FREE APRIL 2018

Andrea de Michaelis presents

Spiritual Solutions • Florida's Mind, Body, Spirit Magazine since 1992

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## THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Crystal Intentions Oracle; Angels & Gemstone Guardians Cards and Essential Guide to Aromatherapy and Vibrational Healing. Find out more at MargaretAnnLembo.com and TheCrystalGarden.com

## **Petition for Divine Intervention: Angelite Gemstone**

**Heavenly blue angelite is a good stone for attracting Divine intervention through communication with the angels.** You have the ability to talk with and listen to angels—so much so that it is as real as being able to chat with your friends. Use this stone to open yourself up to communication with the angelic realm and the realm of invisible helpers. Messages from the other realms come in a variety of ways—for example, as signs in nature, on billboards, or through intuition.

Angelite is a stone of communication, which is a two-way process—sending and receiving. Employ this stone when you need to be a better listener. Use it to sort out your thoughts and organize all aspects of your life.



Hold a piece of **angelite** and call on the angels to help you with your emotional upsets. If you feel the need to cry or if you are experiencing internal emotional angst, touch this stone and gaze at the calming blue color while you form the thought or prayers asking your angels to help you. Talk to the angels like you would a good friend and ask for guidance and understanding. Become consciously aware so you will know when the messages are provided. Ask the angels to help you interpret the messages so you can apply them to your daily life. Imagine and know that you have a legion of angels available to you.

### **USE THIS AFFIRMATION WHEN YOU USE OR WEAR ANGELITE:**

I communicate with ease and grace. Guidance and inspiration from my angels and spirit guides come to me constantly. I easily interpret and use the signs and messages from angels. I feel the entourage of angels orchestrating cosmic coincidence in my life. I feel calm and at peace.



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To welcome all people and experience our oneness with God *Rev. Beth Head* welcomes you



Sunday April 1st April 1st Easter Sunday Services, 9:30 & 11:00 a.m. At both services, we will

be touched by Mandy Bass's personal transformation story "Forgiving the Unforgiveable: My Journey to Wholeness after a Brutal Attack." At 11:00 a.m. we will have children's church and then our youth will enjoy an Easter Egg Hunt, Easter games and Easter crafts.

#### Saturday April 7th 9:00am - noon Workshop: "Why in the world would you do that?" Facilitator: Valarie Parson

Haven't we all asked ourselves that question when we witness behavior that makes us scratch our head? Why do humans behave in such diverse ways in the same setting? Join Valarie for a fun and engaging look at four basic interactive styles of human behavior. Discover your style, and understand the styles of others in your world. The class is based on a book by the same title and written by Valarie's corporate leadership trainer, Dave Mitchell. Come on out. Connect. Enjoy the fun! Cost is \$25.00 with all material provided including a self-assessment for each person.

#### Sunday April 8th 9:30 & 11:00am "The Power of Understanding People" Speaker: Valarie Parson

#### Tuesday April 10th 9:45am or Wednesday April 11th 6:30pm 7 week Book Adventure: "Seven Pathways to Your Deeper Self" with Maggie

**Rosche.** Discover what it means to be a "modern mystic" by living the truth you know. Learn what a "mystic" is and identify the mysticism inherent in our Unity Principles and Powers, and in Unity of Melbourne's unique Vision, Mission, and Values. Discover, in the context of a mature Christianity (or any tradition), the God who is "closer to me than I am to myself." See the path of the mystic as within your reach. Grow in compassion for the world, and develop a learned capacity to recognize God within ourselves, others, in all things. Suggested love offering \$20.



#### Sunday, April 15th 12:30 pm Bridge to Freedom Workshop: How to Let Go and Let God Heal Your life with Mandy Bass

In this experiential workshop you will discover practical tools from A Course In Miracles, Ancient Huna and Buddhist traditions (as well as modern neuroscience-based approaches) to work through fear and cultivate forgiveness. Suggested love offering \$25.

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

Come learn about some amazing organizations, products and services that are helping improve our relationship with the en-

vironment and the animals we share it with. Informational talks, demonstrations, an organic farmer's market, Vegan and Organic food options, eco-friendly activities, and a drum circle to honor mother earth!

#### Monday April 23rd 6:30 pm (5 weeks) Class: Absolute Abundance – First Steps

Facilitator: Rev. Beth Head This class focuses on these fundamental concepts: the power of your thoughts, the roles of gratitude and giving and the importance of visualizing your life. This class qualifies as one of the required membership classes.



Sunday, April 29 12:30pm Drum Circle with Fred Goodnight Come and find your rhythm and have a great time. No experience necessary. Suggested love offering \$10.

## **Ongoing Events**

First Sunday of the Month - Reiki Healing Service after both Sunday Service Second Friday Night – Game Night 6:30pm Noon Prayer Service Tuesdays and Thursdays Tuesdays – Course In Miracles 7:00pm Wednesdays – Melbourne LGBT AA 6:30pm

Join us in a Journey of Spiritual Discovery www.unityofmelbourne.com



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

## The greatest optical illusion is separation

## <u>Publisher/Editor/Creator</u> Andrea de Michaelis

<u>On the Cover (page 31)</u> Fairy Song by Holly Sierra

**Contributing Writers:** Walter Dudley Cavert Richard A. Singer, Jr. **Michelle Whitedove Flavia Kate Peters Cecelia Avitable Margaret Lembo Meriflor Toneatto** Abraham-Hicks Karen Williams **Mike Dooley** Alan Cohen Tom Sannar Maya White **Pam Grout** Jeff Brown

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

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



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

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

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# 12 Steps of iritual Freedom

http://oneheart-onemind.org Email dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

11. Gratitude. Lam 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.



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

Andrea de Michaelis Publisher in 2016

begins coughing. A lot.

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

**HELLO AND WELCOME TO THE APRIL HORIZONS.** I sit in my yard in the mornings, in the clearing hidden from passers-by behind the hedges that line my property. I drink a **Cuban** coffee and watch the walkers and bicyclists stream by. I always know when the man behind me wakes up because he

## DAILY PRACTICE, DEPOSITING INTO THE THOUGHT

**FORM BANK** His coughing has become such a part of my morning that I count it as part of my daily practice when I hear him to say a prayer and breathe a little deeper for those who can't. I mean, *if we're All One, maybe when I'm breathing I'm breathing for everyone. Maybe when I'm being calm, I'm creating a moment of calmness for everyone.* I know that by doing that I'm throwing that thoughtform up into the big **Thought-Form Bank** in the sky so that anyone who wants to feel that can ask for it and they can draw from that bank I deposited into. At the end of each day, I go back thru my day to see what I deposited into everyone's bank that day.

### DO YOU FEEL YOUR DREAMS HAVE BEEN DASHED?

A friend told me her dream has been dashed, she misses her best friend who passed last year and a physical disability is beginning to make things difficult for her. Doubt and fear of the unknown has her frozen into inactivity. Sound familiar? These are not horrible happenings, this is the cycle of life.

