becomes your soul family. Reach out and explore. Don't let life live you - you live life! Trust and have fun!



SPRING CLEANING

... continued from page 16 ...

I have a client who donated her piano to a school and fell in love with the new school principal as a result, so you never know what wonderful gifts await your generous recycling and re-circulating. As you lighten the load, so will your Spirit lighten up too.

Once you clear and eliminate, do a spiritual cleansing of the energy as well. There are many ways to do this, from opening all the doors and windows and burning a little sweet grass and sage, while beating a drum or ringing a bell just to stir up old dormant vibrations and move them along. This always feels good to do and while stirring up the energy around you, notice how it stirs up the energy inside as well, maybe in ways to get you motivated and off your duff if you've been a bit on the lazy side.

Another wonderful way to clean both space and energy is to pour equal parts vinegar and water into a spray bottle and use it to wash down and freshen surfaces. Hold positive intentions in your heart and mind as you work, and to add even more light and love to the vibration sing as you clean.

Be thorough as you work. Get into the corners with your broom, mop and vacuum so that stagnant energy is chased away. Put on your favorite rock star music and dance your way through this part of the spring clean so you invite your joy guides in to fill up the newly cleansed energy with love and laughter.

If you want to sanctify the energy you may want to burn a fresh scented candle once you are finished with the heavier work, and as a means of blessing your newly cleared space.

Say a prayer for protection, peace, calm, and joy to fill the home and ask your divine helpers to surround it and keep it's energy bright and beautiful for you and all who live here to dwell in. Don't leave the candle unattended though. You want to clean and clear but not down to the ground.

As a final step in your spring-cleaning, end the experience with an Epsom salt bath to clear your aura and cut energetic cords to the past. Soak for a bit and as you do ask your higher self to usher in new and higher aspects of your Spirit to express fully though you now.

And then don't be surprised if you spring into action with radiance, vitality, creativity and more joy than you have felt in a while. Happy Spring.



This month's thoughts about things...

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

... from page 7

I'm neither an activist nor a protestor, but it felt good to have cut ties with Wells Fargo. I did not want my dollars to contribute to human rights abuses and environmental issues such as have been and still are happening at Standing Rock, ND. *I also didn't want to continue to focus on the issues, either. I know whether something is TRUE or not doesn't matter. If I am focused on something that is not taking my attention in a direction that makes me happy and hopeful about my future, true or not, it's not doing me any good to think about it.*

RESISTING CUTS OFF THE FLOW OF MY GOOD

A pal overcame cancer a few years ago. It was quite the journey but she's a trooper and now on the other side of it. She's having a health flare-up lately, not surprising because she's active in the protest/resistance movement. *I know if I give a lot of attention and energy to anything I don't like, that introduces resistance into my vibe which cuts off the flow of my good.*

RESISTANCE TO ANYTHING KINKS MY HOSE ON ALL TOPICS

The resistance kinks the hose so to speak. So even though she's fighting for a good cause, she's still fighting and the universe will continue to give her more to fight about because she's always proving herself fit for battle. Some protest and march against something they feel anger and hate for. They just want to see them taken down. I can prefer things be other than they are without feeling outrage. Twenty years ago I'd have felt outrage but *I've come to know everything that happens is just leela, a play of the Universe. Acceptance sparked insight.* Another friend's video after overcoming cancer using lifestyle change --> https://www.youtube.com/watch?v=ifNo3D-Oo_g

I CAN USUALLY FIND THE HELPERS

I'm a good tracker. I can find helpers where people think no helpers are to be found. I make posts and comments – not to take anyone down – but to keep informed those who may be interested in helping change come about. To shine a light for those who feel motivated to help.