### THE CURE: FIND A NEW FRIEND, FIND A NEW DREAM

Ponder it as long as you feel you need to come to clarity, but the answer is find a new dream, find a new best friend, find new things your body can do to make up for something your body may no longer do. The sooner you get on the program doing that, life will present you with all sorts of opportunities for fun and creative ways to find meaningful activity in your life. But you have to discover new things to be excited about.

### THE MORE YOU FOCUS, THE STRONGER YOUR SIGNAL

Did you ever notice that when there's been no new person or project exciting in your life for awhile and then there is, suddenly there's 2 and 3 and 4 of them? That's because the more you focus on the good feeling you got from the one, the stronger your signal. "*Bring me new inspiration*." Asking is powerful. When we ask, we will be guided to new inspiration or a new goal, new job, new friend or new muse.

#### WE HAVE TO ASK FOR IT

When you're ready, sincerely ask internally: "Whoever or Whatever is up there or out there, please bring me something to be intensely interested in and inspired about, something to bring new spark into my life. Thank you." It never fails. Never. And yes, God and the Universe know what your needs are, they know you need a new job, a new whatever but THE REASON YOU ASK is so they know what you are consciously prepared to work on beginning now.

#### DON'T THINK OF IT AS PRAYER

A few friends tell me they don't believe in prayer or they are **Atheist**. That doesn't matter. Think of it instead as a project. You're just making a statement out loud of what you most want right now. For the period of time you are doing the project, pretend that there is something that is capable of hearing you and leading you to the answer you seek. Don't call it **God**, don't call it **The Universe**. Just pretend there is some mechanism in place to guide you to more precise direction and information when you focus your attention.

#### DON'T START WITH SOMETHING YOU DON'T BELIEVE IN

If you're a skeptic, for the first project, don't say you want a million dollars. Your mind is already rebutting that saying it's impossible, so that won't get off the ground. Start with something simple such as wanting to resolve a conflict with a loved one or a situation at work. Guide me to understanding, clarity and resolution. Then go about your day gently bringing the situation to mind a few moments at a time to see what changes might be brewing.

#### **GUIDE ME TO A NEW INTEREST**

Perhaps you want to discover a new interest, a new career path. *Guide me to new inspiration. Bring me something I can develop an intense interest in.* Then look everywhere for it. Consider everything you see before you as part of the answer. *If this was my answer, how can I decipher it? What does THIS have to do with THAT?* Then listen carefully. When you begin to look at everything as a metaphor, guidance will begin to pour in for you.

### GUIDANCE ISN'T A BIG BOOMING VOICE FROM THE SKY

Many times we're flooded with guidance but we discount it because we think we're hearing our own thoughts. It can be as subtle as the next thought that comes in your mind. I've been in groups where participants try to top each other and tell what vivid supernatural experiences they've had. That leaves others who've had more subtle nuances of guidance doubting that they've received anything since it wasn't a big shouting voice from the sky. Don't get wrapped up in any story that anyone tells you they have experienced, yours can be a whisper that you think is your own voice so don't discount whatever comes. Half of them are fibbing and exaggerating anyway.

### WHY BOTHER WHEN LIFE IS SO MISERABLE?

A friend is discouraged and says why even bother with so much misery in the world? Sure there's a lot of misery in the world but there's also a lot of beauty and happiness. If you're able to help solve the misery by all means do so.

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## 5 SELF-LIMITING BELIEFS TO ELIMINATE THIS YEAR



Pam Grout Explains Exactly What Will Change When You Do

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

No matter how it may appear to the naked eye, life in its pure, unadulterated form (without our "life sucks and then you die" consciousness laid over it) is a bubbling cauldron of possibility, composed of pure, perfect love.

The very fact that we still see heartache, limitations, and death is proof that we do not understand reality at all. We focus in on a very narrow band of experience, completely denying the many dimensions beyond the five physical senses.

Our ignorance has erected a worldview based solely on problems, on fear, on protecting ourselves from all the things that could go wrong. It has led us to separate ourselves from the whole and to believe that this, this limited viewfinder filled with individual beings, is what we have to work with.

But the dominant "life sucks and then you die" paradigm is nothing but a fictional story, a made-up pack of lies we've been telling ourselves for the last . . . I don't know . . . 40,000 years?

Like radio signals, our thoughts broadcast our beliefs and expectations out into the quantum field (or what I like to call the field of potentiality, the FP) and bring back into our lives an exact vibrational match. Quantum physicists have proven that it's impossible for us to look at anything without impacting the thing we're looking at. It's called the observer effect, and while it wreaks havoc on everything we thought we knew,



it's actually quite exciting. Because it means:

- 1. We're not stuck with the 3-D reality we think is "it."
- 2. We're not helpless victims.

3. And there's a whole cheerleading squad of multidimensions just waiting for us to get with the program.

What we now know is that everything we think is an objective world "out there" is nothing but a reflection of what exists in here. And by "in here" I mean the consciousness that is doing the observing.

It's totally cool that your thoughts wield this kind of influence. It means that you and a relatively active imagination can create just about anything you desire. By sending your thoughts out into the quantum field as scouts, they bring back all sorts of riches.

The true Reality (that we're all one, that the world is abundant and strangely accommodating, and that love is the final answer) is starting to emerge in the hearts and minds of individuals all over the planet, individuals who are standing up and proclaiming, "This can't be right. There has got to be a better way!"

The way I see it, there are just two things we need to know:

- 1. The universe has our back.
- 2. Everything is going to turn out okay.

That's 12 freaking words. Everything else is just a big ruse that we, in our misguided thoughts, sent scouts out to retrieve from the field of infinite potentiality.

Anyone who has ever donned a pair of Spanx understands the reality of Worldview 1.0. We have squeezed our big, beautiful selves—our radiant, multidimensional spirits— into a tight, often-uncomfortable garment known as a body.

As babies, we tune in to the adults around us. We see what they're drawn to. We notice how they behave, what they reject, and what they praise. We learn early on what is "beauti-

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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.

#### Q: I have an eight month old at home, and I'm very curious about babies. I've heard you talk about as soon as they're conceived they have their stream going.

A: That stream is their Nonphysical awareness - that's that Nonphysical stream, and at the moment that they take their first breath and have some awareness of their physical environment, now they have two points of attraction and two points of consciousness.

#### Q: OK, so they have a little bit of resistance at birth. OK, I just want to clarify: They are vibrationally independent, as in they can choose for themselves?

A: Yes, and already have. And let's talk about that just for a moment based upon what we just said - none of you are really ever completely vibrationally independent from your Inner Being because your Inner Being is momentum that came forward with you. None of you are ever vibrationally independent from the goodness of who you really are. In other words, this Source Energy You is always the dominant Energy, and is always calling you to it. But when you try to accomplish independence from that, or let's say separation from that, you don't feel so good.

## Q: Right, but I'm talking about vibrational dependence on or independence from other people.

A: So often you think you want your independence, but you don't want independence from clarity and you don't want independence from Source and you don't want independence from vitality - the reason you want independence is because you have a vibration going on that you don't like. But the seeking of independence is not really a healthy thing because it's a pushing against what you don't want usually. It's like with people who say "I want freedom," they always mean freedom from bondage, so bondage is a big thing in the vibration, bigger usually than the freedom that they're saying with the word.

## **Q:** OK, so the independence we're seeking is really independence from our resistance?

A: The independence that you're really seeking is independence from those who aren't your guidance system, so that you

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## BENEFICIAL HERBS FOR YOUR GALLBLADDER

Your Gallbladder is a small little organ that collects and concentrates the bile made in the liver that your body needs to coat and protect the intestines and for the breakdown of fats and proteins. Usually the gallbladder goes unnoticed unless it becomes inflamed, infected or clogged with stones; that's when you feel an intense pain in the upper right side of the abdomen that at first feels like a bad case of indigestion.

If this should happen to you, please go to see the doctor to rule out large stones that can cause a rupture; this is very dangerous and should be taken care of medically.

If you have had a bad taste in your mouth, re-occurring indigestion, low energy, headaches, sleep problems, hormonal imbalances or low-libido you may want to think about taking some steps towards toning your gallbladder.

There are some herbs like Dandelion root, Turmeric, Artichoke, Celindine and Milk Thistle that help to increase the amount of bile produced by the liver: this helps prevent the build up of stones. Be careful with these if you already know that you have stones because they may be too stimulating and cause more problems. Only if you know you have small stones or gravel anthelmintic herbs can be used to soften and breakup those stones Parsley root, Couch Grass or Gold Coin Grass may be of help for some types of stones. Dandelion root, Gentian, Milk Thistle and Oregon Grape root are liver cleansing herbs that work with the gallbladder preventing the toxic overload that can cause problems with cholesterol, allergies, digestion and nutritional deficiencies. A possible formula to support the gallbladder and liver to reduce pain, inflammation, infections and soften and dissolve small stones would contain 1part Dandelion root, 1/2part Oregon Grape root 1part Marshmallow, 1part Couch Grass, 1/2part Peppermint and 1/2part Chamomile as a tea or a tincture.

Along with these herbs the malic acid and pectin in organic apple juice can be useful for softening stones and moving stagnant bile from the liver. Another product from the kitchen is white horseradish; taking 1 teaspoon of fresh horseradish juice every 10 minutes can help to fend off a mild gallbladder attack. What I like to do for my gallbladder is to take ½ fresh squeezed lemon and ½ cup water and drink that before my meals.

With some dietary changes and the use of herbs and some items that you may have in the refrigerator can help to keep your gallbladder happy and healthy for years.



## **MEDITATION**

Anything you do with your heart will be a triumphant victory. Be sure not to waste time and energy in your life doing anything with half the effort and no passion. Life is a masterpiece waiting to be created and you will not reach your potential without putting the energy of your heart and soul into every aspect of your artwork. Escape mediocrity and the so-called "normal" and release the excellence that is looming within you. It yearns to come out, but it must be summoned by you.

## YOUR DAILY WALK

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

"When you do one thing do it with all your might. Put your whole soul into it. Stamp it with your personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object." Ralph Waldo Emerson

## PERSONAL JOURNALING

**Find a project to work on and put all your energy into it today.** What do you have intense passion for today that you can put all your energy into? (This will bring you the desired success you have been searching for; it all starts with your heart and soul and the energy you utilize. Excellence can be obtained in any aspect of your life with these ingredients.)

Today, I will put my heart and soul into everything that I do; I will release the passion that has been hidden within me.



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## **Rev. Albert J. Bowes**

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> Albert has sucessfully worked with law enforcement, archeologists, oil companies, etc.

Found lost boats, airplanes, persons, etc.

> Was invited to Russia where he took part in research with psychics and scientists.



Friend him on Facebook

Albert was a Project Manager and Lecturer for the Edgar Cayce Foundation and their Association for **Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

Albert was the subject of the internationally published book "**VISIONS OF TIME**", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA** & the **FBI**, to working on academic projects, to finding missing persons, sunken ships.

## Nellie 386-960-7434

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**PsychicMedium** 

Go to my website to see what my clients say, click "Testimonies"

## www.aaanelliecassadagatherealone.com

**TESTIMONIAL:** I appreciate the time you spent with me. The concert I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer. It's funny this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- I was just wondering to myself what the greatest moment we had together in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. Thank you for the piece of mind you have given me. **Chris** 

## **TESTIMONIAL:**

Nellie, you said some things about an uncle my mother had that I never knew about. You mentioned he was a musician, and he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me.Thank you so much Nellie, Klara

## TESTIMONIAL: Hi

Nellie: You told me that my gr gr mo Gaetano S came from the Bari area I found a young relative named Roberta S from the Salerno area and she will contact me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Amodeo, and guess what the Fama family into whom my son Charlie, married! Eileen

**TESTIMONIAL:** Nellie, I loved your message, and got lots of info from it, now the hard part. put it into practice. thank you so much very much for sharing your wisdom with me and others.

**TESTIMONIAL:** Nellie, This is going to be short because I can not describe what happened to me today but I am at peace with myself after a very long time! You took me in a 1/2 hour early today and then made time for a friend of mine - so appreciated! And you spent extra time with me!! Feel like I won the lottery! I feel like the biggest dark cloud has been taken away from my life. I can not describe the happiness I feel - no words to describe the peace of mind I have! I do not remember so much peace! Some day I will write

and explain more but just can't put it into words right now! THANK YOU! **Maggie** 

I will be back!!!

**TESTIMONIAL:** Before I met Nellie I had been to Cassadaga a few times in the past to get readings. In the past the readings we ok but not too specific. This time was different. When I got my first reading I had been going through many health and issues in my life. Nellie gave very useful info that was specific including dates and outcomes. Most of her predictions have come true, even the ones that seemed unlikely. I am very grateful to her for both her reading and her compassion. If you are ever in Cassadaga and want an accurate reading set up an appt to meet with her.

## FROM THE HEART



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

## THE HOLIEST SPOT ON EARTH

It was one of those days when the world was supposed to come to an end. The planets had achieved the crucial alignment, the ancient prophecies were being fulfilled, and psychics confirmed this would be the turning point. Hordes of people were rushing to safety at spiritual power places around the globe. Others had gone on shopping sprees and ran up huge credit card bills after being advised the world economic system was going to crash. Others said goodbye to non-believer loved ones. This was it.