WE CAN LEARN BY WATCHING HOW ART IMITATES LIFE

I've been watching Greenleaf on Netflix, it's an excellent show with provocative dialogue. "The Greenleaf family, which runs sprawling Memphis megachurch Calvary Fellowship World Ministries, appears to be a loving and caring clan. Beneath

the surface, though, exists scandalous secrets and lies. Greed, adultery and sibling rivalry are among the issues that threaten to test the family's faith and tear the group apart. The scandals happening are uncovered by Grace, the estranged daughter of church leader Bishop James Greenleaf, when she returns home after a 20-year absence." There are some great lines in the show. For instance:

IS THERE REALLY A HELL WHERE PEOPLE GET PUNISHED FOR ALL ETERNITY?

When asked "Do you really think there's a Hell? Someplace where people get punished for all eternity?" Bishop Greenleaf responds. "I've never been much for this God of punishment. I know the Bible says it's a fact, but I've never seen any evidence of it myself. *Most sin, to me, seems like it brings its own suitcase of pain with it when it walks in the door. That being said... I think when we die, we go immediately and completely into the presence of the pure love of God. And for some of us, depending on what we've done, to discern in that moment how much damage we did, how good it all could have been otherwise... that's going to feel like Hell.*"

Oprah Winfrey has a regular role on the show. She has some great lines, in this one, talking to a brother threatening her. "I don't know how you got to be the way you are. It's one thing to be sick, it's another thing to go walking around peacocking about it. But I remember my Bible and that kind of prancing is reserved for Satan." I didn't grow up believing in Satan but I get the drift. I also see that's what some say our current president is doing.

STICK TO THE ISSUES IF YOU WANT TO BE TAKEN SERIOUSLY

I've seen the Saturday Night Live parodies and I can appreciate a good satire. A pal who takes serious issue with what's going on makes comments like, "The Cheeto in Chief keeps his jacket on so you don't see his diaper butt." When people take the attention off the issues and put it on something personal, it dilutes their integrity for me. Personal attacks just show you're an angry or mean person. If that is not how you want to be seen, sticking to the issues is how you get issues resolved.

SCANDALS ARE SIGNS THAT DARKNESS CAN NO LONGER HIDE

Doreen Virtue says news reports of scandals are cause for lightworkers to celebrate. Not because of the scandals themselves, but because they are clear signs that darkness can no longer hide. Those scandals have always existed. The difference is that they are now discovered and reported. Everyone is aware of the truth. Darkness is running, resigning, and trying to hide . . . but it faces total eviction from our reality as we each allow God's light full access to shine through us. When you turn the lights on in the room, darkness vanishes. Keep shining and speaking your truth, as that's your divine purpose.



Enjoy our offering this month. Hari Om.

Andrea



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

HOROSCOPES APRIL 2017

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

Aries – (March 20 – April 18) Expect the unexpected this month when Uranus, the planet of miracles joins the Sun for the April 10th full moon. Every full moon delivers a harvest of some kind, and all of this action in your solar first house benefits you personally. Jupiter and the Moon aligned in Libra at this time suggest that you will advance through partnerships. Surrender, Aries - you need help, but it's there for you.

Taurus – (April 19 – May 19) It's critical you keep your spirits up this month, Taurus. Mars traveling through your sign gives you energy and drive, but asteroid Ceres is also dining at your sun sign table. Goddess Ceres must be handled with kind discipline; her lesson is to learn to flow with change and not hold on to the past. Anger does nothing to clear the way for your next step - remain a lover of all that life has to offer.

Gemini – (May 20 – June 19) It's critical that you speak out, Gemini. With Mars and even retrograde Mercury in your solar 12th house, what you suppress sits in your energy field like undigested food. April is a critical, turning point month and your core vital energy is highlighted. The stars deliver a lesson in management of your personal power. Choose wisely because the way things shape out now will have a long lasting impact.

Cancer – (June 20 – July 21) April is a key month for your career success, Cancer. All that you have been working towards finally comes together cohesively as you gain needed traction. There may be lingering issues that demand your time and attention at home, but know that there is a silver lining to everything that happens at this time. Stay focused in times of chaos; the winds of change are blowing positively in your favor.