I was flying over **Europe** with a group that had just completed a spiritual pilgrimage. A little girl in the group, age 8, was fearful because she had heard the prophecies. She went to the leader of the group and asked her if, upon landing, we would be taken to a power place where the earthquakes or flood waters could not reach us. The leader took the girl's hands, looked her in the eyes, and told her, "Don't you worry, darling. You are the power place. When you dwell in your spiritual strength, you are safe wherever you are." Truer words have never been spoken.

In my many travels I have been blessed to visit some of the most sacred sites in the world: the Pyramids of Giza, Machu Picchu, the vortices of Sedona, Mt. Shasta, Mt. Fuji, Jerusalem, and more. I have immensely enjoyed all of these pilgrimages and felt blessed to connect with the energies there.



They are all truly wondrous. Then I came across a quote from A Course in Miracles that made me rethink the definition of a sacred site: *"The holiest spot on earth is where an ancient hatred has become a present love."* Hmmm.

The Course is telling us that because we are spiritual beings at our core, it is the state of our spirit, not geography, that empowers us and makes us safe. Any place where we recognize the presence of God is a power place, which includes right where we stand. The Course also tells us that the fastest route to enlightenment is through elevating our relationships and choosing love where we once chose fear. When you achieve a healing in a relationship and you replace judgment with forgiveness, you are standing on the holiest spot on earth.

The ego prescribes horizontal or geographical cures for our pain. If we just changed our relationship partner, job, or living situation, all would be well. But if you leave a job or relationship without healing the issues that caused you to want to leave, you will just recreate the same situation. Effective changes in the outer world must be preceded by changes in mind, heart, and attitude. When we achieve inner healing, outer changes flow naturally and organically, with the least effort and no stress.

The world we see is a screen upon which we project our thoughts. If we entertain thoughts of safety we will see a safe and kind world. If we entertain fear thoughts, we will see threat wherever we turn. The world has no reality or substance except that which we give it with our mind. If you feel vulnerable, the place to turn for safety is within. The spiritual guide Bashar says, "Either you are secure or you are not. There is no such thing as partial security. You must decide the nature of the universe you live in. I assure you that you are secure."

It's uplifting to visit places considered sacred and spiritually powerful. Just remember that what makes them powerful is the intentions you bring to them. You believe you are visiting a physical place with certain attributes, but you are really visiting a place in your mind. That place is available to wherever you are. A spiritual master finds God in places that others do not. As **William Blake** poetically described, *"To see a World in a Grain of Sand And a Heaven in a Wild Flower, Hold Infinity in the palm of your hand And Eternity in an hour."* 

You have the power to transform any situation and make it holy. The best way to do this is to search your life for relationships that have been commandeered by fear, and liberate those relationships with love. It's easier to fly to **Machu Picchu** than face your ex and create harmony where there was enmity. But that is the work before us. People ask me, "How can I connect with my angels?" I tell them, "Find the angels within the devils in your life, and legions of angels will flock to you." They tell me, "I wish I were at the last supper with **Jesus**." I tell them, "Make it through Thanksgiving dinner without getting upset with your relatives, and **Jesus** will find you. Make that the last supper you give your power away. "

We tend to seek salvation in distant times and places, when it is already here for the asking. To create heaven on earth, take earthly situations and lift them to heaven. Then we will really be getting somewhere.

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## **ASK WHITEDOVE**



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

#### Dear Michelle. This year you have written about cryptocurrencies when addressing world finances of the future. What does God say about this new type of currency when money is said to be the root of all evil?

Dearest, Just know that money is only the root of evil only when greed and gluttony rule the person and they use it for their own benefit with utter disregard as to how it affects others.

One of the best things that a spiritual person can do is use their wealth with God's direction to help humanity in a large way. Just think of how much more that you could do if you weren't focused on struggling financially. Philanthropy is the desire to help humanity: giving to the less fortunate, creating jobs, medical services to the poor, cleansing polluted waters, planting forests, developing clean air solutions, large scale organic farming and the list goes on! You can do so much when you have the funds. Don't get me wrong, great strides can be made for humanity with or without great sums of money. No matter your economic background, it's our duty as spiritual beings to assist our brothers, sisters and mother earth in the best way that we can.

Cryptocurrency was foreign to me not long ago, but when I asked Great Spirit about it, I was told that Cryptos are created by-the-people-for-the-people. It's a way to work outside of the corrupt banking system and so many of the cryptos were created for projects to help society. It's a black market economy that is not regulated by the government. I was also told that cryptocurrency is the future form of our money.

## Dear Whitedove, I have crazy dreams although I don't remember many. But I want to know: Why do we dream?

Dearest, We spend about a third of our lives asleep, for the physical body and our mental state, rest is needed. Spiritually speaking the dream time is necessary so the soul has an opportunity to leave the confines of the body. Some people only remember fragmented visions of our nightly escapades. Although the soul is out-of-body working on issues and fears, we can check-in on people and visit with departed loved ones too. The spiritually advanced use the dreamtime to be active and productive: doing soul retrieval work, visiting different levels of heaven, teaching, doing healings and other high vibrational spiritual work. They actively participate so they have a much





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clearer memory of their out-of-body spiritual adventures. So the dream time is needed physically, mentally, spiritually and emotionally too.

Dear Whitedove, train service dogs and I love doing this. One thing that I've found very unusual: a lady had a very serious case of lupus but as she was getting better her dog got sick with the very same disease. How can this be explained since obviously they are not consuming the same foods?

Dearest, Dogs are very special animals. Dogs live in the moment and will even cut their life short to help a human. They represent loyalty, unconditional love and service to humanity. As you know, some service dogs are now trained to alert humans to an impending epileptic seizure or alert a diabetic to a severe drop in blood sugar levels and can even detect some cancers and illnesses.

You have sensed an important connection between a human and their beloved canine. Dogs do have the capability to take on the illness of their owner. I have seen this many times over. A human with tumors and the dog dies of a tumor. A human with diabetes and their dog dies because of diabetes and I've seen it with Lupus too. These are not coincidence; it is another way that a dog proves that their love is unconditional. Interestingly enough our pets are not afraid of death and they know their way back to paradise, the level of Heaven in which they reside.

## THE DRAGONFLY STORY

Walter Dudley Cavert

In the bottom of an old pond lived some grubs who could not understand why none of their group ever came back after crawling up the lily stems to the top of the water. They promised each other that the next one who was called to make the upward climb would return and tell what had happened to him.

Soon one of them felt an urgent impulse to seek the surface; he rested himself on the top of a lily pad and went through a glorious transformation which made him a dragonfly with beautiful wings.



In vain he tried to keep his promise. Flying back and forth over the pond, he peered down at his friends below. Then he realized that even if they could see him they would not recognize such a radiant creature as one of their number.

Even if I could go back, not one of the grubs would know me in my new body. I guess I'll just have to wait until they become dragonflies too. Then they'll understand what happened to me, and where I went." And the dragonfly winged off happily into its wonderful new world of sun and air.

The fact that we cannot see our friends or communicate with them after the transformation which we call death is no proof that they cease to exist.



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## **ABRAHAM FUN**



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

## SOULSONG #285 BOING, BOING, BOING!

## Today I may encounter various opportunities to feel aggravated, frustrated, and judgmental.

But I do myself a favor not to leave my thoughts in those places, for the Law of Attraction, in response to my mental focus, orchestrates all events and circumstances. A regular pattern of upset reactions can impair my happiness and thus impede the happy circumstances the Universe yearns to send me.

Yet, a negative thought can become a springboard for a happier thought, one that will bring me blessings instead of irritation.

I hate this commute becomes I want a good job closer to home.

I don't enjoy being around gloomy Gus becomes I want a fun circle of friends.

I feel tired and burned out becomes I want a vacation on a pristine beach.

Oh, no, not more rain! becomes I want sunny skies and a picnic in the park.

I dread getting old becomes I want to feel vibrant and energetic well into my later years.

I'm fed up with dating Neanderthals becomes I want a partner who is intelligent and sensitive.

"I want" statements take my attention off that which bothers me and move it to a better-feeling place.

These statements of desire summon energy, life force, and the very things that I request.

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## **CALENDAR OF EVENTS**

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

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

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

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

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

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

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

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

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

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

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

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

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church403 West St., NSB, nsbcuuc.org, 386-308-8080

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

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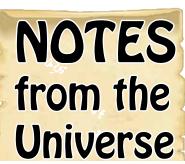
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An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for The Secret, Mike Dooley runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. http://tut.com

You do realize, don't you, that there have been others - in lifetimes, millennia, and civilizations past - who have been to some of the same "places" you've been to? Yet, they got so scared they lost control, turned away, or flat out quit.

Yep, and they surround you now in the unseen. Your greatest admirers.

Thanks, The Universe



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's easy to personalize family dysfunction. We come from them, after all. It's hard to distinguish what is ours, from what is theirs- where do I end, where does the other begin? This is particularly true if we have yet to individuate and develop healthy boundaries- something difficult to do in an enmeshed family. The big mistake that many of us make is going back to the same toxic family well over and over again, looking for our answers there. Sometimes it happens- like in those rare instances where other family members are simultaneously ready to wake up -- but often it is just a self-perpetuating trauma trip, one that merely deepens our confusion and pain.

As difficult as it can be to break the habit, we have to stop looking towards that which wounded us for our healing. Some family systems are simply too broken to be mended. Perhaps it is time to soak in a new wellspring, one that honors us just as we are. Swimming in an ocean of hope, with the next family that calls to us on the journey home...



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## YOUR MONEY BELIEFS ARE RUNNING YOUR INCOME

## AN EXCERPT FROM MONEY, MANIFESTATION & MIRACLES

Meriflor Toneatto is the author of Money, Manifestation & Miracles. As the CEO and founder of Power With Soul, she specializes in helping ambitious women entrepreneurs, professionals and leaders reach financial prosperity and success while fulfilling their social promise to the world. Her work has been featured internationally in media outlets like Yahoo! Finance, Washington Post, strings Los Angeles Times, and more. Visit her online at www meriflor co

International Business Times, Los Angeles Times, and more. Visit her online at www.meriflor.co.

#### When women are empowered with money, they become "difference makers." They transform not only their own lives but also those of their children, their families, and their communities at large.

Both women and men harbor many beliefs about money that originate from childhood, social conditioning, and life experiences. More often than not these beliefs come from a place of lack rather than abundance.

One common belief is: "Money is the root of all evil." However, this is a reinterpretation of the original phrase from the Bible, which is: "The love of money is the root of all evil." People who believe that money itself is evil usually want to distance themselves from money. As a result, they have an internal resistance to earning it, saving it, managing it, or handling it.

Another common belief is that money is scary. Having money, investments, and assets can be frightening and threatening for some people. These fears likely stem from past experiences of feeling uneasy about being perceived as wealthy, of having family and friends asking for loans, or feeling victimized regarding money. They likely want to stay under the radar, and perhaps be underearners, finding this easier than being vulnerable to being envied for their wealth or to being defrauded.

For women, I have found four key money beliefs that can hold them back from moving to the next level in their professional growth. The first common belief is: "It's not about the money. I just want to help lots of people." There is an underlying belief that making more money is selfish, greedy, and/or not spiritual. Often the result is that these individuals are underearning and overgiving in their work, leading to burnout and resentment. If this is the case for you, please understand that generating more money through your life's work enables you to reach more people. It is a synergistic flow. Money provides you with more choices to fuel the mission you are passionate about creating; to enjoy a better quality of life for yourself and your family; and to fund your social promise by, for example, contributing to a favorite cause.

The second commonly held belief that can hold women back is: "I have to have everything in place before I can take the next big step." This concept is closely tied to being a perfectionist and becoming distracted with what others are doing. This can lead to thinking that more training is required or that you need to obtain more credentials before fully stepping up in your



work, promoting yourself, being more visible, and becoming a leader.

The third common belief is: "I can't make more than I did in my previous position." This is particularly the case with businesswomen who have had a high level of success in their past jobs. There is an underlying assumption that they may not be able to repeat their previous standard of achievement. The internal dialogue includes questions such as "What if I fail?" and "What will people think of me?" In some cases, these women have created a ceiling for themselves, thinking they can never break it. In truth, as a businesswoman, you have an opportunity to make more money than ever before. This can happen when you give yourself permission to make more, and when you are willing to break free of your limiting, self-sabotaging beliefs.

The fourth common belief is: "My clients won't pay that much" or "I can't ask for a raise in my job." If this rings true for you, this may stem from some form of undervaluing yourself, your skills, and the value and benefits you provide, which can prevent you from charging and getting paid what you are worth. This can be an unproductive cycle that can impact your self-confidence. The reality is that it is not our place to make decisions for someone else. When you are aligned and empowered with who you are and the value you provide, your ideal clients or customers will be those who also value the investment they are making in themselves by working with you. This also extends to feeling confident about requesting a raise in your job because doing so expresses the value and contribution you provide to the organization.

In nurturing a positive mind-set, you will need to be in an environment with like-minded people who are successful and wealthy, because this will help motivate you. They can serve as role models, demonstrating that you too can have success. The key element is for you to fully show up and play a much bigger game in your business or career. The best way to accomplish this is by shifting your money mind-set to one that is more empowering.

Excerpted from the book Money, Manifestation & Miracles. Copyright ©2018 by Meriflor Toneatto. Printed with permission from New World Library – www.newworldlibrary.com.