Leo – (July 22 – August 21) Consider April to be your transitional month, Leo. Accept this state of flux as a time to establish new work and health routines. Focus on the small things in your life and honor each morning as a critical time to set a tone of peace for the day. You need some 'down' time to replenish your vitality. Remember that gracious Sol is your planetary avatar; let the Sun shine on your soul as you rebuild your body.

Virgo – (August 22 – September 21) There may be uncertainty in your exterior world, but find a way to calm your nerves and focus on the abundance that is possible for you now. Your rightful place is one of comfort, so, even if you have to overlook minor annoyances right now - settle into a zone of feeling good. And, when in doubt - the correct answer is 'yes'.



Libra – (September 22 – October 21) Finally, Libra, things are running smoothly and you're ready to take on the next phase of your work. Partnerships are important to your sign, but the critical relationship now is the one you have with yourself. Be prepared for a sudden opportunity to materialize - your ability to act swiftly and decisively is key to a successful outcome. Make like a good scout, and be prepared.

Scorpio – (October 22 – November 20) There is a so much energy available to you this month, and the secret to success is time management. You may feel invincible, and generally you are, provided you don't take on too much. Focus on the small picture, and the overview will fall into place nicely. Balance with play and find a moderate exercise routine. Just don't go overboard and take on more than you can comfortably handle. Practice saying 'no'.

Sagittarius – (November 21 – December 19) The fire energy of an Aries sun enhances your sign, Sag. Take a deep breath and embrace the good energy that is coming your way. Another bonus for April is that the full moon of April 10th is joined with Jupiter, your planetary ruler. This bodes well for you with a promise of benefits coming through both personal and professional partnerships. Expect the best!

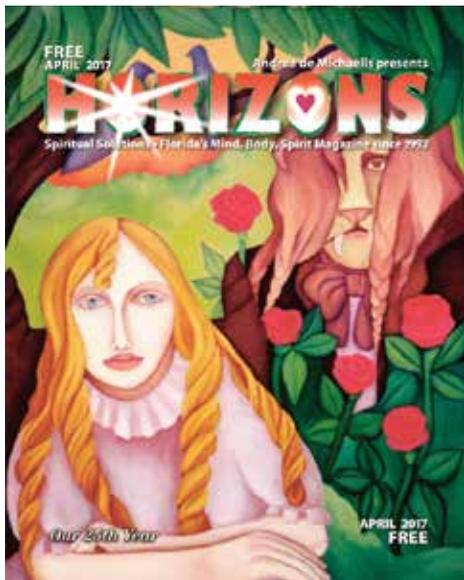
Capricorn – (December 20 – January 18) You are now in a reorientation phase and new people and situations will enter your life quickly. So much of what was once a part of your life is simply no longer interesting. Embrace this season of Light and joy. You tend to get serious, and it's time to give that up. Hard work will not really win the day for you now; allow the Universe to gift you, and accept the easy gains with delight.

Aquarius – (Jan 19 – Feb 17) There is no denying the full moon of April 10th will reverberate through the ethers. With the Sun conjunct your ruling planet, Uranus, think of this event as setting up a new energetic template. You're an important cog in this wheel. You may not be impacted personally, but know that you play a role in the Universal connection that is needed for the human race to survive.

Pisces – (Feb 18 – March 19) Venus retrograde in your sign until April 15th invites you to enrich your life in every way. Tune in and listen to the tonal whispers in art and music; open your inner eye to an ever present world of subtle colors. Like the gentle rising of an ocean tide, you are present to expand what is good. Embrace your role as a planetary healer in what appears to be a world of troubles.

COVER ART BEAUTY AND THE BEAST

ROBYN BELLOSPIRITO



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



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

For more info please visit www.robynbellospirito.com.



CHANGE

...continued from page 8...