## HOW TO ASK THE FAIRIES FOR HELP THE SECRET TO CONNECTING WITH THE FAIRY REALM

Flavia Kate Peters is known as The Faery Seer, and is a hereditary witch. A popular mystic, Flavia Kate teaches others how to affiliate and work with the elemental realm in conjunction with the elements, seasons and candle and herb magic. wwwflaviakatepeters.com Free 200 page ebook https://experience.hayhouseu.com/connectingwiththefairyrealm-ebook-us/

### If you need your finances healed, or a flow of abundance in your life, fairies are often happy to assist.

They are wonderful teachers, for all they do to bring something into reality is to imagine what they want and it is created for them in an instant.

I was given this information during a **Fairy Reiki** healing session. As I was working with my client, a **mermaid** showed up in my mind's eye. Her presence told me that my client needed work on an emotional issue, as mermaids are connected to the element of Water. I then saw the mermaid visualizing plants in the ocean as already fully grown and whole, before they'd actually physically manifested. I realized that this was how the fairies lived, worked and brought about all that they desired. We can do the same, if we follow their example.

When you were younger, how often were you chastised by an elder for sharing dreams and visions from your imagination? When you were told, '*Oh, it's just in your imagination,*' how did you feel? We know ourselves how real our imagination can be. It wasn't given to us by our Creator just for looking at pictures in our minds when we are bored.

No! Our imagination is the portal to the Otherworld, to the fairy realm. It is through our imagination that we truly connect with fairies.

Whatever we see in our imagination can be instantly accessed by the fairies, for our thoughts are seen in the Otherworld. So, know that this form of connection can be as strong and as real as you wish. Just be mindful about what you are visualizing!



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## **5 SELF-LIMITING BELIEFS TO ELIMINATE THIS YEAR**



#### ...continued from page 8

ful" and what isn't. We learn how to think and feel about that god named money, damn him. We notice that the minute we get sick, we are trotted off to the doctor, learning quickly that we need something outside ourselves to heal.

When we are born, we are giant love generators. We radiate out a clear energy of light and incomparable joy. In a way, we're like dolphins, sending out our own special sonar of unconditional love. When this unconditional-love sonar runs up against the unhealed places in our culture, those places where distrust has developed or joy has been rejected, the sonar bounces back, giving us an unfamiliar reading, a "not love" reading. As our boundless joy hits these rigid beliefs and "thickened" emotions, we quickly learn to match our culture's energies, beliefs, and thoughts.

We regard these beliefs as gods, fearing them, trusting them, and completely acquiescing to them, without a single word of protest.

#### Here are 5 of the most popular:

#### 1. THE WORLD IS A MENACING PLACE.

Our job is to put on our armor and work like hell to stay one step ahead of the terrorists, the supergerms, the dysfunctional stepmoms, and, of course, the zombies.

There is nothing to fear. As A Course in Miracles repeatedly tells us, "We lay a heavy load upon ourselves with our insane beliefs that pain and sin [are] real. Pain is purposeless, without a cause and with no power to accomplish anything."

#### 2. LIFE HAPPENS TO ME.

"I'm an innocent bystander, a pitiful victim of circumstance, of weather, of disease, and, worse, of my own dysfunction. External events (those things from #1) constantly get in my face. The best I can do is learn to cope with these external events."

"Life emanates from me. I create the world with my thoughts, my beliefs, and my energetic frequency."

#### 3. EVENTS HAPPEN; THEREFORE, I FEEL BAD.

Most of our thoughts and feelings are programmed by the culture in which we are raised. We are trained at a very early age what makes us happy, which feelings go with which events, and how our moods should play out. We are trained to experience unhappy emotions, to blame these feeling on outside events, and to cry and moan about the unfairness of it all. We are trained not to expect good things. In fact, all responsible people know that "shit happens." I recently went through a death in my family. Death, as you know, has a pretty bad reputation. It was obvious to me that the little kids, the ones under 12, didn't view this passing the same as the adults. But after watching their parents, they quickly learned the appropriate script.

We are trained to worry about letting people down, being disliked, getting sick, being poor. We're trained to worry about pathogens, carcinogens, microwaves, plastic containers, preservatives, using mobile phones, and on and on.

Without this training, joy is my natural state. As **Esther Hicks**, author and inspirational speaker, once asked, "How come we only erect statues to war heroes? Where're the statues of surfer dudes?"

#### 4. GOD IS AN ENTITY OUTSIDE OF ME.

"Lowly 'little ole me' must appeal to His Majesty's benevolence, with fingers crossed that He'll somehow find time for me, a doubtful proposition, being as He's tied up fighting world hunger."

God is a state of being, a loving energy that flows through me, sustains me, and surrounds me with light. Although it's impossible to define or put into words, this "Radiant X," as poet Stephen Mitchell calls it, is the un-nameable reality that causes everything to exist.

#### 5. NO PAIN, NO GAIN.

The necessity of pain and suffering is such a living mythology and so entwined in our culture that we blank it out like a refrigerator motor. We've become so accustomed to living in the "life sucks" paradigm that it never occurs to us that another reality, a happy reality, is possible. Pain, loneliness, and fear are the context within which we live our lives.

We're so conditioned to wallow in misery that the concept of life as a joyous adventure seems impossible or even unnatural. Sure, we can buy that there will be happy events. In fact, we look forward to holidays and birthdays and time off work. But to believe that happiness is possible 24-7 is a big stretch.

The "life sucks" paradigm is really nothing but a bad habit, a rut we've been in since the first time our parents insisted we act our age. Looking for pain is nothing but a grossly irresponsible way of looking at the world. There is no reason to struggle. In fact, we don't actually have to "work" at anything. Once we let go—surrender to the universal flow of life—higher forces will take over and handle the details. Once we take sorrow off the throne, as A Course in Miracles describes our outlook in Worldview 1.0, enlightenment is our naturally occurring, organic state of being.

## ABRAHAM-HICKS



...continued from page 9

can interconnect and integrate with what is your guidance. Can you see why it was important to clarify this?

#### Q: Yes. So the real dependence is my alignment with my Inner Being - I'm dependent on my Inner Being for the clarity, for the feeding me what I want - am I following?

A: Yeah, but that word dependent is one that smacks of something that you don't want. But it is an accurate use of it, so let's find a better feeling word to you than that. Let's call it collaboration of co-creation or integration or extension of or we're all in this together or that we are one or partnership - yes. Let's not count all partnerships that aren't your Inner Being as flawed or not good, let's just understand the good ones feel one way and the not good ones feel another way. And put your focus on the good ones.

## Q: So let's say you spend one of your lifetimes in complete discord, and you do some bad stuff...

A: It's not like that.

Q: Well, if you kill some people, right, and then you're reincarnated - is there like a lesson to be learned? Is your next lifetime going to balance out what you just did?

A: It's not like that. Not at all. When you reemerge into Nonphysical you leave behind all doubt and fear and disconnection, and you reemerge into the Pure Positive Energy. Those that have struggled the hardest and have gotten the most separated from who they really are are always those who act out in those revengeful ways. And when they reemerge into Nonphysical, they leave whatever that was behind and they reemerge into the true pure essence of who they are.

Talk more about what you want and why, because the more you talk about what and why the more you solidify that steady vibration, then your point of attraction just makes it not only inevitable, but irresistible until nothing could keep you from it

And there are a whole lot of physical beings who look at that and don't like it, but in their not liking

it, they are in that moment depriving themselves of the love of Source that the croaked one just found.

We don't think you should have to croak to feel the loving awareness that Source has about you. That's why we talk about the things we do, so that you can tune yourself to that clarity and wisdom and freedom and joy and knowledge now. YOGA SHAKTI MISSION



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Q: Yeah. I've been practicing meditating for a while and I've gotten to states where I just feel this pure love. And it's from that feeling that it makes me think but why are they teaching me all this stuff? Like I went to Catholic school and whatnot, and it's just so contrary to that feeling, and I just sat in this chair so that I could feel the freedom of really accepting that that is God.

A: Say to yourself about that "They were doing the best they knew, and wellbeing was their dominant intent." And even in that you soothe yourself, because many people come into freedom but then still look back every now and again and condemn the time when they didn't feel free. And when you look back and condemn the time that you didn't feel free, you're not free again. And they're not doing it to you, you're doing it to you.

When you are trying to be the path of least resistance for another it never works because you cannot be. Also, when you try to be the path of least resistance for someone, you train them in their own conditional living, and then they're never free to really find freedom - they always need you to affect some circumstance so that they can feel better, which is bondage for them and bondage for you.

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Sometimes it's fun to play with fairies in this way. For example, if you imagined yourself with gossamer wings and an acorn hat, they would see you that way instantly. They love this kind of play and would laugh! This is a great way to build up a relationship, for fairies enjoy laughter and playing with energies.

This is what magic is! It's manipulation of energy - and fairies are our best teachers!

### **Exercise:** Imagining

\* Take a moment now and imagine yourself in some way or other, just for fun, and know that the fairies can see it. \* See, in your mind's eye, their reaction to whatever you've imagined and allow that to form a bond between you.

#### Asking for assistance

Trusting our visualization and manifestation abilities is key to bringing about our dreams and desires.

Then, through asking for assistance and taking guided action, we can bring those dreams into reality - with the fairies' help of course!

### **Exercise: Asking for fairy assistance**

There are several ways you can ask:

\* Ask out loud.

\* Ask in your mind.

\* Write your request down and keep it on your altar, tuck it in your purse or bury it in the earth.

\* Sing about your desires in song.

\* Make your requests in the form of a rhyme.

However you do it, once you have asked the fairies, watch out for signs. These will often come from nature, perhaps in the form of an animal, the direction of a breeze or the shape of a cloud. When we work with the fairy realm, our ability to notice and understand what's happening in the natural world around us, and how we are interconnected, will expand.





## 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

#### WHAT TO DO WHEN IT ALL FEELS HOPELESS

Helping others, volunteering may bring you out of a funk but a more passive way to help is to let those around you know they are seen. Acknowledge them, give a glance and a smile, nod as you pass familiar faces in the store. Have a kind word where one is needed. Help friends stay uplifted and motivated and focused on what good is right in front of them that they may be missing. We all need reminders. *Remind them that yes* there is misery but there is so much good and beauty, focus on that. If you cannot help the misery, take your focus off it.



#### MAKE A CHOICE TO BE HAPPY ANYWAY

Stop expecting life to be fair. Stop expecting people to be nice, or to meet your expectations. Learn to be happy despite everything. It's not only possible, it's imperative for your survival.

#### YOU CAN THRIVE NO MATTER WHAT'S GOING ON IN THE WORLD

It does not matter what is going on in the rest of the world, we can chose to focus our thoughts in a way that attracts to us exactly what we want in our lives. We can change our thoughts and discipline our behaviors so much that we can have an excellent and prosperous life no matter who is in office, no matter what the official state of the economy, no matter what the scientists or environmentalists say is happening around us.

### WHEN PEOPLE MISUNDERSTAND AND CAUSE FIGHTS

Scrolling thru Facebook, people love to read something superficially and decide to twist the words and get offended as they share it. Those who opposed the school walk outs after last month's shootings want us to take it to mean that school shootings are the fault of classmates not being nicer. THAT'S NOT WHAT IT MEANS AT ALL.

"Often school shooters are the outcasts, the ones excluded, neglected and bullied. STUDENTS, YOU CAN CHANGE THIS. You can befriend someone you see others leave out and make fun of. You can have a smile and an "ignore that, hang in there" for them. You can start giving a nod as you pass, "I see you, we're in this world together." YOU CHANGE THE CLIMATE OF YOUR SCHOOL by being brave in that silent way, so matter how awkward it feels. You can take someone out of a dark place with a few light words. YOU CAN SAVE LIVES by making eye contact, giving a nod, shining a smile. Giving someone hope is a holy sacred act."



#### DON'T TWIST WORDS, HELP PEOPLE FEEL SAFE

That doesn't say it's the classmates' fault for not being nicer. Stop twisting the words. IT MEANS WHAT IT SAYS. You can help someone feel included who feels excluded, neglected and bullied. You can help take someone out of a dark place with a few light words. You can save a life by letting them know that you notice them, that they exist, that they are not alone. Stop twisting the words. Stop trying to cause trouble where there need be none.

#### WANT TO LEARN SOME REAL MAGIC?

Despite anything going on anywhere in the world, you have the ability to attract what you need. If you are to pull yourself out of a bad situation, you must begin to spend less time thinking and talking about what's wrong. You are only stuck in that place because of your choice of focus. As hopeless as any situation feels, it's really only your thoughts and focus that you're dealing with. And you have the power to change those. A more helpful thought might be: "My life is getting better. Good things are on the way. Miracles happen all the time." Then look for evidence of it, everywhere and watch the magic unfold.

#### WHAT YOU CAN BECOME DEPENDS UPON WHAT YOU CAN OVERCOME.

And you can overcome a lot. Stephen Hawking was an excellent example. We live in our mind, we're not trapped in these bodies. As hopeless as any situation feels, it's really only our thoughts that we're dealing with, and we have the power to change those. He changed his world and ours, and it's in you to do the same. 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

Aries - (March 20 - April 18) Yours is the first sign of the natural zodiac, and indeed this month is your time to spring forth. What's unique about this time is that you have an opportunity to get totally aligned with your core values. This requires some self-examination and true soul excavation. In perfect timing, the Universe delivers a question that provokes you to stretch your limits for the right answer. Dig deeply.