G is the great gift. Can you imagine a time when, whatever you are worried about right now, eventually becomes the greatest gift of your life? You may say, "Something happened that caused me to do something I never would have done before, which put me in a place I never thought existed. I'm peaceful, and I'm with people that I love instead of having drama with others who are in turmoil." That's the beauty and wisdom of an old soul. Being able to see a gift while in turmoil is an attribute of wisdom.

E stands for beautiful energy - The energy of completion, compassion, balance, understanding, and a good night's sleep. Do you realize how well you sleep when all is well in your life? You cannot take an old energy consciousness and simply reframe it overnight. I'm giving you the ABCs of this shift. The planet needs you to do this work now. Expect to live longer than you expect to live. Watch your language, because by habit you often verbalize your own demise. Watch the words that come out of your mouth because they really do set a pattern of the reality of who you are. Think to yourself, "There's a grand machine listening to every word, and that machine will deliver what I'm asking for." Stop and reframe that which you say to others. Let the integrity of all of this sink in. Think about what you're saying and reframe words into benevolent, compassionate things that you expect for yourself. Affirmations are the key and we have said this before: Make your own affirmations and say them out loud. Let your body hear who you are, as if you are placing an order in a restaurant.

When? When will it happen? Not soon enough. There is learning and recalibration here. Doesn't that make sense? You've only just arrived into this energy. There's going to be learning and there will be some who will pass over and come back and continue, but as I have said before, when you come back, you'll be aware of what's happened. You won't make the mistakes that you made before and you'll continue who you are. There'll be a sense delivered from your Akash and you will remember what you're here for. It could indeed be a while before you start to see these things manifesting on your news, yet many of you are starting to see them now in your personal life. You start small and get big. It's a great message of what really is happening on the planet. Make no mistake. You don't have to be of a certain belief for any of this to happen. Major religions on the planet teach compassion. Watch for this, for they will start to morph as well and what they will do is they will start seeing one another differently. Watch for this. There will be forgiveness - watch for this. There will be a realization that they are all on the same track with the same creator - watch for this. The process will be intrinsic. That's who you are, old soul. Let the change begin. And so it is. KRYON

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

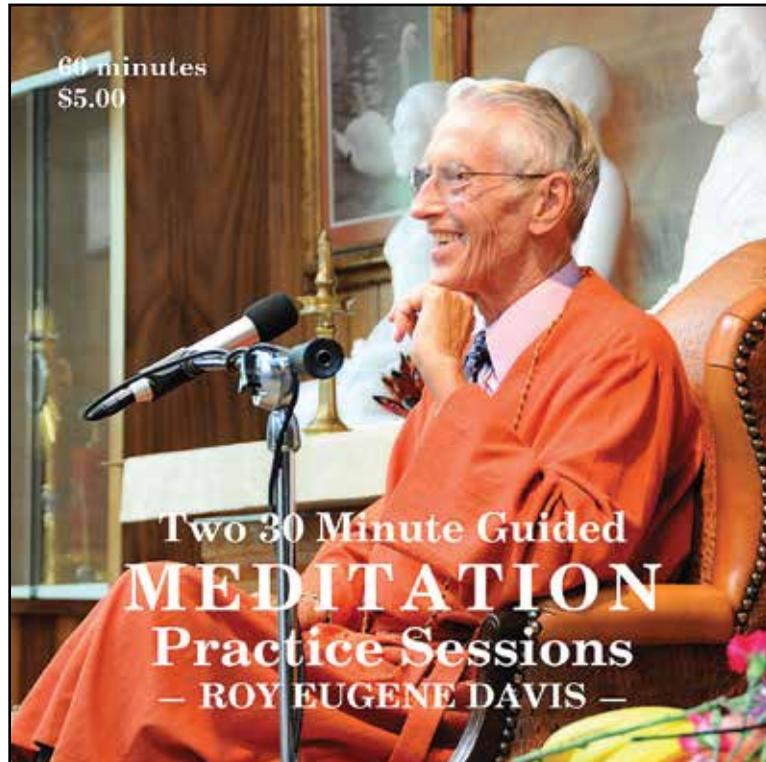
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