Taurus - (April 19 - May 19) Venus, now in her evening goddess phase, graces your sign most of this month, so consider yourself blessed. The secret to success though, is that you cannot go it alone because Jupiter, still in Scorpio, accentuates your partnership sector! Never surrender to loneliness because this type of sacrifice holds no rewards now. Enjoy time with friends and partners, and follow the star of your fondest dreams.

Gemini - (May 20 - June 20) There is pot of gold at the end of your rainbow but there is still a bit of digging through the mud to find it. Your best bet is to work smarter not harder, recognizing that 'work' is the operative word. Mercury retrograde until April 15th keeps you guessing anyway. Don't overlook the option to ask for help, and be kind when it comes. Move past stress mode and into efficiency; it's going to be OK.

**Cancer - (June 21 - July 21)** There are some things that simply will not be resolved overnight, so continue being patient; even when your patience is being tried at every turn. Mars in Capricorn until mid-May leaves you feeling vulnerable in close relationships. With the Sun in Aries, it's a great time to develop your own self-defense strategies. Focus on good times with your dear friends, and remember- it's not really personal. HOROSCOPES APRIL 2018

Cusp dates are accurate for 2018. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2018.

Libra - (September 22 - October 22) Jupiter retrograde in your second house of earned income until early July initiates a second harvest season for you, Libra. Look at your existing resources and apply them in a different way. Is there something that you've been saving for a rainy day? Maybe it's time to bring it out and give it a new shine. Venus, your ruling planet is also in a financial house, your eighth, this month. It's about money, but more about how you handle it, and how you can make it multiply.

Scorpio - (October 23 - November 21) Allow yourself to be nurtured this month, Scorpio. Don't take things quite as seriously as you usually do. Venus now dancing in the evening sky has come to bring you joy and peace; accept her gifts. Love comes easily, (if you're looking) and from an unexpected quarter. You may not even think you're ready for all the good things that are in store for you now. Focus on acceptance, and take it all in.

Sagittarius - (November 22- December 20) It's time to leave that well-worn path and embark on a new journey. April is a month in tune with your fiery nature, and inspiration is calling you at every turn. Listen carefully to your inner voice now and pay attention to your dreams. You cannot keep all of this desire inside any longer. Money is important, but your challenge is to do something bold and lay the cornerstone of a new financial foundation.

**Capricorn** - (December 21 - January 18) Mars and Saturn are doing a push - pull operation on you now. These two are a misunderstood combination, though. Saturn is slow and patient; Mars is fast and impatient. Mars gets mad; Saturn gets even. But, here's the good news - not much can stop these two when they're united on a goal. Get serious Capricorn and Mars will grant you the energy to fulfill your ambition.

Leo - (July 22 - August 22) Just when you're feeling bored; more opportunities for travel appear right on cue. It's time to expand your horizons, Leo, so in between your forays into a brave new world, this is a perfect time to take a photography class so that you can share all the amazing things you are seeing. I see you traveling far and wide with a message of love to inspire the world. Do it!

## Virgo - (August 23 - September 21)

Double check critical information; Mercury is retrograde in your vital eighth house of power until April 17th. This could cause chaos in shared resources, or misunderstandings in shared decision making. Either way, it's possible that your feelings end up getting hurt so give thought to just and where you need to draw the line. Speak up quickly, and don't allow yourself to be taken advantage of.



Aquarius - (January 19 - February 17) You'll be feeling more grounded once Uranus enters Taurus by mid-May, but until then, you're passing through the 'zone of endings'. And, this one is bumpy by nature; kind of like a rocket ship touching down on Mars. The good news is - this finalizes a season of uncertainty. Gather information, but go with your gut now, Aquarius. When faces with a quick decision, your instincts are your best guide.

**Pisces - (February 18 - March 19)** The Universe is asking you to look at long term goals and strategies. As a Piscean, you know how to go with the flow, but a bit of tactical planning helps also. You deserve financial stability, and this is the reward for your practical application of the Universal Laws of Success. You're probably great at the Law of Visualization, but it's also important to make decisions. Here's to your astounding victory.

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## **ABRAHAM-HICKS**



...continued from page 27

Solid vibration is not about responding to conditions. People get ahead of themselves - they want so much the relief that they have found, but you want to be solid in the vibration because sometimes when you visit a place you are responding to conditions, and you think it's a solid vibration, but solid vibration is not about responding to conditions. Responding to conditions is not the solid, practiced vibration that you want - you want the solid vibration that affects the conditions, not conditions that affect the vibration.

That doesn't mean you're not coming here, and it doesn't mean that it won't be wonderful, but it means that action is not being inspired quite yet. You could talk more about what and why, because the more you talk about what and why the more you solidify that steady vibration, and then your point of attraction just makes it not only inevitable, but irresistible until nothing could keep you from it. And that's the way you want to feel - you want to say "Abraham, I don't care what you're saying, I'm doing this and I'm doing it now." That's how it feels. We're not saying that you want the details to all be planned out - it's not about knowing the precise path, it's about the feeling being so strong and so undeniable that nothing is going to dissuade you from it.

#### ABRAHAM ON BEING A LOVING BEHOLDER:

If someone is arguing with you, or finding fault with you, and not liking what they see, say to them, and mean it lovingly and kindly, but mean it sincerely, "You're seeing something in me, that must be active in you, and I think this is more about you, than it is about me".

So if someone is having a bad day, and they are angry at you, it's about their bad day, much more than it is about you. It's always about the beholder. Everything is about the beholder. So what you want to do is become more aware of what you're seeing in others.

That's the thing you want to be aware of. Don't worry about what other people are seeing in you. Don't worry about the love they're giving you, or the love they're not giving you. Let your awareness be about what you're putting out. Let your awareness be about how much you're loving.

We wouldn't be running around saying: 'who loves me or who doesn't love me?', we'd be saying: 'who do I love, what is it about you that I love?'"

## COVER ART FAIRY SONG - MAGICAL MUSIC OF THE WOOD

## by Holly Sierra



Our magical Fairy Musician plays her pipes softly and is joined in song by a hummingbird and a merry band of butterflies. Her headband and her dress are fashioned from the leaves, vines and flowers of the enchanted woods where she lives. Behind her sits a turquoise bag of magical fairy dust... This painting is loosely based on a very lovely real woman called 'Twig the Fairy' whom one meets at **Renaissance Fairs!** 

## **ABOUT THE ARTIST**

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



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

Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with **Chrysalis Tarot Decks**, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, help keep her company. **Email hollysierra@yahoo.com and s**ee her work at https://www.etsy.com/shop/HollySierraArt HORIZONS MAGAZINE 575 Escarole Street S.E. Palm Bay, FL 32909-4802



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

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

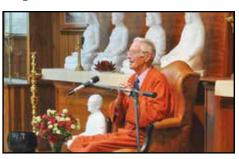


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> An Enlivening Power is Nurturing Our Universe and We Can Learn to Cooperate With It